

The project at a glance

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Together
is better!



older
people



connect



in their
community



Why *Dreamlike Neighbourhood*?

Context

Due to demographic changes and a widely supported policy of ageing in place, the number of older people who live alone is rising. Thus, more supportive residential neighbourhoods are needed to enable older people to age in place successfully. Besides age-friendly physical environments, possibilities to connect with other (older) adults in the neighbourhood are crucial for the well-being of older people. In fact, people with strong social connections are happier, have better mental health, improved physical health and live longer.

What is *Dreamlike Neighbourhood* about?

Aims

The main idea is to facilitate neighbourhood groups, where older and very old people meet regularly and support each other in (re-)detecting and bringing in their talents, fulfilling their dreams, facing challenges of everyday life and finding ways to actively contribute to their communities.

The project's approach is to nudge exchange and joint activities within the neighbourhood groups. However, the general idea is that the neighbourhood groups themselves will define their purpose, develop joint activities and ways on how to support each other.

Who is *Dreamlike Neighbourhood* for?

Target Groups

Older adults interested in connecting with other people in their neighbourhood, in building supportive networks and finding creative ways of expressing their perspectives and ideas. Furthermore, we address citizens initiatives or seniors' organisations that are interested in an innovative approach. People interested are also invited to contribute as co-group coordinators.

How do we implement *Dreamlike Neighbourhood*?

Process and Outcomes

We will elaborate a **Fact Sheet** to inform about the project, raise awareness for the issue and inspire older people, communities and relevant stakeholders to contribute and support *Dreamlike Neighbourhood*.

Based on a **Concept & Curriculum** we are going to establish neighbourhood groups in the partner countries. Besides methods promoting interactions, individual reflections and mutual support, creative formats will encourage participants in dealing with the issue of supportive neighbourhood and expressing their perspectives and views.

With the **Handbook** and the **Online Resource Kit** we will make visible experiences gained in our project and provide inspirational examples and practical tools to build and run *Dreamlike Neighbourhood* groups.

Please visit us at:

**www.
dreamlike-
neighbour
hood
.eu**

Who implements *Dreamlike Neighbourhood*?

Partnership

The Erasmus+ project started in December 2020 and runs until the end of November 2022. The project is carried out by partner organisations in five European countries:

-  **queraum. cultural and social research**
Austria
-  **Letokruh, z.ú.**
Czech Republic
-  **AFEdemy, Academy on age-friendly environments in Europe BV**
The Netherlands
-  **Slovenian Third Age University**
Slovenia
-  **AGE Platform Europe**
Europe

European coordination:
 queraum. cultural and social research
 Anita Rappauer
rappauer@queraum.org
www.queraum.org/en



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