

## Seniors' Conference 2011: Agents of Change

<b>Session Title:</b>	<b>17 How to provide opportunities for continued learning, keeping the brain and mind active</b>
<b>Convenor:</b>	<b>Anne O'Shaughnessy</b>
<b>Participants:</b>	<b>Roger, Raymond, Sarah, Anne, John, Marjory, Gwen, Dennis and more</b>

### Summary of Discussions:

#### Older people can learn

Problem – Cost of Adult Education  
Use school rooms, halls, computers

Formal/informal Education                      Value of U3A

#### Education is a lifelong journey – not a destination

Intergenerational relations , shared learning – value of book clubs

Learning through for example joining a choir, dancing, using brain etc.

Learning from computer is one way of learning

#### Learning is about social connection and involvement

Healthy ageing/technology

Body & brain must be active

- Go to Councils – investigate “Positive Ageing Strategy” & programs offered by Council e.g. LEAP program – let everybody actively participate – Whittlesea – organise outings/activities
- Volunteering is a way of learning (some require training, contact Volunteering Victoria)
- Follow-up with Seniors' Card producers to get some publicity for learning opportunities
- Promotion through Centrelink newsletter
- Checkout the library
- Local community services booklet from Council – must keep making hard copy
- Assisting each other with learning about technology

#### What will we do now? What needs to happen next?

All of us “who know” the value of keeping the body & mind active and socializing agree to spread the word and invite others to join in