



## 1. Desk research report - Best practices from partner countries regarding cognitive games for seniors

### 1.1. Adult Educational system in Cyprus

In Cyprus, adult education is offered at public, semi-government and private institutions, which, according to the type of education or training being offered, can be grouped in three categories:

- institutions offering formal adult education,
- institutions offering non-formal adult education,
- institutions offering (continuing) vocational training.

#### 1.1.1. Formal adult education

The main providers of formal adult education are summarised as:

1. Five Evening Gymnasias and two Evening Technical Schools in Nicosia and Limassol, which offer the opportunity to individuals who had abandoned school to come back and complete the secondary level equivalently to those completing it in regular secondary and technical schools.
2. Since 2012, there are Post-Secondary Institutes of Vocational Education and Training offering programmes of technical and vocational education and training to individuals that have graduated from secondary education. The completion of these programmes leads to the qualification of Higher Technician.
3. The Open University of Cyprus is the only Higher Education Institution dedicated to offering distance learning in Cyprus. By using open and long-distance education methods, its mission is to provide everyone with an equal opportunity to learn, irrespective of age, place and year of study and to promote science, knowledge, learning, research and lifelong learning. In addition, the Intercollege (affiliated with University of Nicosia) is offering distance adult teaching, resulting to diplomas at a lower educational level.
4. The Mediterranean Institute of Management offers two postgraduate programmes in Management, through evening classes.



5. There are also four institutions offering programmes in forestry, culinary arts and other occupations.
6. Higher Education Institutions (both public and private) are offering flexible learning programmes for adults.

### **1.1.2. Non-formal adult education**

The main providers of non-formal education are summarised as:

1. Adult Education Centres: They offer afternoon and evening classes on various subjects, aiming at the social, personal or professional skills development of adults and children above 15. The Centres have been acknowledged by the citizens of the Republic of Cyprus as the most important programme of general adult education with quality-oriented courses.
2. Forty one (41) State Institutes of Further Education: They provide courses on foreign languages, computer studies and accounting to children and adults, aiming to combine socio-cultural development with the possibility of gaining more formal academic qualifications.
3. The Open School: It operates on a voluntary basis and is offering to both children and adults a wide range of courses in afternoon and evening hours. It serves the objectives of the Lifelong Learning agenda. One of its key aspects is employability.
4. The Pedagogical Institute: it operates under the umbrella of the Ministry of Education and Culture and provides both compulsory and optional in-service education and training courses to teachers at all levels of school education, as well as seminars for parents.
5. Private Institutes registered with the Ministry of Education.
6. The two most important trade unions, the Pan-Cyprian Workers Federation (P.E.O) and the Confederation of Cyprus Workers (S.E.K), organize training programmes for their officers.

### **1.1.3. Vocational Adult Training/Learning**

The main providers of vocational adult education and training are summarised as:

1. The Cyprus Productivity Centre (CPC): The main objective of the CPC is to assist private and public organizations to utilize their human and capital resources in the best possible



manner in order to increase productivity. CPC offers short modular programmes that focus on technical occupations and management functions, with the basic aim to offer working people the opportunity to upgrade their skills and knowledge, so as to improve their employability and increase their prospects of advancement and career development.

2. Afternoon and evening classes at the technical schools: they offer continuous training to adults working in industry, as well as training aiming at the re-integration of individuals into the labour market. They lead to the acquisition of degree and qualifications equivalent to the formal secondary education certificate.
3. In-company courses are funded by the Human Resource Development Authority.

In addition, certain ministries and civil society institutions and NGOs, as well as social partner organizations are involved in the provision of a wide range of formal or non-formal adult education activities, both job-related and non-job related.

Most of the courses require payment of fees. The amounts differ according to the subject, provider, target group, urbanity of the area or even the number of residents.

### **1.2. Senior citizens training - current situation**

There is no comprehensive legislative framework for Adult Education and Training in Cyprus. Instead, there are a number of legislative provisions related to the different authorities. Some of the major pieces of legislation governing all sectors of adult education and training to this day are as follows:

- A special agreement between the Government of Cyprus and the International Labor Office (ILO) in 1963 regarding the establishment of the Cyprus Productivity Centre, the aim of which was the provision of initial and continuing technical and vocational training to adults;
- Laws 21/1974, 6/1975, 17/1980 and 94/1988, which provided for the establishment of the Industrial Training Authority, a semi-government organization whose remit was to plan and approve programmes aimed at the technical and professional training and continuing education of adults;



- Law 125(I)/1999 which provided for the evolution of the Industrial Training Authority into the Human Resource Development Authority (HRDA).
- Law 234(I)/2002 providing for the establishment and operation of the Open University of Cyprus.
- Special provisions issued by the Department of Primary Education of the Ministry of Education and Culture concerning the operation of the Adult Education Centers.

### **1.2.1. Quality Assurance in Adult Education and Training**

The responsible bodies for quality assurance in Adult Education and Training vary according to the type of institution and the authorities responsible for its establishment, operation and control. Here is a sample:

- The Ministry of Education and Culture is responsible for quality assurance in the Evening Schools, the Adult Education Centres and the State Institutes for Further Education.
- The Open University, as an academically autonomous body, is responsible for the quality of its programmes of study.
- The Human Resource Development Authority (HRDA) who plays a key role in quality assurance in Adult Education and Training as it subsidizes continuing training programmes provided by public and private institutions and enterprises, has initiated the following development in the area of quality assurance in Adult Education and Training:
  1. Development of a System of Vocational Qualifications: The Board of Governors of the HRDA, with the approval of the Council of Ministers, has established a System of Vocational Qualifications.
  2. In the period 2006-2009, five Standards of Vocational Qualifications, for the occupations of waiter, cook, receptionist, construction mason and sales person (retail trade), were developed.



3. **Assessment and Certification of Training Providers:** In September 2005, the Board of Governors of the HRDA approved the development and introduction of the system for the assessment and certification of training providers. The implementation of the project started in October 2006.

Each citizen, who has the pre-required skills, can undertake a training course, follow the assessment process and be certified as a trainer provider from HDRA. This is a very good option especially for those citizens over 55 who might seek for a new career path after they retire or even earlier as they have lots of experience through their former career and they transfer their expertise to the younger adults. In addition, this approach has a positive effect on the seniors' self-esteem, as they recognize that a senior citizen is a very valuable asset for the society and becomes even more productive and useful as time passes.

### 1.2.2. Adult Education Centres

The Adult Education Centres (since 1952) have been acknowledged by the citizens of the Republic of Cyprus as the most important programme of general adult education with the provision of a variety of qualitative courses. The offered subjects at the Adult Education Centres start in early November and finish at the end of May of each school year.

In 1960, following the independence of the Republic of Cyprus, 175 Adult Education Centres were operated, with 3750 members. From 1974 onwards, they have expanded in almost every urban area in Cyprus.

The Adult Education Centres aim to improve the quality of life of adults in Cyprus, by offering a variety of interdisciplinary courses which focus mainly on the teaching of foreign languages, arts and crafts, cultural programmes, gymnastics, dance, health-related and other subjects of general interest, as well as on teaching professional and vocational skills.

More specifically, the following courses are offered:

**Foreign Languages:** English, German, French, Turkish, etc.

**Cultural Courses:** Graphic arts, Decoration, Handmade Jewellery, etc.

**Health Courses:** Gymnastics (Gym for senior citizens), First aid, Cooking, etc.

**Practical Implementation Courses:** aim to cultivate basic skills and knowledge in relation to the maintenance of the modern household equipment, as well as working out with basic electrical, engineering, construction, woodworking, plumbing, gardening and other needs to



maintain a household. These courses include: Electrical home appliances, Engineering, Mechanics, Gardening, Car mechanics, Wood sculpture, Carpentry, Construction and Plumbing.

**ICT skills:** seniors have the opportunity to acquire basic ICT skills, e.g. designing websites.

The courses are offered at low prices. There is an annual fee of 55 Euro per course, however, senior citizens over 65 pay half price. Many senior citizens choose and attend these courses.

### 1.2.3. Cognitive skills training for seniors in Cyprus

Cognitive skills' training courses are offered in certain Rehabilitations Centres or Residential Care Centres for seniors. Seniors attend these Centres when they are in need of continuous care which cannot be provided by their family members. There are both public and private Centres. Each Center operates on a team-based and personalized basis employment programs, depending on the needs and potential of the tenants.

Residents are encouraged to participate in the organization and operation of the Centre voluntarily.

Each Centre provides different services to their residents. Some privately run Resident Care Centres are typically offering a much better care and services' package. For instance, the Maternia Care, Nursing and Rehabilitation Center offers services such as: Medical and Paramedical Services (physiotherapy, speech therapy, occupational, music therapy, psychological support, personal care, hairdresser services, hydro-therapy, nutrition, bathing, as well as **cognitive skills' training**. Moreover, the residents are encouraged to get involved in different activities and get socialised.

There are at least 120 such Centres in Cyprus, which provide services for senior citizens: 51 Centres in Nicosia district, 38 in Limassol district, 16 in Larnaca district, 10 in Paphos, 2 in Ammochostos and 3 in the Morfou district.

### 1.3. Good practices existing in Cyprus regarding cognitive games for seniors.

#### Alzminder - Assistive Mobile Application



Alzminder is a mobile application for smart mobility devices specially design for seniors. It offers support to persons with dementia symptoms, as well as to their caregivers. Family members or caregivers of assisted persons may use Alzminder to create customised cognitive



improvement exercises with multimedia content, organise their daily life and activate them through voice reminders and prompts. One of the objectives of this tool is also to allow the carer to develop customized material for each patient according to his needs in order to be more meaningful and useful for the person.

Alzminder is a product of [Eurocy Innovations Ltd](http://Eurocy Innovations Ltd) and has been developed in the framework of the project EVGIRASKO, co-financed by the European Regional Development Fund (ERDF) in the context of the Plan for Entrepreneurship Innovation of the Ministry of Commerce, Industry & Tourism, Republic of Cyprus. For more information please visit the websites: <http://alzminder.com/>, <http://www.evgirasko.eu> .

### STAGE Project



The ambition of STAGE is to offer elderly people online access to cultural events and cultural content through an online platform, in particular to theatre plays, concerts, opera performance and museum exhibits, that is easy, tailored to their needs, and affordable.

The idea of the project meets the current trends towards focusing on leisure and education of elderly people. Apart from entertainment goals, cultural and social activities are also strongly beneficial for their health – in particular for their cognitive capacities.

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For more information please visit the website: <https://stage-aal.eu/en/>

### ManyMe Project



Many-Me builds a social interactive care system using information and communication technology (ICT) and user-centered services to help people with dementia, their relatives, informal and formal carers. ManyMe has different objectives one that is relevant to the mentioned projects is that, it aims to offer patients in early stages of dementia a friendly and enjoyable environment supported by ICT solutions, empowering them to self-manage their condition by engaging and learning from people in a similar situation, make friends and attend support groups, **test and adopt routines or techniques that help memory and**



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**cognition**, undertake enjoyable activities, receive tailored medical advice, as well as information which responds to their needs.

It is a European research project within the Active and Assisted Living Programme. Many-Me is realized under Call 2016 “Living well with dementia”. For more information please visit the website: <http://many-me.eu/> .