



### Certificate of Achievement

## Mary Bradley

has completed the following course:

### STRATEGIES FOR SUCCESSFUL AGEING TRINITY COLLEGE DUBLIN

This online course explored strategies for successful ageing and presented research delivered by experts from Trinity College, the University of Dublin, Ireland. The course included topics related to perceptions of ageing, mental and physical wellbeing, creativity, and social engagement.

5 weeks, 2 hours per week

#### EDUCATORS

**Rose Anne Kenny**  
Professor of Medical Gerontology  
Trinity College Dublin



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### TRANSCRIPT

## Learning outcomes

- Reflect on the concepts of 'old' and 'ageism'.
- Understand how perceptions of ageing can influence ageing.
- Apply strategies for positive mental health, physical health, social engagement, and creativity.

- Perform a life audit.
- Assess what 'quality of life' means.
- Explore how to plan for older age through goal setting.
- Discuss case studies of successful ageing initiatives.

## Syllabus

- Being Older - exploring the concept of 'old'
- Being Well - identifying strategies for mental health and wellbeing
- Being Healthy - understanding strategies for physical health, nutrition and brain health
- Being Engaged - exploring strategies for social engagement
- Being Creative - applying strategies for creativity and innovation

Issued on 24th June 2017

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Free online course:

# Strategies for Successful Ageing

Trinity College Dublin

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