

ACTIVE IN OLD AGE



The Motto of This Card Set: Be Active in Old Age!

It's never too late to do something for your health and quality of life. No matter how old you are, you can always stay active and do something good for your body. With this set, you can get inspiration for different topics related to your life. Some cards are designed to be interactive, so you can try them out on your own or with a group. Here's a little tip:

In this set you will find cards related to the subject of movement, because movement is the key to a healthy body. There are different exercises you can do at home or outside to strengthen your muscles and speed up your blood circulation. By exercising regularly, you not only prevent physical ailments, but also improve your self-confidence.

Not only is physical activity enough, a balanced diet also plays a big role in your health. If you eat a balanced diet, you'll be doing something good for your body and you'll feel better.

Social relationships are also of great importance for a fulfilling life. The cards in this set show you how to make new connections and maintain existing friendships. Because joint activities are not only fun, but also keep you young and fit.

And finally: Think positively! This set aims to help you put aside negative thoughts and focus on the positive things in life. Because if you move on with your life in an optimistic way, you'll be doing something good not only for your mind, but also for your body.

So what are you waiting for? Here we go.



CONSCIOUS NUTRITION



Red, Yellow, Green:
**PLENTY OF
VEGETABLES**



Since the body needs less energy but also nutrients in old age, vegetables become even more important. They provide vitamins, minerals and many plant substances. You need all of these to protect cells, support the immune system, and prevent inflammation.

IMPORTANT!

To reach the required intake, you need to eat vegetables and fruits five times a day, at least three of which are vegetables.



The Power
of Nature:

PLENTY OF WHOLE GRAINS



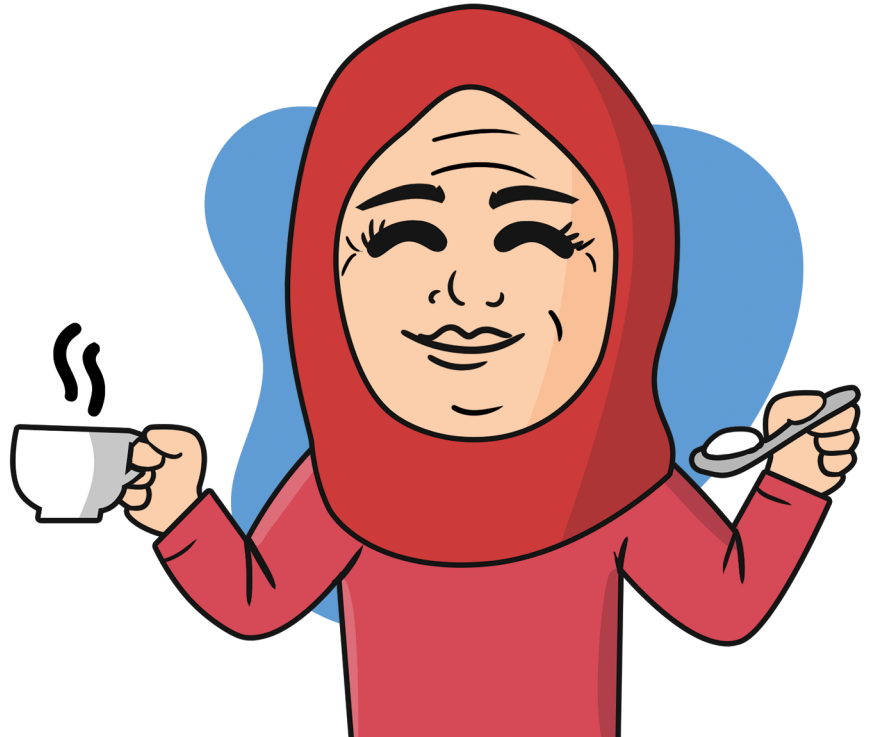
In addition to nutrients, whole grain also has fiber. The intestines slow down with age, and digestion takes a little longer. Try oatmeal or finely ground whole-grain bread for breakfast.

IMPORTANT!

Chew well and drink enough. This makes dietary fiber more digestible.



Not
Just Eggs:
**EAT A
PROTEIN-
RICH DIET**



The less we move, the less our muscle mass decreases over the years. Control this with plenty of exercise and sports, as well as your diet. Each of the three main meals should be rich in protein. This is the best way to build muscle.

CLUE:

Mix plant and animal foods and try eating ricotta instead of quark. Whey protein is especially valuable.



There Are
Good Ones
As Well:
**GOOD
OILS**



You can have fat in your food but not any fat. Make the right choice, for example, you can mix and use different oils in the kitchen, depending on what they are used for. Olive, rapeseed or sunflower oils are suitable for frying. Walnut or flaxseed oil, which provides a healthy mixture of unsaturated fatty acids in particular, also has a nice taste in salads. Butter or a mixture of butter and rapeseed oil is suitable for bread.

CLUE:

How about more fish instead of meat?



Sweet or Salty:

**FEW
DECIDE
MOST
HARM**



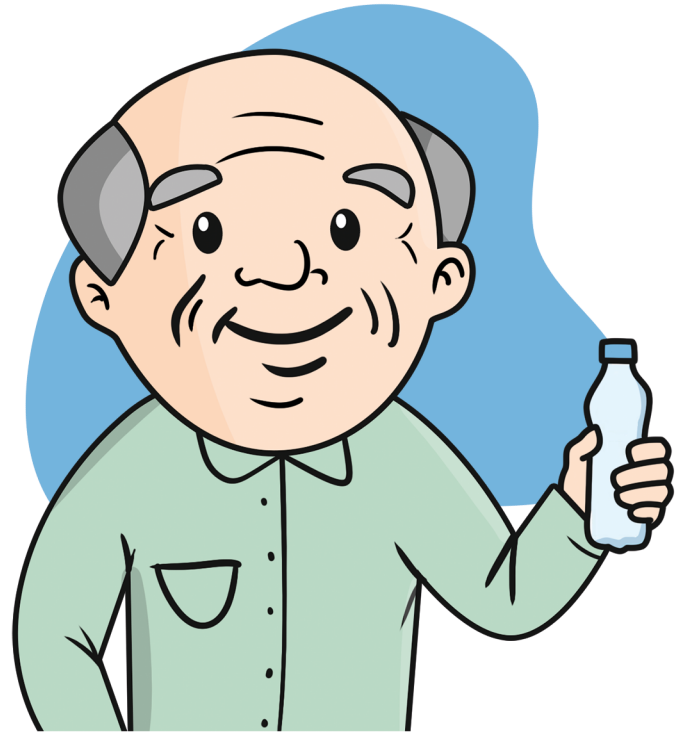
Sugar damages your teeth: If you crave sweets too often, you're at risk of obesity, diabetes, and high blood fats. Too much salt can also increase blood pressure. That is why it is better to reduce sugar and salt. This is even more important in old age.

NOTE:

Sugar can also be found in tomato sauce in a jar or in ready meals. Check the label!



**WATER IS
ALWAYS
GOOD**



If you don't drink enough, you may have trouble concentrating, get tired easily, have headaches, or feel temporarily nauseous. The feeling of thirst decreases with age, so you should pay special attention to drinking enough fluids. Healthy people need one and a half liters every day, even more in hot weather or during exercise. If you have heart or kidney disease, you can ask your doctor.

CLUE:

Prepare your hydration rate for the day in the morning so you can keep track of it.



**THE
STOMACH
DOES
NOT LIE**



Too large portions, eating too late, bitter spices or fatty foods cause problems for many people. Our digestive system reacts more sensitively as we age. Test what you can tolerate.

CLUE:

Turn off the TV while eating, remove the newspaper! Only if you consciously enjoy it will you feel full.



SEASONAL AND DOMESTIC CONSUMPTION



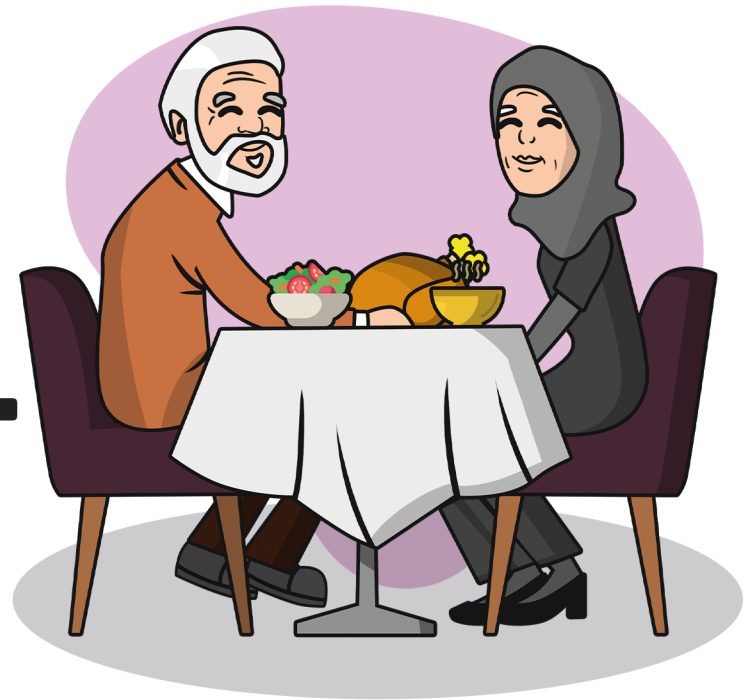
Vegetables that do not have to travel long distances can be harvested ripe. Then not only will its vitamins and vegetable substances be fully developed, but it will also taste better. Regional and seasonal crops and organic products generally use fewer pesticides. By the way, you are also contributing to climate protection.

CLUE:

In the supermarket you can find signs on the label indicating that there is local production.



**CAUTION
IS
IMPORTANT**



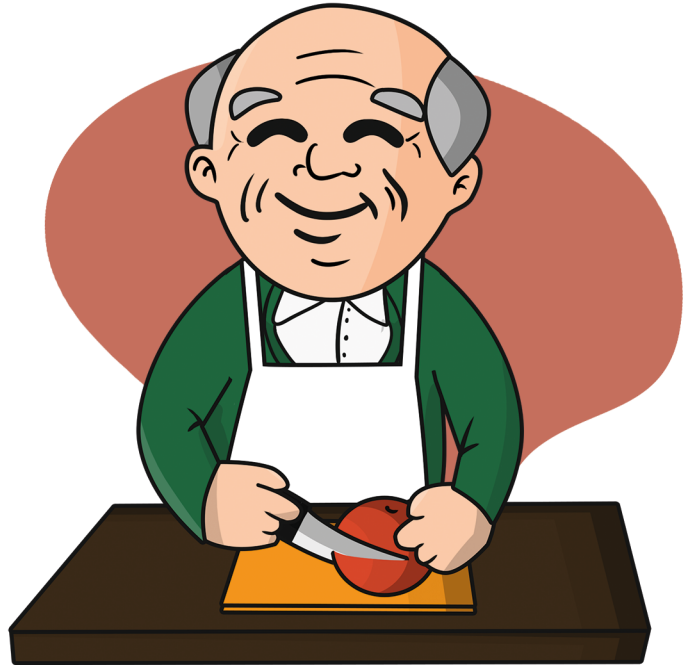
Eating is much more than taking in food. It appeals to all the senses. Specialists eat healthier and more consciously. Awareness also earns points at the table.

CLUE:

Prepare the table, take your time and enjoy the moment.



**COOK
FRESH**



Try to cook it yourself with the freshest possible ingredients. If possible, the purchased food should be processed on the same day so that sensitive nutrients are preserved. If you're in a hurry, natural frozen vegetables are a good alternative that you shouldn't use too often.

CLUE:

Try new spices and make them unsalted from time to time.



MOVEMENT AND POSTURE



CLENCHING FISTS



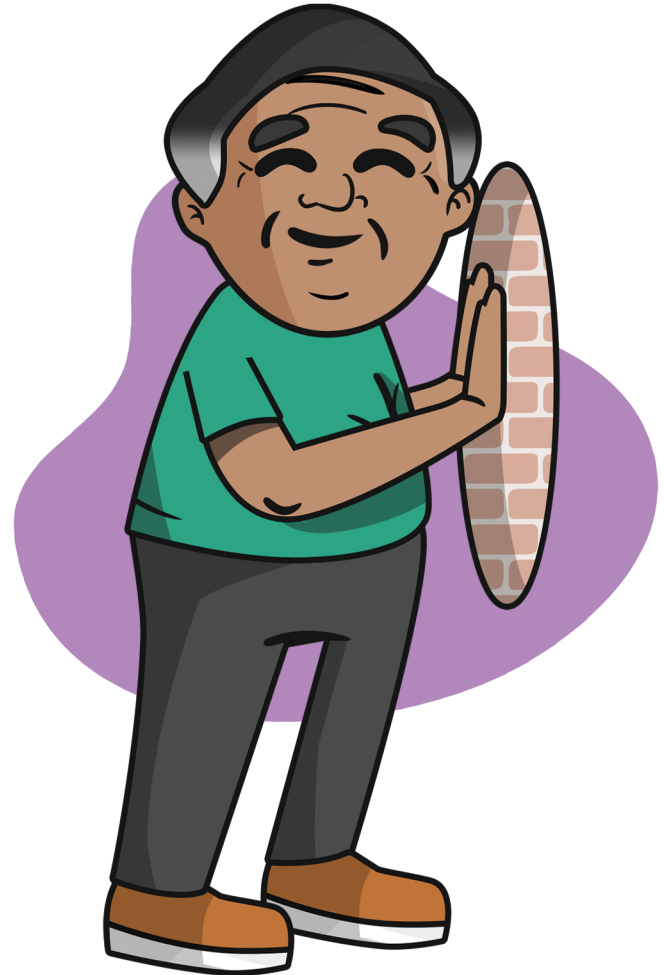
CLENCHING FISTS:

Squeeze your hands in the form of a fist and open them again.

Repeat this exercise 15 times and practice it at different times.



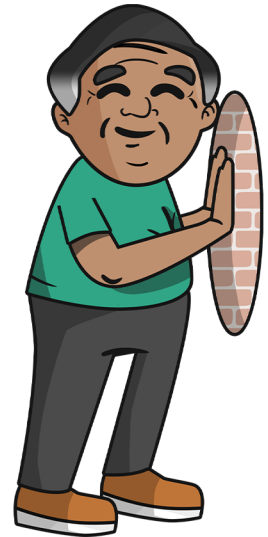
PUSH-UPS ON THE WALL



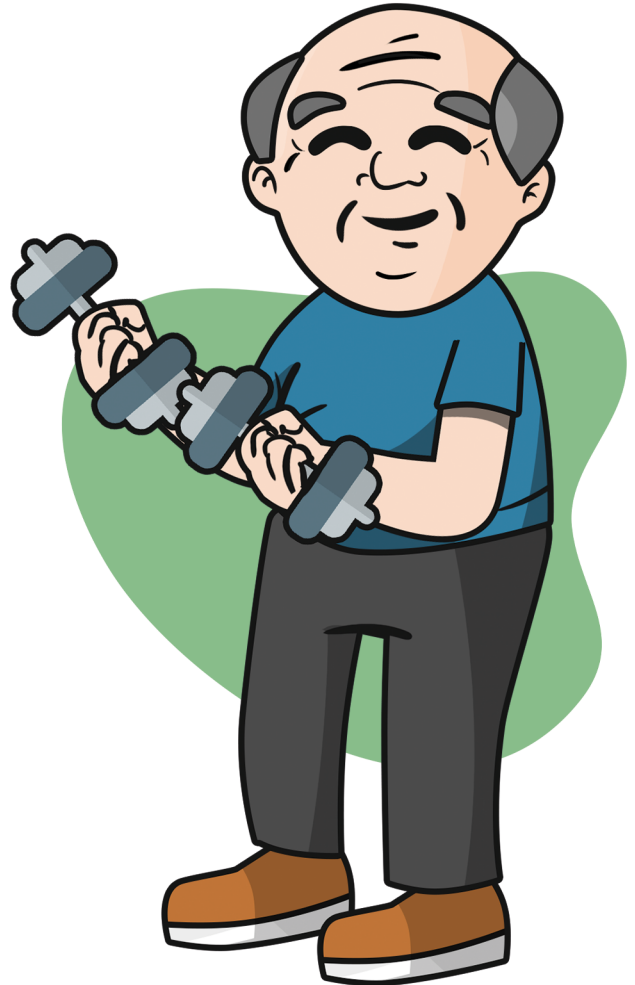
PUSH-UPS ON THE WALL:

Turn towards the wall and lean yourself against the wall with both arms. Press your upper body forward and pull it back.

Repeat this exercise 10 times and practice it at different times.



ARM CURL WITH WEIGHT

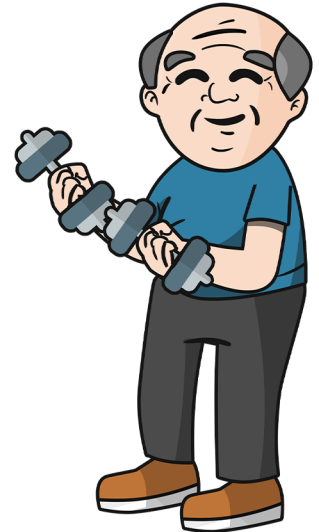


ARM CURL WITH WEIGHT:

Take two small water bottles in both hands. Spread your arms and lift the bottles up and down at the same time.

Try the same exercise by lifting both arms up and down alternately.

Repeat this exercise 20 times and practice it at different times.



PICKING APPLES



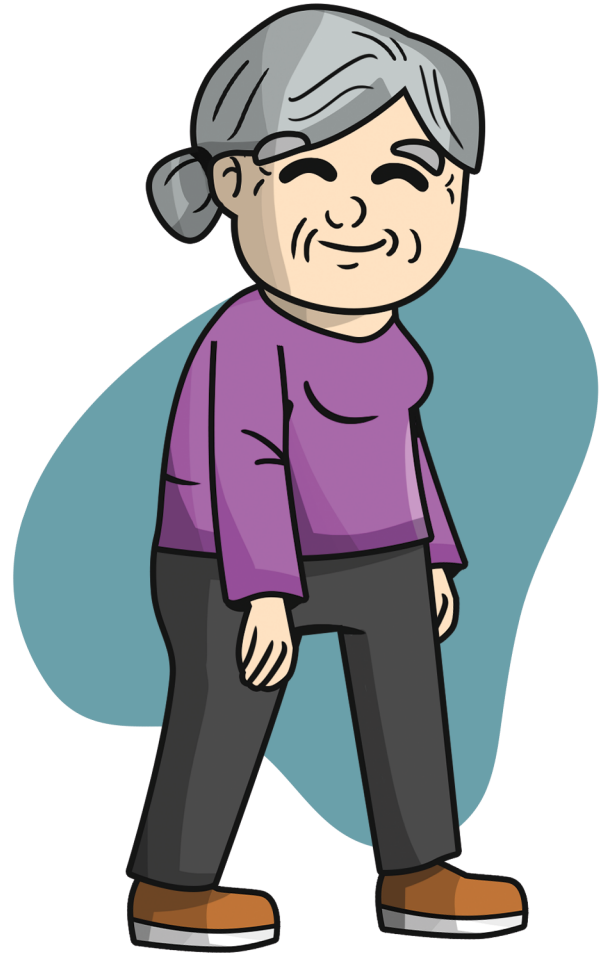
PICKING APPLES:

Imagine standing under an apple tree and picking apples one by one. Keep your back straight. Make sure your feet touch the ground.

Repeat this exercise 20 times and practice it at different times.



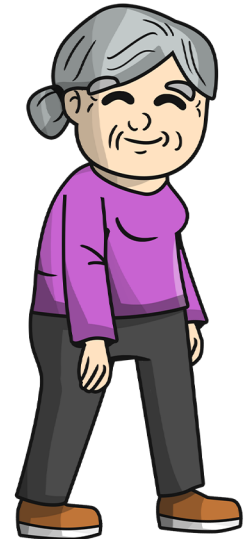
TANDEM POSTURE



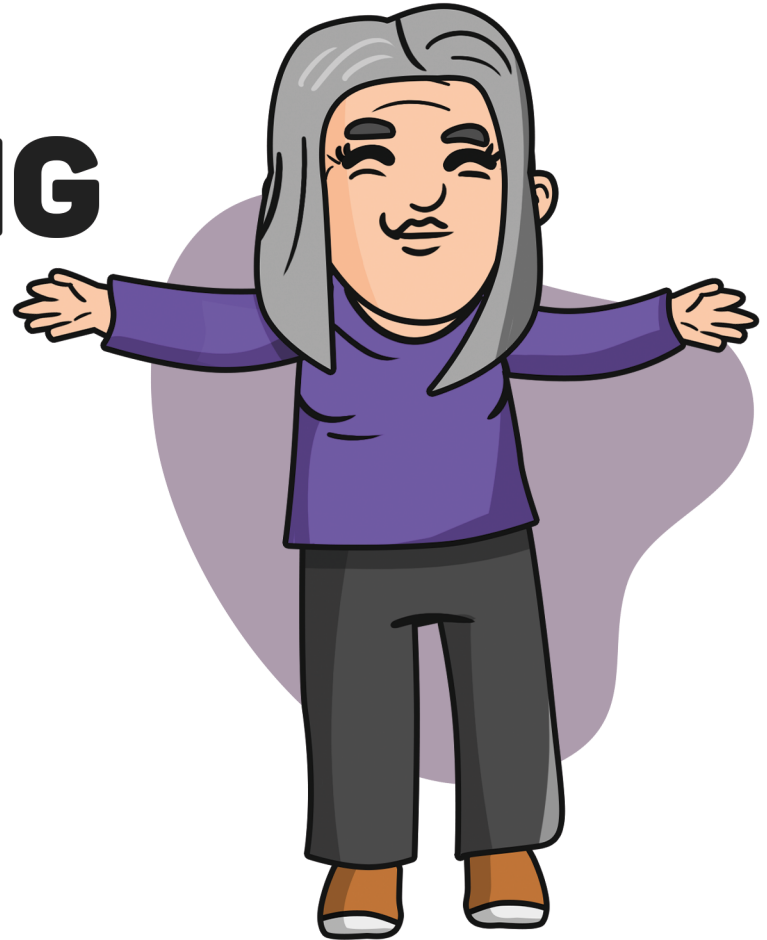
TANDEM POSTURE:

Stand and keep your back straight. Place the right leg forward and the left leg back, so that both legs are extended.

Change the direction of the legs 10 times each.



BALANCING ON THE ROPE



BALANCING ON THE ROPE:

Imagine that you are balanced on an imaginary rope. Extend both arms, keep your back straight, and walk and run along a straight line.

Practice balancing for 5-10 minutes.



STORK WALK



STORK WALK:

**Raise your legs at an angle and walk straight slowly and alternately.
Keep your arms suspended on your body.**

Repeat this exercise 20 times and practice it at different times.



BREAKING THE KNEE AND MOVING THE ARMS



BREAKING THE KNEE AND MOVING THE ARMS:

Stand and break your knees slightly. The feet should completely touch the ground. Now wave your arms forward and back.

Repeat this exercise 15 times and practice it at different times.



BE HAPPY



BE HAPPY:

Keep your upper body straight and stretch it upwards, twisting both arms as if you were looking forward to something. Now push your arms back and stretch your torso.

Repeat this exercise 20 times and practice it at different times.



SAFE CHAIR



SAFE CHAIR:

Take a sturdy chair and sit with your legs slightly open. Stand up and sit slowly one after the other.

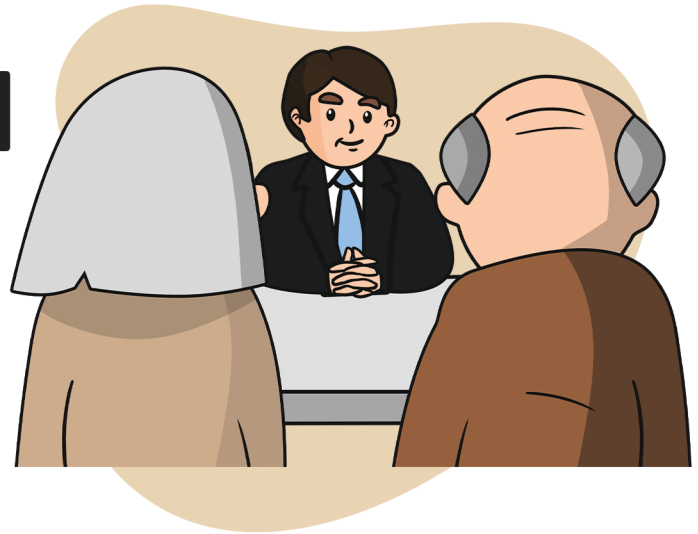
Repeat this exercise 10 times and practice it at different times.



HEALTH & CARE



**PREPARATION
IN ADVANCE
FOR WHAT
COMES NEXT**

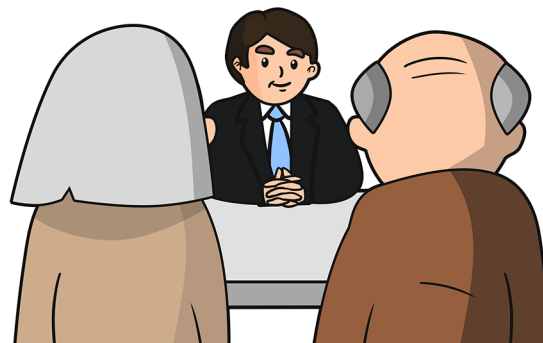


You should take care of your retirement documents early enough to live carefree.

It's best to involve your family or trusted people.

CLUE:

There are institutions that provide forms and templates.



COMPREHENSIVE DENTAL HYGIENE



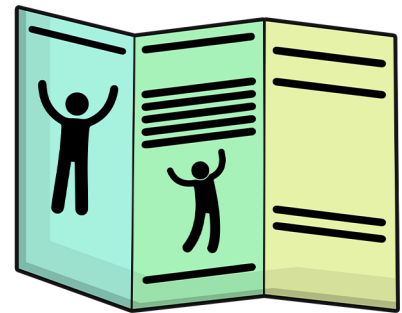
Inflammations in the sick teeth or oral cavity can be passages for infections and cardiovascular diseases. Please see your dentist for a check-up at least once a year.



**BE AWARE
OF YOUR RIGHTS
AND BENEFITS**



Go for preventive health checks offered by your statutory health insurance. You can contact your health insurance company and request a telephone consultation.



BODY CARE



Pay attention to regular body hygiene to prevent age-related skin diseases. Do not neglect your feet. If you can't do your own foot care, seek professional help from a medical foot care professional.



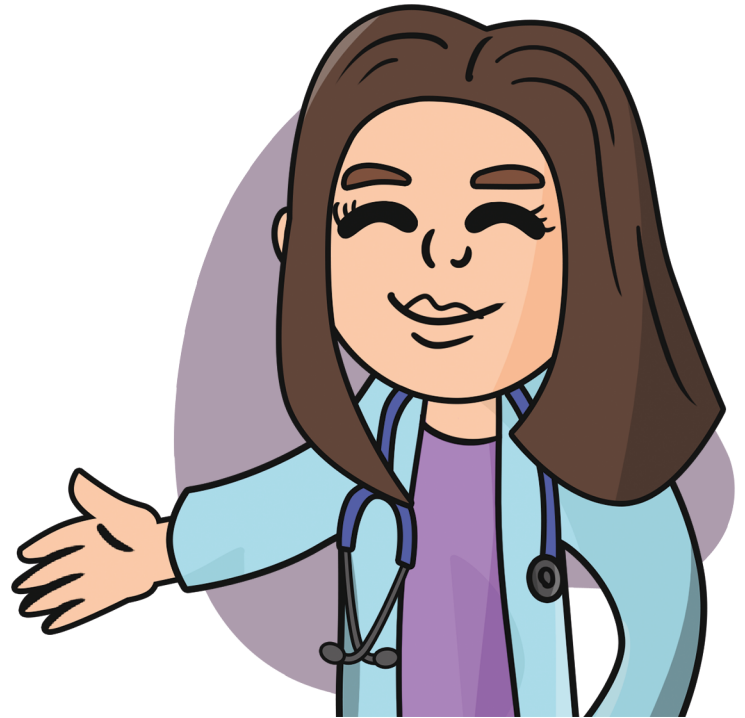
ADDITIONAL PROTECTION: VACCINES



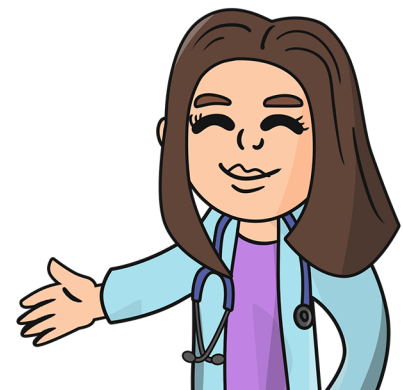
Vaccines are also important for preventive health care because the body's immune system weakens with age. Therefore, vaccines against tetanus, diphtheria and pertussis should be renewed regularly. Protect yourself and get advice and support.



**REGULAR
CONTROLS
AT
FAMILY
PHYSICIAN**



For people with statutory health insurance, a family doctor's examination every two years is free of charge. It is used for early diagnosis of kidney and cardiovascular diseases or diabetes.



SKIN CANCER SCREENING

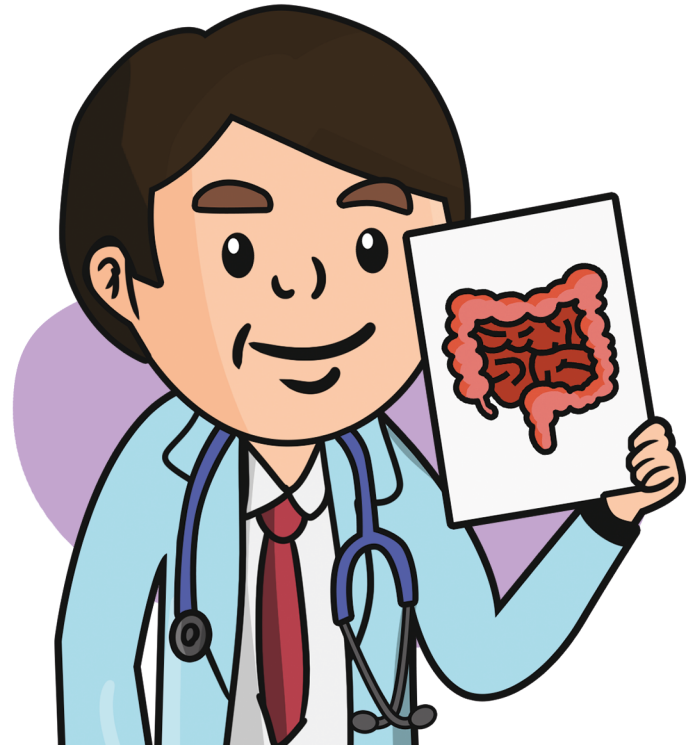


People with statutory health insurance have the right to have skin cancer screenings every two years, so that onset skin cancer can be detected at an early stage.

During the examination, the doctor examines the whole body for abnormalities; in case of doubt, small tissue samples are taken and examined. In addition to dermatologists, some general practitioners also conduct screening. Please consult your own family doctor.



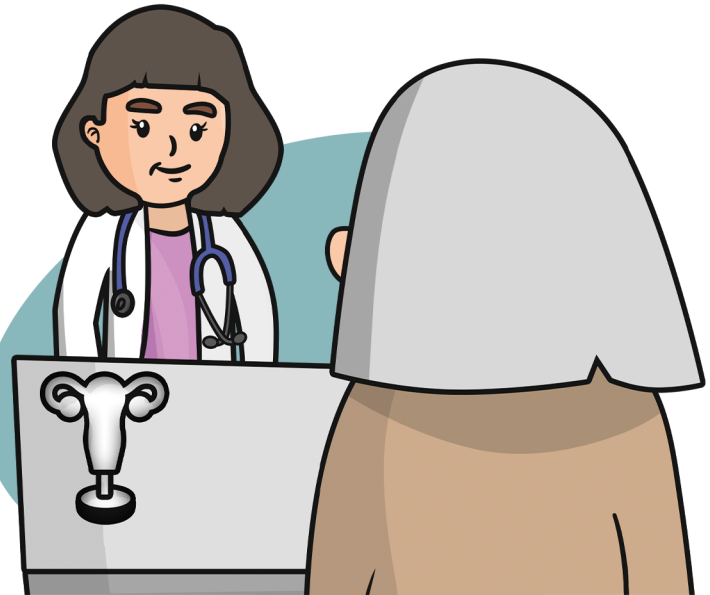
BOWEL CANCER SCREENING



People with statutory health insurance are entitled to have two colonoscopies at least ten years apart. If the offer is not accepted until the age of 65, the right to screening colonoscopy is reduced.



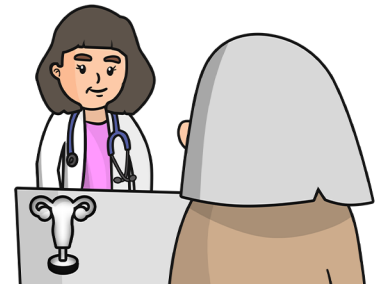
EARLY DETECTION FOR WOMEN



Women should regularly go to a gynecology office for early cancer detection. Here, the breast on the one hand and the genital area on the other hand are examined.

Women have the right to have a combined screening consisting of a cancer screening smear test (cytological examination) and cervical cancer screening (HPV test), a medical history and a clinical examination and gynecological palpation every three years. In addition, an examination of the genital skin area and a breast palpation examination are performed.

Women between the ages of 50 and 69 also have the right to have a mammography screening every two years for early detection of breast cancer.



EARLY DETECTION FOR MAN



Men have the right to have an annual cancer screening examination for the genitals and prostate by a urologist.

It is worth knowing: since 2018, men aged 65 years and older are also entitled to a one-time ultrasound examination for the early diagnosis of an abdominal aortic aneurysm (enlargement of the abdominal aorta).



LAW AND SOCIETY



**NEED
FOR CARE**



Within the meaning of the Long-Term Care Insurance Act, people in need of long-term care are people whose independence or abilities have been impaired. The question is whether the necessary talent still exists and whether the related activities can be carried out independently, partially independently or simply dependently. This is determined in six areas.

- ✓ **Mobility:** Independence in movement and body position changes.
- ✓ **Cognitive and Communicative Skills:** Orientation in time and space, getting to know people, etc.
- ✓ **Behavioral And Psychological Problems:** For example, night restlessness, self-harm, and auto-aggressive behavior.
- ✓ **Self-Care:** For example, personal hygiene, nutrition (until now also defined as basic care).
- ✓ **Coping with Illness or Therapy-Related Demands and Stresses and Coping as Independently as Possible:** For example, medications, wound care, doctor visits, compliance with therapy.
- ✓ **Shaping Daily Life and Social Relationships:** For example, shaping daily routines and adapting to changes.



CARE ALLOWANCE

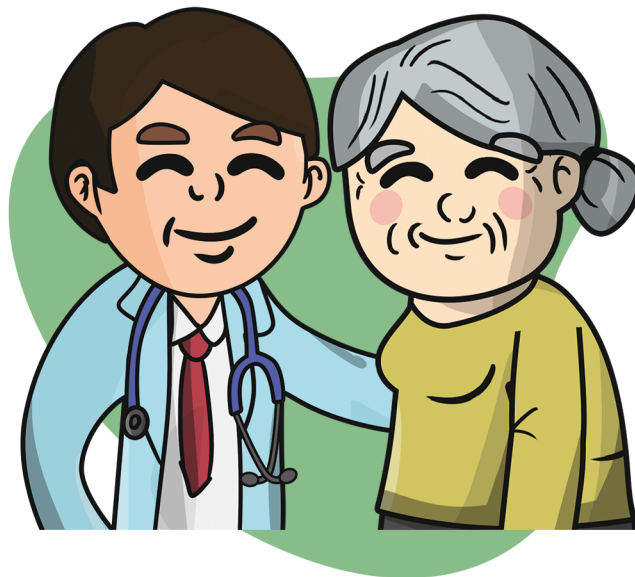


The care allowance can be claimed if relatives or volunteers take care of it.

People in need of care at home receive basic care and home services as in-kind assistance, as well as home care. This service is provided by professional outpatient care services, which are contractual partners of the nursing care insurances.



CARE ELIGIBILITY



The extent to which someone is eligible for care is grouped under several heading:

- ① Minor impairment in independence/abilities.**
- ② Significant deterioration of independence/capabilities.**
- ③ Serious deterioration of independence/capabilities.**
- ④ The most serious impairment of independence/abilities.**
- ⑤ Severe independence/ability disorders with special requirements for nursing care.**



PENSION INSURANCE



Due to the definition of neediness to care, nursing care insurance pays a pension for a wider group. This depends on the scope of care provided and the degree of care to which the person in need of care is classified.

The concept of needing care is taken into account in the regulations on the social security of caregivers in the field of unemployment and accident insurance; at the same time, protection in the field of unemployment insurance has been significantly expanded. Here, as in the pension insurance, protection is provided to caregivers who care for people in need of care from care level 2.



INJUNCTIVE RELIEF DOCUMENTS



Injunctive relief documents are important because due to an accident or illness, everyone may suddenly find themselves in a position where they can no longer take care of their own affairs and cope independently with daily life.

In such a case, a legal representative is appointed to reassure the person concerned and make important decisions on his behalf.

Although legal representation is usually given to the closest relative, the guardianship court may also delegate this task to a third person.

1. Living Will

In a life will, you legally determine how you want to be treated in a medical emergency and also how you don't want to be treated.

2. Health Care Deputy

With a health care power of attorney, you authorize a person you trust in a legally binding manner. You are no longer able to make legal and financial decisions for yourself. This is especially important because the person in charge makes decisions **ALONE** and independently; Unlike documents such as a care directive that are not legally binding, a court can uphold or overturn all of the caregiver's decisions and even dismiss the caregiver.

3. Death Decree

In the death decree, you regulate how you want to be buried one day, who should be involved in the organization of your funeral, and the course of the ceremony or execution. By the way, there are many funeral institutions where you can contact and get advice in advance.

4. Custody Order

Contrary to popular belief, relatives or child sponsors with blood ties do not automatically receive custody of underage children whose parents have died. Therefore, the custody order proposes a guardian to the court.

5. Maintenance Directive

With the help of a care directive, you can advise the court who should take care of your daily duties in case of illness or care. In addition, individuals may be explicitly denied guardianship.

6. Will

A will shapes the inheritance according to your own wishes more than a legal successor can. That way you can have more influence on who you leave things to.

In addition, you can also use a will to avoid disputes between heirs, as these usually occur when there is more than one heir. Such a so-called community of heirs can only decide jointly on the issue of inheritance. This means that there is no majority rule, but all heirs must agree to every decision.

For example, compulsory share claims to which children and spouses are entitled often cause problems when those who are entitled to compulsory shares claim their legally regulated minimum share of the inheritance. Heirs are threatened with financial losses and frustrating lawsuits, not to mention disputes between relatives.



MIND AND SPIRIT

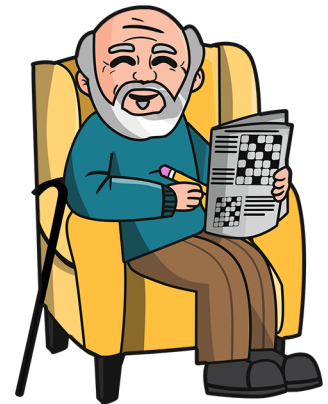


**LESS
IS
MORE**



TIP:

A small, challenging mental activity is also an effective exercise. Take some time each day and memorize, for example, historical days, short poems or phone numbers of loved ones.



SMALL MEMORIZATIONS



TIP:

When you're shopping, you can practice memorizing the shopping list in your head.

Start small. Try to remember 5 items, then increase the number after each success.



ACTIVE AND SOCIAL



TIP:

Cognitive training is especially effective when combined with physical and social activities. Go outside and move more often.



FOOD OF THE SOUL

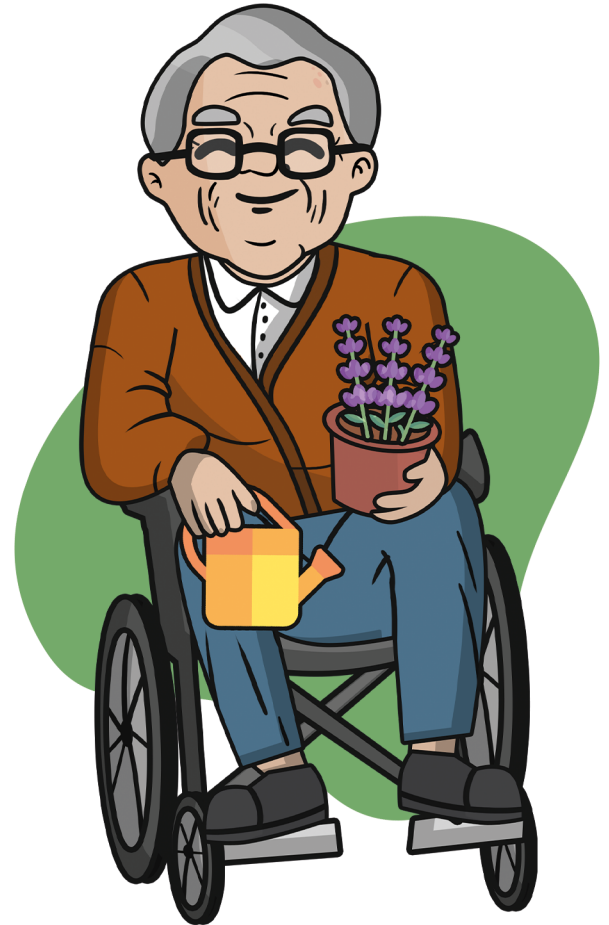


TIP:

Even small things can lead to greater satisfaction and joy in everyday life. Look at what works well for you and what you like to do over and over again.

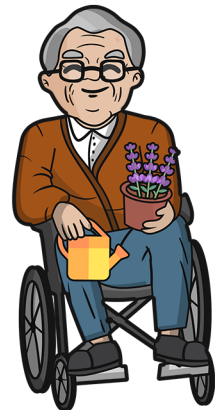


DIVERSITY IN ACTIVITIES

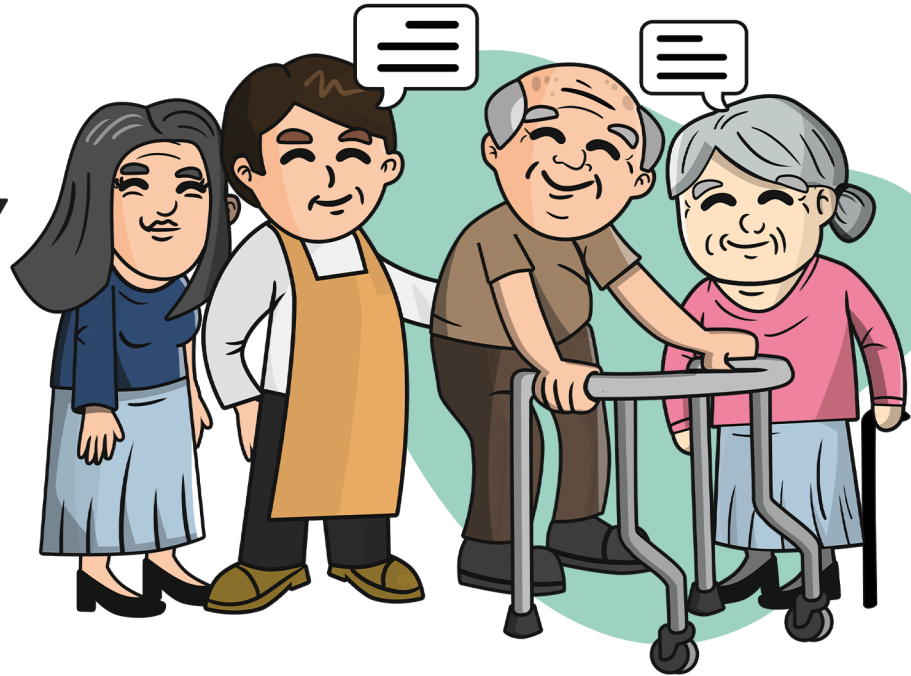


TIP:

Diversifying your activities adds color to your daily life. Are there so many things you can do at home, in the woods, or in the garden? All of these activities keep your brain fit, strengthen your immune system, and boost your self-esteem.

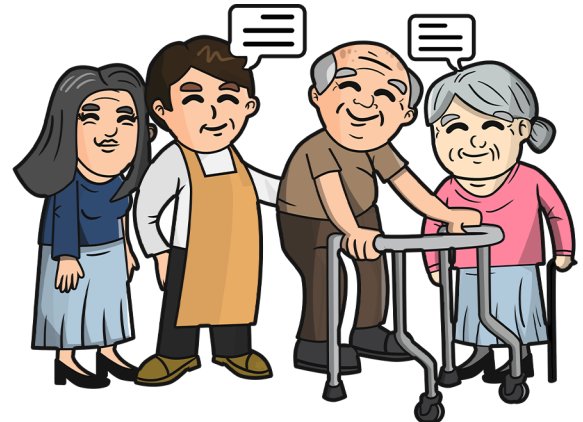


COMPATIBILITY IN SOCIAL LIFE

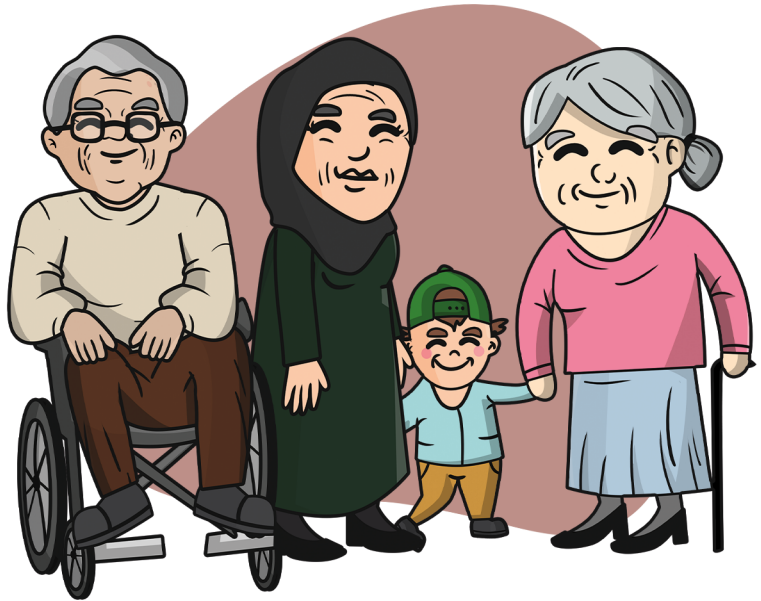


TIP:

Maintain friendships and relationships with your neighbors, the community, or your former co-workers. Social change allows you to stay active in old age.

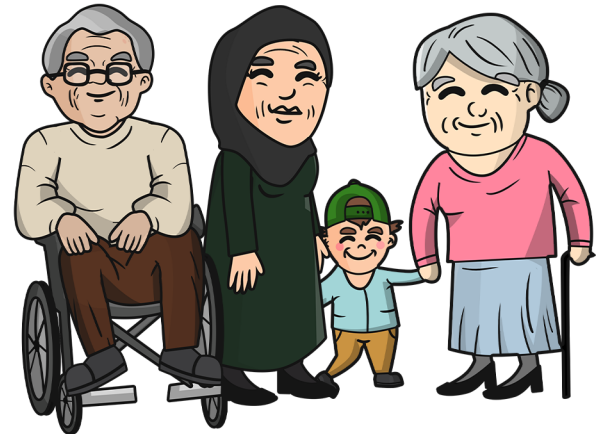


WORKING FOR THE BENEFIT OF SOCIETY

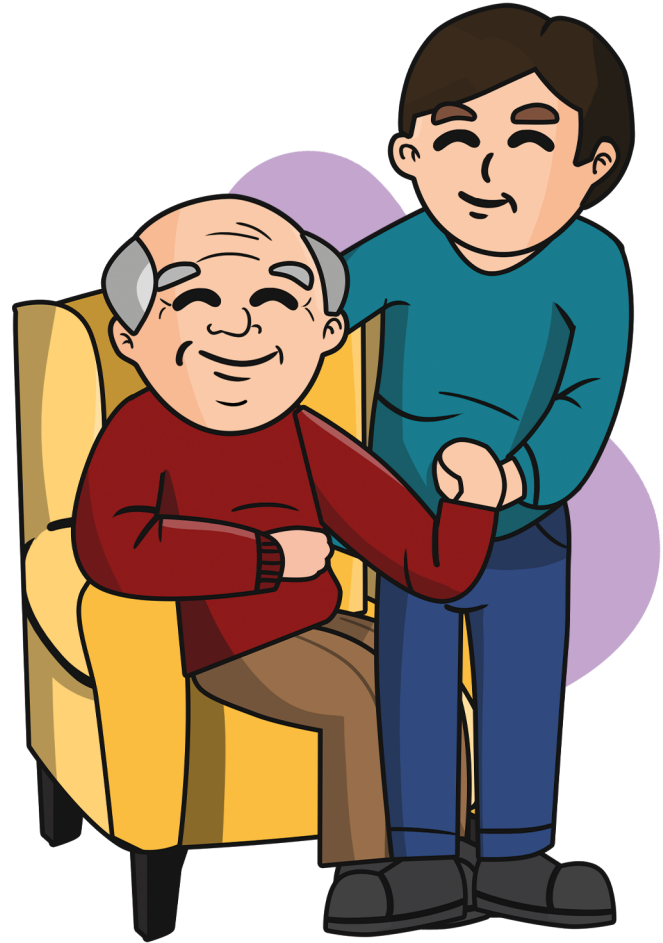


TIP:

If you have the time and are looking for a meaningful endeavor, see if there is an honorary task you can undertake in the city, in the municipality. If you support other people or institutions, you feel needed, become less bored, and stay active in life.

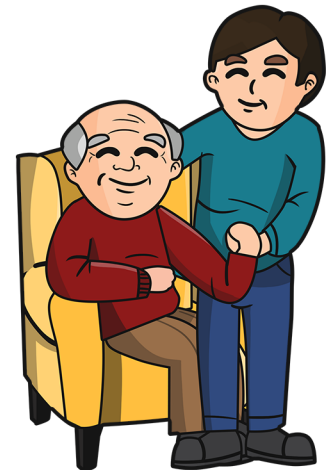


**IT'S
NATURAL
TO ASK
FOR HELP**



TIP:

As you get older, your mental and cognitive abilities may decrease. Our bodily functions also deteriorate gradually. You also need to accept help from time to time for a better quality of life. In this way, you also learn to trust others and maintain your own boundaries.



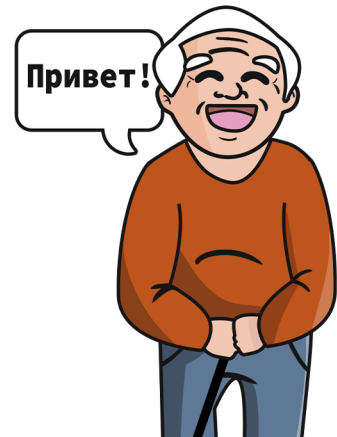
A NEW LANGUAGE, A NEW WORLD

Привет!



TIP:

Get to know new people and their languages. A little dialogue, a few words is enough to keep the brain active.



EMBRACING THE SOUL



TIP:

We do a lot for the health of our body. But the health of our soul is also very important. Take care of yourself and talk about how you feel, about your needs.

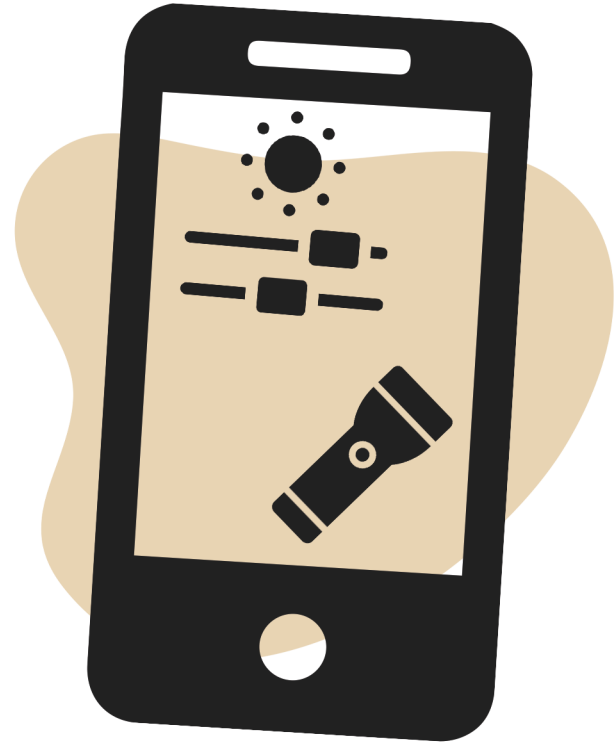
Protect yourself from situations that are not good for you. If you feel a prolonged silence inside, talk to someone.



DIGITAL WORLD



LIGHT AND DARK SETTINGS

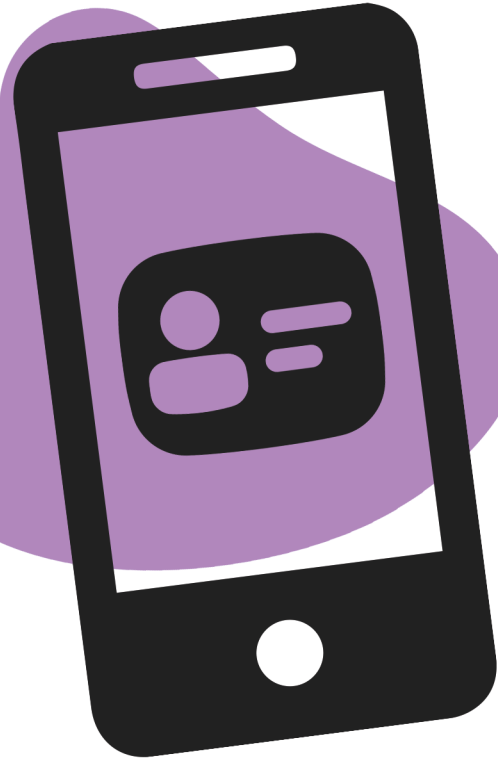


On many smartphones (mobile phones), the screen brightness, font size and thickness, as well as the size of the applications can be adjusted in the "Screen and Brightness" settings.

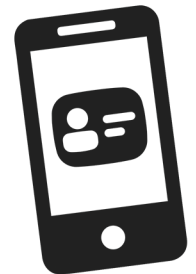
There are even more options under the "General" menu item. Here you can enable various operating aids. For example, you can turn a mobile phone camera into a magnifying glass, reduce touch sensitivity, and improve sound quality when people with hearing aids use the phone.



EASY TELEPHONING



Under the menu item "Phone" there is another useful function. There you can set the announcement of calls. In addition to the ringtone, the name of the caller is also loudly announced, provided that the smartphone is registered in the phone book.



**LET YOUR
SHOPPING
COME
HOME**



There are providers who send your shopping requests to your home through an app. Beverage delivery services have similarities with **"Flaschenpost"** and **"Durst"**. They deliver beverage crates to customers' homes so they don't have to carry water or Coke crates. Here, too, the order is placed through an application. Many traditional supermarkets now also offer online ordering and delivery, but this is usually chargeable.



EMERGENCIES



Many rescue services have been providing an emergency call service at home for many years: senior citizens are provided with a radio transmitter that they can wear like a wristwatch and press on in case of emergency. By the way, armbands and necklaces are also available as GPS transmitters. These can be used, for example, in dementia patients because these patients often feel the urge to move, move away from their familiar surroundings, and then no longer find their way back. GPS transmitters determine the exact location of the affected person and transmit this location to their relatives' mobile phone. At the same time, certain areas can be defined in which a person is allowed to stay. If this virtual limit is exceeded, relatives are also informed.



DOWNLOAD



The term download refers to copying and saving a program on your own computer.

If you want to use a program on your computer, you need to download it first. Please be wary of sites that look unfamiliar or suspicious.

To start the download, you need to click on the download button first. You will usually be asked if you want to save the file or how you want to proceed. Click on "Save file". The file will be downloaded later; it is usually stored in the "Downloads" folder. To install the program, go to the file with the .exe extension. This is how you start the installation and follow it step by step until it is completed.



HOW TO MAKE A PHONE CALL



Before you buy a prepaid card or sign a contract, you should find out what you need to get advice. e.g. "Which mobile network is right for you? Do you want good network coverage or low-cost rates?" or "How long a month do you go online and make phone calls? How much data volume do you need?" or "Do you want to use a contract with a monthly fee or flexible prepaid cards?" or "Do you need a contract with or without a smartphone?"

Compare different tariffs. There are also tariff comparison calculators on the Internet. Get advice from different suppliers and do not sign the contract directly in the store, take the time to study the contracts at home.



DATA PROTECTION



Data protection defines the protection against improper processing of personal data and the protection of the right to information. It's about your data and your protection.

IMPORTANT!

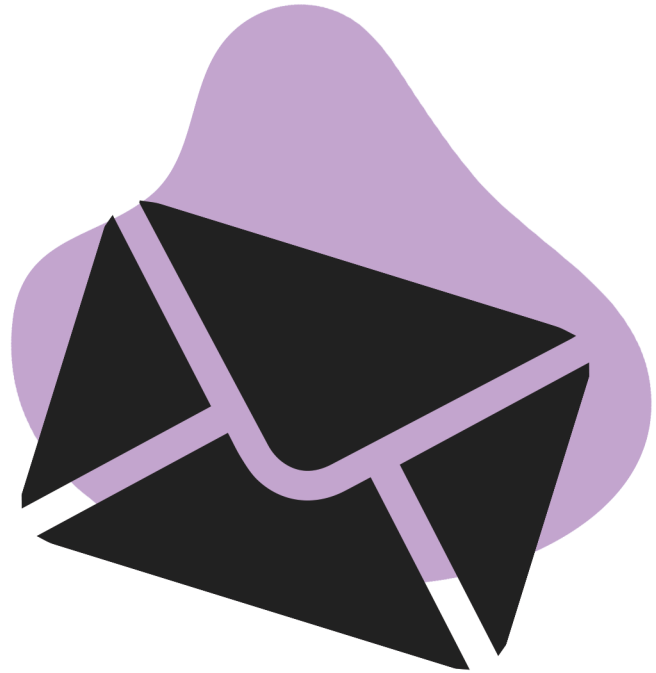
Do not download files from unknown or suspicious websites.

Do not open emails and email attachments from unknown senders.

Be careful as you would in real life.

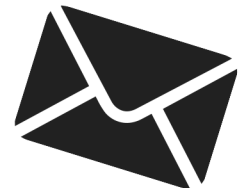


DIGITAL LETTER



Email is the oldest and still the most official form of communication on the Internet. Many people use the Internet primarily to process old paper mail electronically.

Even in offices, texts, images and graphics are mostly sent by email. Instead of writing with a pen and letterhead, you now type with a computer keyboard. You send this letter via the Internet directly to your business partner's mailbox.



RECOGNIZING GOOD AND ACCURATE INFORMATION



The Internet and various search engines give you the opportunity to quickly obtain information.

Don't rely on a single hit in the search engine for all the sensitive questions. See other hits that offer more information on the topic.



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