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HEALTH AND RECREATIONAL TECHNOLOGY
FOR ELDERLY PEOPLE

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Introduction. The number of elderly people increased rapidly almost in all countries. According to the prognosis of WHO, the number of older people will be equal 2 billion to 2050. Compared to demographic indicators of 1950, the number of the elderly person aged 60 years has increased in 10 times, and after 80 years in 27 times. Thus the supporting of independence, the raising of social activity level, the improving of life quality of elderly people is actually nowadays [1, 3]. Due to the high expectations of life quality in old age, the significant interest has the innovative technologies for solving the problems of unsatisfactory physical, psychological and social health.

Initially, the technology was a set of knowledge about the methods of production processes, descriptive drawings, charts, maps, diagrams that characterize the methods and processes of recycling. According to the definition of UNESCO, the technology is a systematic method of creation and application of knowledge based not only technical but also human resources and the interactions between them. Any modern technology is a complete process; it is directed on the goal and consists of several distinct and standardized steps that are implemented by specific actions [1]. Thus the concept of technology may be interpreted in a broad sense, not just in technical and applied fields of science. In the Physical Culture and Sport the different types of technologies that form and preserve health are interested. The education technologies, health preserving technologies, recreational technologies are active developed.

Health and recreational technology are oriented for improving healthy lifestyles culture. They take into account the opportunities and personal interest, help to remove physical and intellectual stress, give optimal conditions for realization of creativity and correspond to recreational needs of participants. The health and recreational technology are realized in several stages:

preparatory (choice of methods, control the physical and mental state of the participants), basic (conducting classes), final (determination of effectiveness) [1].

The **aim** of the study was to design and realize health and recreational technology for elderly people.

Methods – analysis and synthesis of scientific literature, abstraction, idealization, formalization, systems and structural analysis, sociological (survey with SF-36 questionnaire).

Results and discussing. The positive aging concepts are focused on existing opportunities and health preserved behavior. The shift from the negative paradigm of aging with the focusing on poor health, loneliness, inability to decide, disability, poverty, social exclusion, decreasing of intellectual development can be seen. According to new positive approaches, the aging is the natural state of a living organism that in public dimension is accompanied by changes in social roles (retirement, a need for help) and appearance of new opportunities. Among the main needs of elderly people are a preservation of health, good access to health services, active communication with society, the performance of socially useful tasks, using of leisure time at its sole discretion, intellectual development, sustainable relationships and stable life. Therefore, in life quality assessing it should be paid attention to the physical, emotional and cognitive functioning, symptoms of diseases and health perception, energy level, life satisfaction, financial position, ability to realize own interests.

Health and recreational technology for elderly people was implemented according to the following steps: 1) creation of an environment for elderly people; 2) formation and selection of forms and methods of implementation of the technology; 3) implementation of technology; 4) evaluating the effectiveness of the technology.

On the first stage the concept of the educational environment for elderly people was developed (Fig. 1). It was based on three principles: autonomy (the preservation of independence in decisions about lifestyle), integration (providing of full participation in the social life) and assistance (creation of special support systems for developing of modern competencies for health

promotion, active and positive aging). This educational environment gives an opportunity to adapt to the rapid changes in the external environment, provides the opportunity to use the potential of elderly people, promotes personal development, prevent social exclusion, limitation of living space, needs, and expectations.
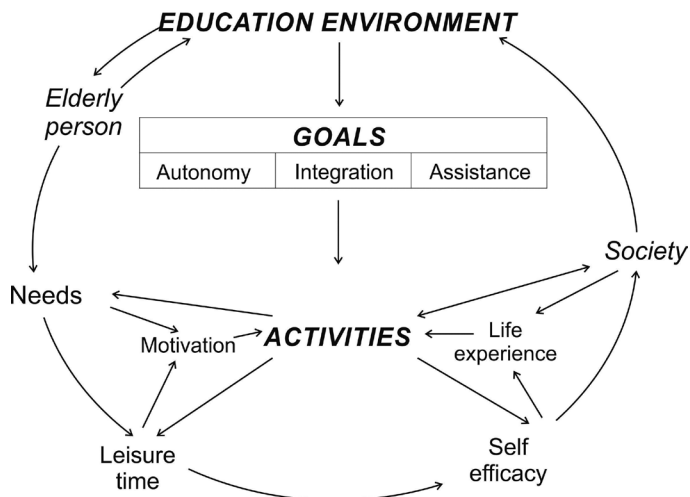

Fig. 1. The conception of learning environment for elderly people

For improving social and cultural condition for elderly people the main objectives of educational environment must provide: 1) activation in an environment that requires different capabilities for the supporting and stimulating of the elderly people; 2) change in the leisure time that requires the special establishments, consultation, and promotion; 3) the access to information and services that preserve and provide intellectual and physical ability and informational autonomy of the elderly people; 4) organization, support, and promotion of prevention program for elderly people.

The main activities within the educational environment meet the following principles: 1) functionality – content of education should help to achieve key goals; 2) flexibility – the curriculum should be open to new needs; 3) reality – no idealistic and utopian themes; 4) scientific – providing scientific and proven information, use the scientific terminology; 5) compli-

ance with values – activities should not deny any ideals, beliefs, and values of society; 6) activities must provide the opportunities for formation and development of skills that can be use outside the educational environment; 7) economy – the cost should be available to the elderly people.

The conceptual position developed during the first stage was taken into account for the creation of University of the Third Age as a special educational environment for elderly people. The students were persons under 55 years who was retired or unemployed but want to take active participation in the activities of Third Age University. In university was planned the study disciplines that promote the physical and social activity. The health and recreational program for the students of Third Age University consist of theoretical course "Health of elderly people" (36 hours), correcting gymnastics (24 hours), Nordic walking (48 hours), exercises for developing of flexibility (24 hours).

The participation according to health and recreational activities improve life quality in 1.3–1.6 times according to scales Physical activity, Bodily Pain, General Health, Role of physical problems, Role Emotional problems, Mental Health.

Conclusions. Three stage health and recreational technology for elderly people were constructed. It main phases were creation of an educational environment with health preserving elements (Third Age University); selection and implementation of health and recreational program with theoretical and practical parts; evaluating the effectiveness of the technology for life quality improving.

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