

# mirakle

BUILDING BLOCKS FOR MENTAL  
WELL-BEING OF THE OLDER PEOPLE  
–PROJECT (2012-16)

THE FINNISH  
ASSOCIATION  
FOR MENTAL  
HEALTH

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## MIRAKLE VISION

In 2017, mental wellbeing and mental health skills and resources of older people will be considered inherent parts of functional capacity in later life. Older people themselves will be interested in caring for their mental wellbeing. There will be various discussion groups and wellbeing courses available and older people can easily access materials to support their mental wellbeing.

- The purpose of Mirakle project is to promote mental health in later life and, using a resource-oriented approach, to develop activities and materials that support mental wellbeing. Activities and materials are co-created together with older citizens.
- The project is based on the idea that maintaining, supporting, promoting and taking care of mental wellbeing and health is, at any age, at least as important as taking care of physical health.

## MIRAKLE

### 1) COLLECTS INFORMATION

from older people and presents their viewpoints alongside expert knowledge. Information is gathered using questionnaires and interviews as well as through methods of service design and feedback. Mirakle arranged a writing competition **Elämän konkari** (Veterans of life) for people over 60. The participants were asked to write about how they have dealt with life's crises, big and small.

### 2) PRODUCES

- self-help and other brochures and materials aimed at the general population, both online and in print form, focusing on how to support mental wellbeing in later life.
- a model for **activity-based group intervention** conducted by volunteers (Wellbeing Training for Older People, 10–12 sessions), easily adaptable to different contexts; volunteers from different organizations are regularly trained for the group instructor positions.
- materials for **self-directed groups** (8-10 sessions). Older people have been involved in the conception and development of the model.
- a model for **crisis support** for older people as well as a self-help material about crisis support for older people.
- an **edited book** of stories produced in the writing competition.
- materials on what support and promotion of mental health and wellbeing of older people entails. For these, information is collected also through discussions with older people themselves.
- For professional use, the Swedish book "Mellan äldreomsorg och psykiatri" ("Dialogue between elderly care and psychiatry") by Susanne Rolfner Suvanto (2012, Gothia Förlag) will be translated.

### 3) MONITORS AND ASSESSES

- the usability of the developed materials together with older people.
- the development process of the interventions as well as the subjective wellbeing of the intervention participants; the evaluation of the latter will be developed together with older people.
- success of project external communication and project visibility.
- the development process and usability of a low-threshold crisis support model for older people.
- the co-operation forum and the co-operation between the partner organizations.
- the internal processes of Mirakle.

Mirakle works closely with the following NGO projects: **TunneMieli** (Pensioners' Union), **Elinvoimaa** (Central Association of Finnish Pensioners) and **Etsivä Mieli** (Union for Senior Services).

The project is funded by the Finland's Slot Machine Association (RAY) and it is part of RAY's Active Age - Never mind the years programme, coordinated by the Central Union for the Welfare of the Aged.

