

GYMSEN: Creating a completely new training for seniors focused on their sensory capacities



Sensory Gymnastic for the Elderly

Together with partners from Spain, Sweden, Italy and Greece the European Development Agency is implementing the project GYMSEN: Sensory Gymnastics for the Elderly: program for the maintenance of sensory capacities in the elderly. The aim of the **GYMSEN** Project is to avoid the impairment of the taste and olfaction during the aging process, which usually leads to the lack of appetite.

Logo of the project

Different profiles of Elderly people from Spain, Czech Republic, Greece and Italy take part in the Project. In the Czech Republic the European Development Agency together with the organisation Právě teď, z.s. focuses on healthy, but not very active seniors which are interested in increasing their sensory capacities.

The Erasmus+ Project GYMSEN has as an objective the preservation of the sensory capacities of elderly people, especially of the taste and olfaction, as well as the maintaining of the cognitive capacity in the elderly with the aim of improve the wellness and the quality of life of the elder. The project is supported by the European Union through the Erasmus+ programme as a Strategic Partnership in the field of Education.

There are scientific papers saying that about 90 % of the elderly population (older than 80 years) have alterations of the appetite associated with the decrease of their physical activity and that they perceive the tastes and the odours in a different way. This can be a problem especially to institutionalized people but also to people who are living actively.

The decrease in the sensory capacities, which allows us to distinguishing the organoleptic characteristics in the food, increases the risk of malnutrition and the nutritional deficiencies of the elderly people, and it might induce consequences as the loss of the appetite (hiporexia) infections or other alterations with serious consequences for the health.



A specialists from the Spanish organisation AINIA explains the rules for the training programme during the transnational meeting in Gothenburg, Sweden.

The Gymsen Project: keeping the sensory capacities of the elderly in good shape

Keep in shape the capacity of the sensory perception of our elderly people might prevent or slow their functional and cognitive impairment. Therefor the project partners will create a training programme during the project which will focus on 4 different profiles of elderly people, taking into account their health status, activity and dependency level.

For each specific case, professors, relatives/trainers, therapist or care-givers are the ones who are going to take the course for the acquisition of the tools for the good development of the course. The course is going to be validated with the final users, both the care-givers and the care-takers, through a pilot activity in spring 2016.



The coordinator of the project is the Spanish Miguel Hernández University of Elche.