

PROJECT MILESTONE ACHIEVED

RESEARCH ON ELDERLY COGNITIVE NEEDS IS COMPLETE!

UNDERSTANDING OUR TARGET GROUP

The ERA Project, led by Ankara Haci Bayram Veli University, has successfully concluded a significant **scientific research study** (Work Package n°2, Deliverable A2.1).

- **Target Group:** Elderly population over 65 years old.
- **Methodology:** A **Self-Assessment Questionnaire for Cognitive Functions** was administered both online and in-person across three partner countries.
- **Aim:** To gather valid data on participants' **cognitive functions, memory, attention, and problem-solving skills** to ensure the project's therapeutic modules are built on real needs.

The comprehensive questionnaire was developed by the State Psychiatric Hospital "St. Ivan Rilski" (Bulgaria) in collaboration with Turkish and Lithuanian partners.



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ENVIRONMENT REINTEGRATION AND AWARENESS-BASED ART THERAPY FOR RURAL ELDERLY

Project No: 2024-1-TRO1-KA220_ADU-000250176

JULY, 2025

RESEARCH SCOPE AND REACH

The study achieved a broad reach, with a total of 632 participants surveyed across the partner countries:

Country	Participants
Turkey	364 persons
Bulgaria	220 persons
Lithuania	48 persons
Total	632 persons

The research results indicate that while many participants maintain strong overall cognitive abilities, a **substantial number show mild to moderate difficulties** in specific areas. The findings highlight the critical need for personalized support:

- **Cognitive Challenges:** Many participants reported difficulties with **attention** (e.g., focus), **memory** (e.g., forgetting appointments), and **orientation** in familiar places.
- **Daily Functioning:** Approximately one-third reported difficulties with complex familiar tasks, such as **managing finances or using household appliances**.
- **Health and Education:** The majority of participants have chronic diseases, which can affect cognitive motivation. Varying educational levels necessitate the development of **accessible and simple content**.

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NEXT STEPS: BUILDING THE
FUTURE MODULES

The detailed findings from this research will serve as the essential foundation for the next phase of the ERA Project.

This data will directly inform the development of:

1. The **educational and therapeutic modules** designed for the elderly.
2. The **toolkit** on ecologically-based art therapeutic approaches.

General Recommendation: The project's approach will be balanced: **strengthening cognitive functions** while incorporating activities in **familiar, culturally significant, and enjoyable formats** to support healthy and active aging.



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