



“altBACKEN...?”

Elderly people impart their cooking experience to children





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<https://maps.google.de/maps?client=opera&oe=utf-8&channel=suggest&q=Karte+deutschland&ie=UTF-8&hq=&hnear=0x479a721ec2b1be6b:0x75e85d6b8e91e55b,Germany&gl=de&ei=bXJ8UPX-HsTHsgbq7YGoCQ&ved=0CB4Q8gEwAA>

altBACKEN...?

- ✘ alt: old
- ✘ backen: (to) bake
- ✘ altbacken:
 - + hard bread, not tasty anymore
 - + old fashion
- ✘ altBACKEN...?
 - + elderly people who bake
 - + really old fashion and „useless“
 - + still need them and their experience in our society



OUTLINE

- ✘ project ideas
- ✘ aims of the project
- ✘ project planning
 - + ideas of our project
 - + information about elderly people and children
 - + timeline
 - + premises
 - + financing
- ✘ project implementation
- ✘ reflection/ problems
- ✘ continuation

PROJECT IDEAS

- × landscape gardening
- × soapstone group
- × cookery course – “altBACKEN...?”
- × cooperation with a “multigenerational house “
- × literacy group

AIMS OF THE PROJECT

- + **elderly people**
- + children
- + general principles

ELDERLY PEOPLE

- × become part of society again
- × chance to establish contacts
- × reorganize their leisure time
- × experience a feeling of achievement
- × meet with younger people
- × new role of life (MOHO)
- × offers in the community (community development in occupational therapy)

AIMS OF THE PROJECT

- + elderly people
- + **children**
- + general principles

CHILDREN

- × have fun cooking
- × interact with elderly people
- × learn consideration towards elderly people
- × learn about healthy nutrition
- × are exposed to a potential new hobby
- × experience mutual understanding

AIMS OF THE PROJECT

- + elderly people
- + children
- + **general principles**

GENERAL PRINCIPLES

- × **Improvements in:**
 - + motor coordination
 - + memory
 - + occupational performance
 - + action regulation
 - + concentration and endurance
 - + social isolation



PROJECT PLANNING

- ✘ ideas of our project
- ✘ information about elderly people and children
- ✘ timeline
- ✘ premises
- ✘ financing

IDEAS OF OUR PROJECT

- ✘ find 4 elderly people
- ✘ find 8 children



INFORMATION – ELDERLY PEOPLE

× Skills requirements

- + mobile enough to come to the meetings
- + enough endurance and strength
- + good cognition
- + enjoy teaching

× To do

- + distribute flyers in the city and in the adult education centre
- + introduce the project at a meeting of elderly people
- + offer the project to nursing home residence

INFORMATION - CHILDREN

- ✘ Skills requirements
 - + minimum age 6 years
 - + good cognition
 - + good motor skills
 - + concentration
- ✘ To do
 - + present the project to a school
 - + distribute flyers

TIMELINE

- ✘ initial meeting with the elderly people
- ✘ cooking dates
 - + two following weeks
 - + Friday afternoon and the following Saturday morning
 - + four hours per meeting
- ✘ debriefing session with the children
- ✘ debriefing session with the elderly people

PREMISES

- ✘ kitchen with 4 cooking bays and a dining room
- ✘ a good, accessible kitchen
- ✘ enough space
- ✘ complete range of kitchen equipment
- ✘ facilities to keep the food cool

To do

- ✘ request the adult education centre

FINANCING

- ✘ fee : 5 € per child
- ✘ donations from two farms: Stäbler and Rein
- ✘ donations from the adult education centre

PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants

WEGBESCHREIBUNG



ALTBACKEN...?



ÄLTERE MENSCHEN GEBEN IHREN ERFAHRUNGSSCHATZ AN KINDER WEITER

VERANSTALTER



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen

THE KITCHEN



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants

CHILDREN PARTICIPANTS



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants
- ✘ recruiting elderly participants

THE ELDERLY PEOPLE

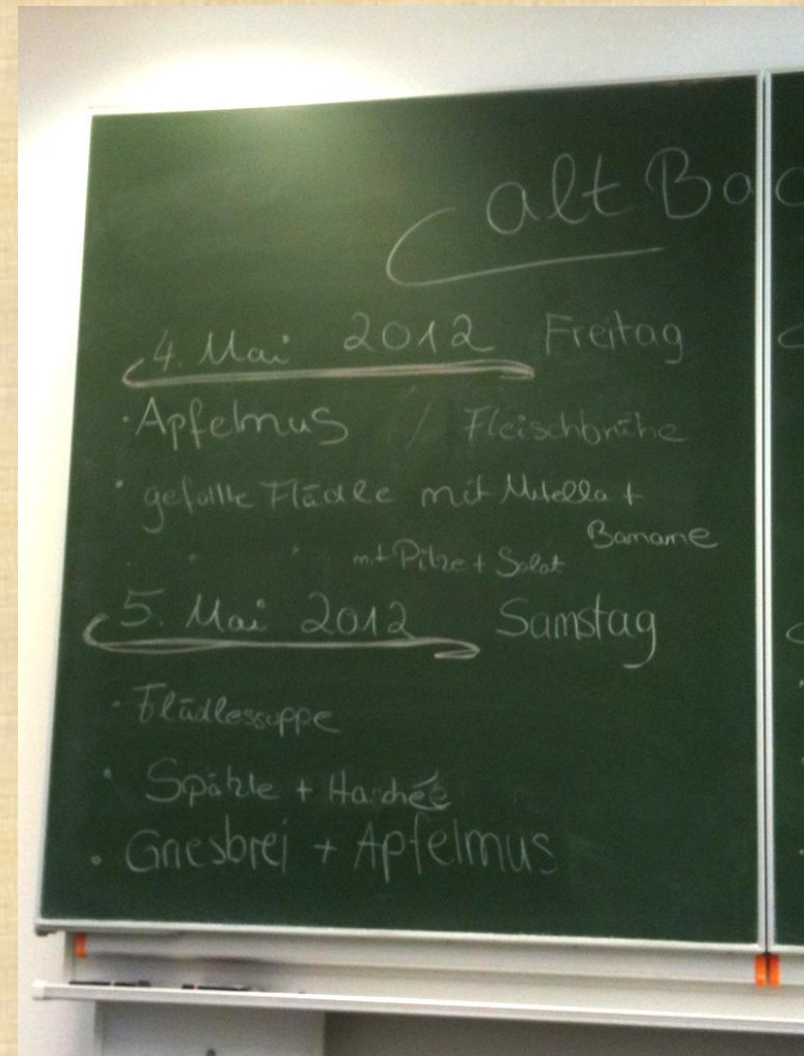


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PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants
- ✘ recruiting elderly participants
- ✘ meeting the elderly people and developing a meal plan

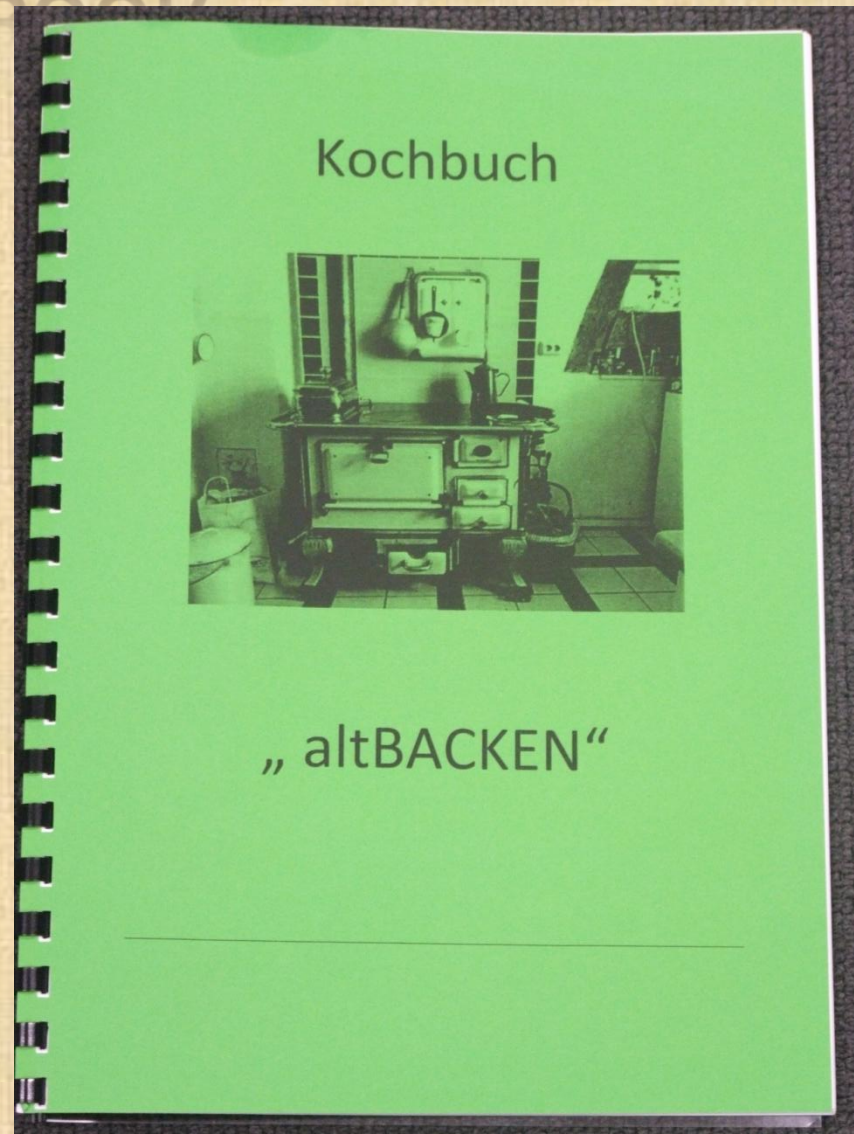
DEVELOPING A MENU



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants
- ✘ recruiting elderly participants
- ✘ meeting the elderly people and developing a meal plan
- ✘ designing a cookery book

COOKERY BOOK



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants
- ✘ recruiting elderly participants
- ✘ meeting the elderly people and developing a meal plan
- ✘ designing a cookery book
- ✘ making a shopping list and shopping
- ✘ cooking, eating and tidying up

COOKING



COOKING



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COOKING



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EATING



PROJECT IMPLEMENTATION

- ✘ designing two flyers, one for the children and one for the elderly participants
- ✘ finding a suitable kitchen
- ✘ recruiting children as participants
- ✘ recruiting elderly participants
- ✘ meeting the elderly people and developing a meal plan
- ✘ designing a cookery book
- ✘ making a shopping list and shopping
- ✘ cooking, eating and tidying up
- ✘ debriefing with the children
- ✘ debriefing and final meeting with elderly participants
- ✘ writing a “thank- you” letter to the sponsors

THANK – YOU - LETTER



REFLECTION / PROBLEMS

- × **children**
- × elderly people
- × team

CHILDREN

× Pros

- + nice cookery book
- + give -aways
- + fun
- + delicious food

× Cons

- + food sometimes a little bit unusual
- + spinach pudding
- + to less old lady's
- + it's over



REFLECTION / PROBLEMS

- × children
- × **elderly people**
- × team

ELDERLY PEOPLE

× Pros

- + children very concentrated
- + new experience
- + good timing

× Cons

- + some recipes were too complicated



REFLECTION / PROBLEMS

- × kids
- × elderly people
- × **team**

TEAM

× Pros

- + an enjoyable project
- + good team -work with the elderly participants and children
- + delicious food

× Cons

- + not enough elderly participants
- + better financing
- + sometimes too much food

CONTINUATION

- ✘ article on the homepage
- ✘ display information about the project to inform visitors of the adult education center about the project
- ✘ hopefully finding someone to continue the project

QUESTIONS

× Any questions?

SWEET PLAITED LOAVES



THANK YOU FOR YOUR ATTENTION





45% Frucht
Klasse
Beer-Gelee
extra









ABLAUF
Snapperfilet
Tomate
Zucchini
Salbei
Eier
Käse
Zucchini
Tomate
Salbei
Eier
Käse

Saskia









BLAUF
- Suppenteller
- nicht waschen
- keine Zusammenbau
- ölen
- Handbest
- Esser
- Re...

Hand mit
- waschen
- Müll
- Müll
- Müll
- Müll
- Müll





Laura

Luise









Handwritten notice on a tiled wall, partially obscured.











Restmüll unter den Spülen
(Bitte nach Kursende in die große Mülltonne auf dem Parkplatz werfen)
vhs

Tun's Frisch
Zusammenfassung
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...

