

WELCOME TO AGE_THEA: THEATRE FOR HEALTHY AGEING



We are thrilled to introduce
“On Stage in the Gold Age: Theatre for Healthy Ageing” (AGE_THEA).

This initiative is dedicated to improving the **mental health and social inclusion** of **elderly individuals** through the **innovative use of theatre**.



lecompagniemalviste

AGE_THEA is a collaborative project that brings together experts from the health, social, and cultural sectors to harness the power of theatre in enhancing the lives of seniors, particularly those with cognitive disorders like dementia or Alzheimer.

Our Goals:

- **Enhance Well-being:** use theatre to improve the psychosocial health of elderly people.
- **Promote Active Ageing:** Encourage participation in creative activities that foster social inclusion.
- **Cross-sector collaboration:** Develop a training program that bridges the cultural and healthcare sectors.

Key Activities:

- **Training Programme:** We will develop and deliver specialized training for professionals in the social, cultural, and health sectors.
- **Theatre Workshops:** Seniors will participate in theatre activities designed to boost their mental well-being
- **Awareness Campaign:** We will spread the work about the benefits of theatre in elderly care across Europe

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