

AGE_THEA: THEATRE FOR HEALTHY AGEING



“On Stage in the Golden Age: Theatre for Healthy Ageing” -
improving the **mental health and social inclusion** of **older individuals** through the **innovative use of theatre**.



EXPLORE MORE
ABOUT HOW
THEATRE CAN
PROMOTE
MENTAL HEALTH
AND WELL-BEING
IN OLDER AGE ON
OUR WEBSITE
AGE-THEA.EU

STAKEHOLDER ROUNDTABLES ACROSS EUROPE – DIALOGUE, EXCHANGE AND INSPIRATION

During **January and February 2025** all AGE_THEA partner countries (Romania, Greece, Italy, Portugal) hosted national stakeholder roundtable events with the goal of promoting dialogue between professionals from the health, social and cultural sectors, as well as artists, caregivers and other key actors working with older adults.



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Instagram: age.thea2023



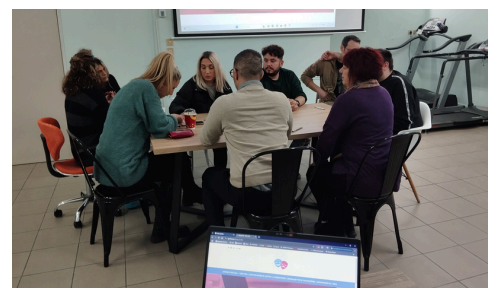
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All events aimed to:

- Present the AGE_THEA project and its objectives
- Explore the connection between theatre and mental health in older age
- Invite feedback on project resources and promote the upcoming AGE_THEA training programme
- Encourage cross-sector collaboration and exchange of good practices

In total, the roundtables brought together **98 participants** across all countries. The sessions were marked by lively discussions, experience exchanges and a shared enthusiasm for the potential of theatre-based approaches in elder care and wellbeing.

Participants appreciated the inclusive and creative format of the events, and many participants expressed interest in future collaboration or involvement in project activities such as training activities to learn more about theatre sessions with and for older adults.



LEARN MORE ABOUT THE PROJECT AT
AGE-THEA.EU

National roundtables not only helped raise awareness of AGE_THEA but also laid the groundwork for a growing community of practice, where arts and care intersect to support mental health in later life, especially in treating psychosocial health and well-being of elderly individuals, with or without cognitive disorders.



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.



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