

MailAt for senior- Questionnaire

10 responses

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1- In your experience, what do you think are the most common challenges in relation to seniors during the pandemic period?

10 responses

loneliness and
resilience

Insulation

The most common challenges are the use of means of protection (masks).

Solitud
e

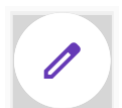
uncertainty

Combat social isolation, anxiety and access to health.

anxiety and
loneliness

The biggest challenge was controlling the fear and loneliness. It was very difficult, being away from family, friends.

Visits to the
doctor.



What is the general profile of the seniors you usually work with?

10 responses

assets with mobility problems

Sick or physically disabled

They are relatively **young people** who need to finish primary school, **others** who are invited by Social Security to attend school because they receive RSI (social insertion income) and the elderly who return to school to improving knowledge and socialising with other people.

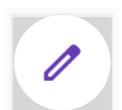
Family and friends.

autonomous, **active**

They are active seniors.

active and participatory

Autonomous and dynamic people



What are the main challenges to improve professional activities with them?
(time, interest, illness)?

10 responses

find activities that motivate them and make them happy

Disease

The biggest challenges are : the disease of the elderly (mobility, visual and auditory) and motivate the RSI trainees, as they are obliged to go to school they show a lot of resistance.

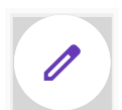
Quality time and with activities that get them out of the place where they are.

interest and motivation

Improve the above-mentioned aspects

More time devoted to senior activities

appealing activities, with lots of interest and affection.



In your experience, what do you think is most important for seniors during pandemic period?

10 responses

mutual help and cooperation, friendship and love

Companionship and health/social support

Face-to-face or telephone contact and clarification of doubts.

To be **protected**, but without consigning **them** to affective solitude.

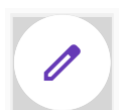
The family

Give attention and keep them busy.

socialisation, family, friends

The daily routine and autonomy.

Provide them with quality time.



What are the main difficulties adults have when using some artistic activities?

10 responses

motivation, interest

Difficulty of adaptation and access

Motivation, dexterity and autonomy.

Lack of technique and creativity.

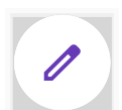
dexterity

The lack of interest on the part of some and reduced motor skills.

fine motor skills and motivation

Vision difficulties, manipulation and demotivation.

Lack of creativity.



What are the main skills that adults need to develop?

10 responses

motricity and creativity

Motricity, coordination, creativity

Creativity and self-esteem.

Artistic and communication skills.

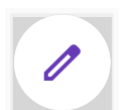
fine motricity

Global and fine motor skills (manual dexterity)

emotional intelligence

Socialisation, creativity, cooperation and team spirit

Human relations.



How do you think the Covid-19 pandemic has affected the social life of seniors?

10 responses

It affected them in such a way that the fear of dying made them afraid to livecontact with others still frightens them.

Loneliness, anxiety, illness

Making them more depressed.

in cooperation and interaction

It affected them a lot because it left them a lot of time alone, away from their family, away from their activities, from friends and very afraid of the disease.

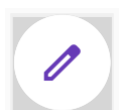
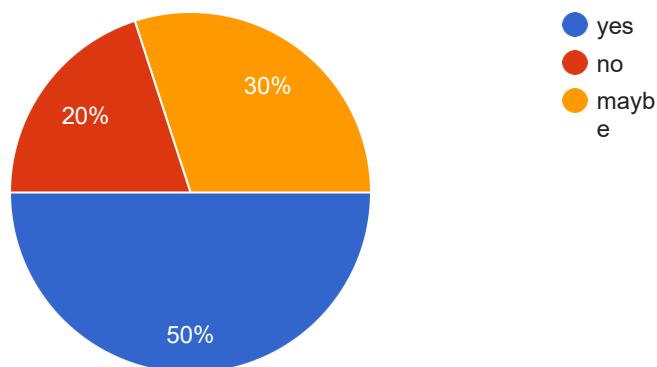
I think they have little dexterity in this area, which makes them feel more isolated from their loved ones

It affected a lot as the elderly felt very lonely and it made motivation much worse of their lives.

Has the pandemic aggravated the needs of seniors to improve your knowledge of Mail Art?

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10 responses



What relevant training have you received over the last 3 years to help you in your work? If yes, what type (e.g. face-to-face training, conference, seminars, shadowing, online training or tutorials, support materials etc.)?

10 responses

Online training

seminars

On-line conferences/training

I have not received any training to work with these people.

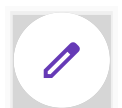
Training

Awareness-raising
actions

jobshadoing

Sharing ideas and experiences with co-workers

I did not receive any training. I only relied on my experience.



10 responses

conferences

Conferences

I did not receive any training.

conference

Support materials

Online conferences

seminars

Sharing Erasmus experiences

I did not receive any training. I only relied on my experience.

10 responses

Online training

support material

On-line training

I did not receive any training.

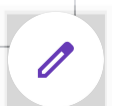
Seminars

On-site training

seminars

Research

I did not receive any training. I only relied on my experience.



What kind of training would be useful to you in the field of mail art activities (e.g.

example, which topics and method of transmission)?

10 responses

craft and sewing activities

Art for improving cognitive skills/coordination

Collage and photography.

It would have to be face-to-face

Presencial

Artistic methods and techniques

cutting and pasting activities

Training in painting, artistic techniques, modelling, handicrafts.

Training

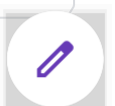
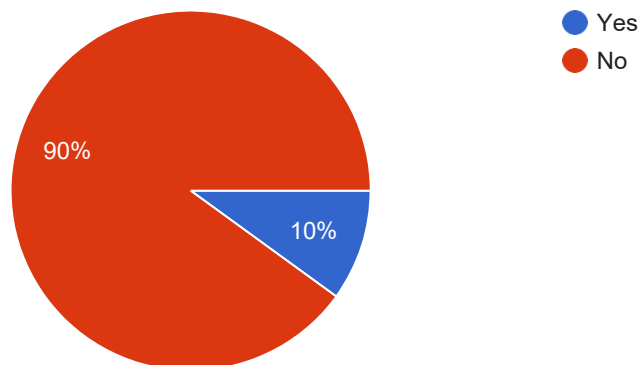
You have the opportunity to discuss and share ideas and best practices

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with other experts in the field at local, national and European level?

If so, please specify when, where, how, and with whom.

10 responses



If so, please specify when, where, how, and with whom.

10 responses

I answered no

I don't
have

Hospitals, associations, voluntary
groups

No.

I answered
no

I would like to but I
don't have

I answered
negative

In the workplace and on the
net

the answer was
negative

Do you have anything else to add?

10 responses

No

I would like to learn more about Mailart and apply it with dseniors

No.

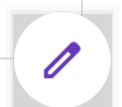
I would like to learn about mail art activities

I would like to know more about
mailart

No

No

not



Google Forms

