



EMPOWER IO3

Audiobooks –  
Handbook for senior  
adult learners and  
grandparents



**EMPOWER**  
Building Resilience to Address Domestic Violence



## Introduction to the Handbook for Parents

The aim of this short handbook is to support you, as a senior adult learner to integrate the EMPOWER suite of 10 audio-books resources included in the Family Learning Toolkit into your everyday activities, and to help foster and promote positive relationships within your family unit. In this short handbook, you will be introduced to the 10 audio books, and you will be provided with guidance on how to use these audio books in a family learning environment.

### Introduction to the audio books

As part of the Family Learning Toolkit, the Empower project offers a suite of 10 audio-books that will support seniors to understand the differences between healthy and unhealthy relationships with their family, to promote self-care and awareness to prevent instances of abuse, to remain active and healthy, maintain self-confidence and self-esteem as they age, to recognise signs of elder abuse in its various forms – in their own families and other instances they may witness, to access available supports if they require it. The aim of these resources will be to highlight some of the specific risks that senior adults are susceptible to, and also, to support them to prevent themselves from being victimised.

### Getting to know the audio books

In this section, we will provide you with a brief introduction to the audio books and we will also give some questions for the discussion which can be used within your family members to discuss the new information you learned.

#### 1. AUDIO BOOK “Difference between Healthy & Unhealthy Relationships”

In this audio book you will find out more about differences between healthy and unhealthy relationships in family.





## 2. AUDIO BOOK “Elder abuse”

In this audio book you will find out more about elder abuse which can be physical, mental, psychological, financial, and sexual.

## 3. AUDIO BOOK “Emotional well-being”

In this audio book, you will learn more about the emotional well-being of older people. Relationships with family members play a huge role in person’s emotional well-being and social support is very important as well.

## 4. AUDIO BOOK “People around us”

In this audio book, you will learn that it is important what people are around us and what an important impact they make on our lives.

## 5. AUDIO BOOK “Self-esteem and aging”

In this audio book you will find out more about self – esteem and aging. Here it is also discussed about changes in physical appearance and physical functioning.

## 6. AUDIO BOOK “Staying active in elder age”

In this audio book you will find out how it is important to stay active in elder age. Here the benefits of staying active are discussed as it is very important to exercise in order to stay in good health.

## 7. AUDIO BOOK “The Essentials of Self-Care Part 1”

In this audio book you will find out more why is Self-Care Important. It discusses the importance of taking time to pay attention to oneself as self-care plays a huge role in our lives.





## 8. AUDIO BOOK “The Essentials of Self-Care Part 2

In this audio book you will find out more about Myths and Misconceptions of self-care such as: self-care is narcissistic, takes too long or that it is expensive.

## 9. AUDIO BOOK “What are the warning signs of elder abuse”

In this audio book you will find out more about the signs of elder abuse and what family members should do to prevent elder abuse.

## 10. AUDIO BOOK “Why is it so important to ask for help?”

In this audio book you will find out why it is important to ask for help. Also, advice on how to ask for help is presented here as well.

### How to apply these resources

To apply these audio books in a family learning environment, it is recommended to listen to all of them with your family. After that each family member can share their feelings and together all members can decide how they can help each other.

Questions for a discussion:

- What did you learn from the audio books? Was it useful?
- Are you able to distinguish between healthy and unhealthy relationships after listening to audio books? How?
- What are the benefits of staying active? What activities can you do together with all family members to stay active?
- What was the advice you learned about asking for help? Do you feel more confident to ask for help after listening to this audiobook?
- What new ways did you learn about taking care of yourself?



# EMPOWER

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