

The Senior Center in Tranås

– a success for collaboration with focus on the health of Elderly

“We are learning for life!”

“The quality of life gets better!”

“The environment is pleasant and available.”

“The activities are positive and the social community gives all of us meaningfulness.”

Comments from the elderly

The Senior Center is a health concept and a meeting place created for and together with elderly people. Some of the ambitions are to build a bridge between rehabilitation at the primary care center and the elderly's self-care at home and to give important knowledge to enable good self-care.

Participation, social interaction and activities for promoting a good health are the foundation.

Networking is important with senior- and study organizations and patient associations.



The important values in this work are:

- Focus on the needs
- Experience security and self-control
- Opportunities to take part in physical, mental- and social activities
- To take and have control of ones own health

One of the key factors is the good intention from both community and primary care center to succeed in this work.

The nice conversations generate an united frame of reference for the elderly's best.

The improvement journey continuous.

Organized and free activities every day such as gym, lectures, personal support, using computers, “The Room of Health” where you can have massage, test your blood pressure and exercise mindfulness etc.

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