

Links to access more on Ageing Well Public Talks Series (AWPTS)

Links to current and past AWPT series

Current series running via The OU: Ageing Well Public Talks 2020/2021 repository ORDO Collections

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2020-21/5122166

Ageing Well Public Talks 2019/2020 repository ORDO Collections

<https://doi.org/10.21954/ou.rd.c.4716437.v1>

OpenLearn Create Course on 'Ageing Well' 2019/20

<https://www.open.edu/openlearncreate/course/view.php?id=5016>

Open Learn Articles and Podcasts

COVID-19 and caring related

- Vseteckova J, How to age well, while self-isolating (2020) <https://www.open.edu/openlearn/health-sports-psychology/how-age-well-while-self-isolating>
- Vseteckova J, (2020) SHORT FILM - Ageing Well in Self-Isolation <https://youtu.be/LU4pXFgcGos>
- Vseteckova J, (2020) ANIMATION - Keeping healthy in Self-Isolation <https://youtu.be/M9yUC-MUugA>
- Vseteckova J et al (2020) COVID-19 The effects of self-isolation and lack of physical activity on carers <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-self-isolation-and-lack-physical-activity-on-carers>
- Taverner P, Larkin M, Vseteckova J, et al. (2020) Supporting adult carers during COVID-19 pandemic <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-adult-carers-get-the-best-support-during-covid-19-pandemic-and-beyond>

- Robb M, Penson M, Vseteckova J, et al. (2020) Young carers, COVID-19 and physical activity <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carers-covid-19-and-physical-activity>
- Vseteckova J et al. (2020) Carers, COVID19 and Physical Activity: The research <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/carers-covid-19-and-physical-activity-the-research>
- Penson M, Vseteckova J et al. (2020) Older Carers, COVID-19 and Physical Activity <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity>
- Methley A & Vseteckova J & Jones K (2020) Green & Blue & Outdoor spaces <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces>
- Vseteckova J & Methley A (2020) Acceptance Commitment Therapy (ACT) to help carers in challenging COVID-19 times <https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-challenging-times-such-the-covid-19-pandemic>
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) Advance Care Planning (ACP) - Discuss, Decide, Document and Share [Advance Care Planning \(ACP\) - Discuss, Decide, Document and Share - OpenLearn - Open University](https://www.open.edu/openlearn/health-sports-psychology/mental-health/advance-care-planning-ACP-discuss-decide-document-and-share)
- Vseteckova J, Methley A, Lucassen M (2021) The benefits of mindfulness and five common myths surrounding it <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>

AGEING WELL related

- Vseteckova J (2020) Ageing Well Public Talk Series <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks>
- Vseteckova J (2019) 5 reasons why exercising outdoors is great for people who have dementia <https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia> <https://doi.org/10.21954/ou.rd.c.4716437.v1>

- Vseteckova J (2019) Depression, mood and exercise https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279 <https://doi.org/10.21954/ou.rd.c.4716437.v1>
- Vseteckova J (2019) Five Pillars for Ageing Well <https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well> <https://doi.org/10.21954/ou.rd.c.4716437.v1>
- Vseteckova J (2020) Ageing Brain <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it>
- Vseteckova J (2020) Ageing Well Public Talks Series II. Plan for 2020 – 2021 <https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021>
- Vseteckova J (2020) Walking the Parks with The OU and The Parks Trust <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments>

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: 'Ageing Well Under Lockdown' <https://theretirementcafe.co.uk/077-dr-ijtka/>
- Vseteckova J & Broad E (2020) Keep Me Walking - researching with people living with dementia and their carers - Podcast – Open University in collaboration with The Parks Trust <https://youtu.be/0QHAS88C-LU>
- Vseteckova J (2020) Podcast - areas for research with The Open University https://youtu.be/vE6J9J_ovOM
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - Spotter sheet and mindful walking. <https://www.youtube.com/watch?v=dq5OXEBk3CA&feature=youtu.be>