

## INNOVATIVE UNIVERSITY EXTENSION IN GERONTOLOGY: EXPERIENCE OF THE LIGA INTERDISCIPLINAR DE SAÚDE, LONGEVIDADE E ENVELHECIMENTO (LISLE) PROMOTING OLDER ADULTS' WELL-BEING

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### Abstract

**Background:** The demographic transition in Brazil has increased the older comparison to young population, posing challenges to health and education systems. Gaps remain in academic training on aging and intergenerational care. Interdisciplinary League of Health, Longevity and Aging - ILHLA (LISLE), at the University of Brasília, emerged as a teach and community strategy to promote student engagement with older adults, fostering humanized care and integration between theory and practice, partially filling the curricular gaps in undergraduate health courses. **Purpose:** To describe and highlight the importance of the academic league as an instrument of connection and dialogue between university and community in face of the challenges of older population. We intend to present how the actions of students, based on their academic understanding and knowledge, can positively impact the promotion of well-being and quality of life for this population. **Methods:** This is an experience report developed by extension students from LISLE, carried out between April and July 2025, during this period, the league had the participating of forty-two students, and it is estimated that approximately fifty individuals were impacted by the activities carried out, based on records of their teaching-learning experiences from a biopsychosocial and collective perspective of Geriatrics and Gerontology. **Results:** Participating in the Interdisciplinary League for Health and Longevity (LISLE) strengthens interpersonal relationships and active listening in older adult care, focusing on valuing protagonism, self-care, and the uniqueness of individuals in a collective context. Participation in reception sessions and activities enabled the development of meaningful bonds, essential for a humane and ethical practice. Furthermore, participation in the Integrated Care Program for Falls and Fractures for the Older People (PREVFRAT), an extension program linked to LISLE, allowed for the practical application of academic content, especially vulnerable community. This initiative fosters interdisciplinarity and the promotion of active and healthy aging. Furthermore, involvement in care initiatives, events, and campaigns that promote physical, emotional, and social well-being through visits to senior associations linked to the University of Aging (UniSER) fosters a broader understanding of the needs of this population, while also strengthening ties with topics related to geriatrics, gerontology, and public policy. The experience at LISLE was instrumental in developing a sensitive, ethical perspective that is committed to promoting collective health and

strengthening intergenerational coexistence. **Conclusion:** The actions provided by LISLE develop fundamental skills and competencies for the training of future health professionals, such as improving interpersonal relationships and communication with the elderly, whether during reception, active listening or creating bonds during the activities developed. In addition, the promotion of self-care and the protagonism of the older people, recognizing them as unique individuals, whose experiences and knowledge enrich care and intergenerational coexistence. **Implications:** It highlights how participation in the academic league influences and contributes to the training of future healthcare professionals in relation to the care of older adults. Moreover, it emphasizes the importance of the league as an innovative initiative within the university, by engaging students and addressing structural gaps in health-related programs through an approach more focused on Gerontology.

**Keywords:** Aged; Healthy Aging; Interprofessional Education.