

Elderly Visitors of Other Elderly

Promoters

Cáritas Diocesana de Coimbra

Partners

- Ageing@Coimbra
- Escola Superior de Enfermagem de Coimbra

Promoter's Municipality

Coimbra

Scope of Practice

Coimbra e Figueira da Foz



Description

This project aims to reduce loneliness and increase the quality of life of older people, through the creation of a group of independent elderly people, visitors from others in a situation of dependency. This project was conceived based on five actions: creation of the profile of the elderly visitor and visited, in order to select the participants; creation and implementation of a training program for the elderly visitors; establishment of routine weekly visits, with support and technical supervision; assessment of the impact of the visits on the quality of life of both groups; and preparation of the pilot project report and recommendations for further phases to be developed.

Objectives

- Improve the emotional and affective state of the elderly in situations of dependence;
- Create support networks between independent and dependent people;
- Increase the activity, sense of usefulness, relational capacity and literacy of the elderly, by promoting volunteering among peers;
- Create tools to support the follow-up of older people in a situation of dependence.

Goals and results

The pilot project had a development period of 2 months and involved 16 participants in the role of visitors, 13 in the role of visited and 10 technicians. To evaluate the loneliness of the visited, the UCLA loneliness scale, adapted to portuguese by Barroso (2018), was applied and the average index of loneliness dropped from 40.85 to 35, being the more accentuated decrease in the home support group (8 points) and females. In the visitors group the average in the WhoQoL-Old scale climbed from 99.56 to 107.25, with particular incidence in the areas of activities, autonomy and social participation.



Links

Responsible

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http://sites.ecclesia.pt/caritas.pt/site/coimbra/index.php?option=com_content&view=article&id=4551%3Acaritas-lanca-novo-projeto-piloto-visitadores-&catid=83%3Aarquivo&Itemid=1