

Helping Ageing

Promoters

Cáritas Diocesana de Coimbra — Centro N.^a Sr.^a da Boa Viagem

Promoter's Municipality

Figueira da Foz

Scope of Practice

Figueira da Foz



Description

The Program of changes in routines and support to older people as active and decisive people started as a pilot project to change daily routines aimed at the promotion and maintenance of independence in the following areas: cafeteria service - adapted protocols to the different states of dependence, where people are invited to prepare meals, and to prepare their medication with supervision, if applicable; bathroom and toilet assisted service, where the user is motivated to take care of their hygiene and image in an autonomous, but supported way; intergenerational activities between the older people and children - promotion of meeting and sharing, through the interaction and accomplishment of tasks together. It also contemplates peer solidarity in carrying out daily tasks - the most capable people support the ones that are no longer able to perform certain activities, and support in the acquisition of goods and services carried out together with the older people. After a very positive evaluation, in 2017, the project was complemented by the creation and use of a snoezelen room with the objective of: diversifying and improving activities aimed at cognitive, sensory and motor stimulation; diversifying recreational activities as well as promoting better self-knowledge and greater peer and generational social interaction; allowing this experience to the users of the centre; improving the older people's activities, as well as motivation, relaxation ability, pain relief, anxiety reduction, or simply to intensify the moments of recreation.

Objectives

The program intends to promote the maintenance of autonomy and decision making of the older person, with the ultimate objective of delaying the onset of diseases and disabilities, starting from the change of routines and the realization of daily activities. In the second phase of the intervention, stands out: the sensory and cognitive stimulation; the maintenance of cognitive development through didactic exercises, individually or in group; the training and maintenance of physical functions and in the desire to participate in recreational activities through relaxation games with music performed in a proper space - snoezelen room. All these activities promote mental and cognitive stimulation, helping to prevent risks of mental decline and depression, facilitating the autonomy and performance in carrying out daily activities. Here, the focus goes to the importance of lifelong learning as a factor of extreme relevance in maintaining the cognitive capacity of the older people.

Goals and Results

In the results of the pre-test to the post-test, there were significant changes in the individual dimensions. The intervention led to a higher level of autonomy, making the individuals more capable of carrying out basic day-to-day activities. From all the results, the Barthel Index scores are highlighted. It went from an average of 84.38 in the 1st evaluation to 90,31 (increase in the independence). In the depression scale the group also showed improvement, going from 7.31 to 6.94 in the 2nd evaluation. In the opinion of the target group, the changes were positive, considering that there were individual and group improvements. The feeling of group and peer interaction encouraged the emotional state of each person.



Responsible

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Links

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