

Instituto Príncipe Real -
Portugal

Admin



CULTURAL ACTIVITY OF OLDER PEOPLE





Cultural activity

Project and Research coordinators



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"Old age is not the necessary the conclusion Human existence, is a different phase of existence of youth and maturity, but granted an autonomous balance and leaving one open to individual possibilities range."

Simone de Beauvoir

1. INTRODUCTION

Who said that to reach the third age people prefer to stay at home inmates? The fact is that this hypothesis is not even considered by many seniors. After the closure of labor liabilities, most of them took the opportunity to enjoy retirement with different ways of entertainment and relaxation. This search for a more fun routine, not only summarizes the activities like dominoes games, board games, cards, word searches, embroidery, knitting and crochet. Nowadays, who passed sixty demand entertainment alternatives ranging from visiting museums or carrying out a national or international journey?

On the assumption that the elderly are a social group at risk, given the precariousness of their economic situation and the impossibility of access to fundamental considered as goods and services, and not forgetting the protection of their rights and affirmation of its positive image in society, it bet on initiatives that promote active aging, taking into account on the one hand what they are, their real needs to the bio-psycho-social level, and on the other, human and material resources available both within the institution and in the surroundings.

All of us must have opportunities for personal achievement, and in that sense it is important that the activities set to be heterogeneous, taking into account that the elderly population itself also is heterogeneous and that each senior has its characteristics and holds a history of life.

The planning of activities consists of the wearer's occupation and its involvement in them, so that it can take pleasure in its realization, enthused by the participation, dispelling the preconceived image that old people are useless and inactive.

The realization of activities and users aims to provide a more active and creative life, as well as the improvement of relations and communication with others, developing personal autonomy. Thus, it is important that the activities are developed around:

- Health Promotion: Through the development of several initiatives, contribute to minimizing and slow down the negative effects of the aging process, particularly in terms of mobility / autonomy; the care of health, food, and others. It aims to objectively create protective factors that contribute to improving their health and consequently to their quality of life.

- Education - Training: To increase knowledge levels and enhance cognitive abilities, influencing positively on their self-esteem and personal development.
- Occupational activities: Through the promotion of occupational activities, we intend to enhance the functional, physical and cognitive abilities and simultaneously promote interaction with others, reinforcing the interaction and social ties. It also seeks to create a new dynamic relationship between the Conviviality Center and youth of the community towards the transmission of knowledge, thus enhancing intergenerational relations.
- Recreation: Promote recreational opportunities and knowledge of places of historical and cultural interest.

1.1.-Hobbies

Why not consider adding a hobby that you never had the time to develop before?
Some ideas include:

- Sewing/quilting
- Arts and crafts
- Jewellery making
- Scrapbooking
- Photography is a wonderful art for seniors. Taking pictures of everything from people to flowers also provides ready resource material for other crafts. Use the pictures to make collages, specialized stationary, or even begin scrapbooking.
- Raised bed gardening
- Gourmet cooking

While cultural modality the animation comes across as creative entity, manager and producer of a product cultural, artistic and creative. As an educational animation appears as motivation for education and training, initial and lifelong. In its animation economic dimension appears as generating activity of economic and financial resources, such as self-employment or as her own as a source of revenue. Finally the social dimension, the animation and the animator reborn as a means of overcoming social inequalities and the promotion of the person and the community.

2. WORK PLAN

2.1.-Goals:

- That 60% of seniors actively participate in the various socio-cultural animation activities.

2.2.-Project Evaluation indicators

The evaluation of the Plan is carried out through data collected over the activities: Map attendance; monthly report.

Aims:

- Optimize and understand cognitive functions, needs, expectations and motivations of the elderly;

- Work / enhance the dimensions:

- Physical,
- Biological,
- Psychic,
- Intellectual,
- Spiritual,
- Emotional,
- Cultural,
- Social

From each other;

- Provide higher quality of life, sense of usefulness, disability prevention and stabilization or slowing the aging process as a process of activation and stimulation of the elderly;

- Providing an integrated healthy aging;

- Promote a variety of activities in time and space mobilizing the participation of the elderly in order to create reinforcement strategies of self-esteem;

- Privilege the interaction of the elderly with family, thus reinforcing the link and affective ties as their family and social environment is an integral part of their experiences;

- Approaching the families of the institution by conducting activities in partnership;
- Providing initiatives that promote the joy and fun;
- Providing elderly moments of good humor and contact with the community;
- Remembering experiences, customs and popular traditions;
- Stimulating an interactive work with the elderly and children.

2.3.-Resources:

Humans:

- Seniors;
- General Services Director;
- Sociocultural animation expert;
- Experts of Social Service;
- Board of directors;
- Assistant Direct Action / auxiliary Maids;
- Familiars;
- Children;
- Driver;
- Other employees of the institution (where necessary)
- External means the institution (where necessary)

2.4-Materials:

- Waste of materials (drawing materials, paint materials; modeling materials, adhesives, textiles, etc.);
- Recyclable materials;
- Audiovisual material;
- Books / magazines / newspapers;
- Vans;
- Bus;
- Materials helping to achieve the physical education exercises;
- All materials inherent to the preparation of activities.

2.5- Physical:

- Polyvalent room;
- Auditorium;
- Refectory;
- Outdoor spaces;

2.6.-Activities:

The Plan of Activities aims boosting the elderly in the form of a variety of activities for a year and directed to different levels of autonomy / dependence.

The Plan includes partnerships at various levels, in order to adjust activities to limitations of users, encouraging participation of older people with people outside the institution for a healthy and diverse interaction in ages and experiences and, therefore, cheerful and enriching.

Considers the planned activities both internally and at the level inter institutional, allowing a wider interaction with the objective of promoting active aging and solidarity between generations.

2.7-Motivation

An important concept that you cannot fail to mention is that of motivation. Without motivation nothing is done. To implement an animation project it is necessary that individuals are motivated or gain motivation to do so. It is thus important to work this aspect in the audience, and for this it is essential to know the principles of motivation.

Are they:

- The human being is motivated when he has the opportunity to make their own ideas.
- The human being is motivated whenever his behavior is assessed by assessments (positive or negative) deserved.
- For an individual to motivate durably, it has to be stimulated several times.
- A negative assessment of the individual or of a behavior that he cannot or do not know how to modify causes him to lose motivation.
- The greatest source of motivation for the human being is able to achieve with effort, a goal he has set himself.

Often due to aging problems, the elderly get discouraged for some activities. Faced with these situations is essential to work with motivational messages, praise, and recognition.

3. - INTERVENTION PROGRAM

3.1.- Workshop on Cognitive Stimulation Group and Small Group

The goal of cognitive stimulation games is to increase brain activity, slowing the effects of memory loss and perceptiveness and speed, and the rehabilitation of executive functions.

- Simple Arithmetic Operations;

Material: Paper, Pen, Activity Books, Puzzles, Checkers, among others.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre.

Days / Time: 2 times a week, for 60 minutes per session.

Expected outcomes: knowledge sharing, maintenance and improvement of cognitive skills.

- Game of the differences and similarities;

- Labyrinth Game;

- Memory Game;

- Word Search;

- Puzzles;

- Checkers;

- Exercise of appointment;

- Manual dexterity games;

- Exercise recent memory, immediate, episodic and semantic;

- Temporal orientation exercise, space and personnel;

- Orientation therapy to reality

- Reminiscent activities.

- Celebrations of the Seasons (guide the user in time; develop

fine motor skills, manual dexterity, creativity and spirit of improvisation of users)

3.1.1.-What are Cognitive Skills?

The definition of the word cognition means the *process of knowing* and includes all of its aspects, such as:

- Reasoning
- Awareness

- Perception
- Knowledge
- Intuition
- Judgment

Cognitive skills are the mental capabilities that a person has which allow them to process all the information they receive from their five senses. These skills are needed for a person to be able to think, talk, learn or read. They are what give a person the ability to recall things from memory. Cognitive skills also are needed to:

- Analyze the images and sounds their senses perceive.
- Maintain concentration.
- Draw associations from various pieces of information.

3.2. ATELIER: COOKING

The kitchen can be a place where not only cook, but where values are transmitted, strengthening roots and strengthening personal relationships at the same time is a teaching tool that can be used in educational practices for users to get together, talk about the daily life of their eating habits, their culinary preparations and discuss future plans to improve their eating habits.



The objective of this workshop is to share knowledge of recipes, the confection of different products, encouraging fine motor skills.

This activity will be developed through:

- Creation of a cookbook, (once a week is done raising a recipe)
- Execution of jams and sweets,
- Manufacture of dry muffins, cookies and cakes.

Food is at the heart of our community. Share meals and conversations with your neighbours as you bond over your favourite meals. Residents love getting together with friends and neighbours to swap family recipes and share their culinary creativity! If you really want to test your mettle in the kitchen, you can compete in one of our popular “Iron Chef” cooking competitions. Or, if you’re just looking to learn some new tricks, attend a hosted cooking demonstration!

- Manufacture of natural juices and smoothies.

Material: oven, stove, kitchen supplies, handles, towels, aprons, caps and gloves, various foods.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre who wish to participate.

Day / Duration: 2 times a month, every day, lasting about 120 minutes in each session.

Expected outcomes: knowledge sharing, maintenance and improvement of cognitive abilities, improved quality of life and autonomy.



3.3.- ATELIER DANCE

The dance works memory, attention, reasoning, imagination creativity and numerous health benefits. Among the main benefits brought by dance are:



cardiovascular benefits; improving the body language; disinhibition; self knowledge; improvement in self - esteem; stimulation of blood circulation; improving communication; improve breathing capacity; It provides spatial sense, body awareness, joy; improvement of interpersonal relationships; develops abstract reasoning; assists in

the understanding of cultures; reduces anxiety and stress, releasing tensions; reduces physical inactivity; includes concepts and procedures as a field of knowledge and research; assists in mental health; increases the cycle of relationship; improvement in social, emotional and cognitive fields; encourages spontaneity and creativity.

Dance is a form of animation that can and should be developed with the older ones, since for them the dance is associated with memories and important experiences in your life.

This activity will be developed by organizing parties, balls and dance evenings where users can practice ballroom dancing, traditional dance, circle dance, where the users to express themselves freely.

Dance develops creativity, independence and freedom. Dance as a way of living makes healthier daily life, for developing the socio affective domain, psychomotor and perceptual-cognitive, being an enjoyable physical activity for the individual. Dance is the art of human movement, it is plastic-rhythmic, abstract and expressive, one of the oldest arts known, appearing since the beginning of civilization as a natural manifestation, often as a form of ritual. Dance promotes the integral development of the human being. It is a basic art and priority compared to all other expressions of human creativity.



Material: popular music CDs, CD player, stereo system and microphones.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors, artists external to the institution.

Target: All users of the Home and Day Centre who wish to participate.

Day / Duration: days of birthday parties, festivals, with no longer than 90 minutes.

Expected results: maintaining and improving the cognitive abilities, improved quality of life and autonomy.

Studies show that drawing and painting work in the coordination of people, help with organizational skills and serve as a therapeutic resource, of course, combined with other treatments already made by the elderly. The sensory channels are also activated during the practice of painting. As a result, it helps to balance the emotions and free your imagination and thoughts.

As it is an activity that requires concentration, enhances the capacity for observation, paying attention to the smallest details and of course, increases the critical check on the progress of own painting on canvas. For those who will do a painting course, this activity also helps improve interpersonal relationships as it encourages communication between colleagues to exchange information, tips and on new techniques.

In fact, experts say that the activity is very interesting for all age groups, but in old age helps to activate the memory. The reason is that, like any other activity, requires learning over the years helping to keep neurons always active.

3.4.- ATELIER OF PLASTIC EXPRESSION

The plastic expression activities allow the wearer to express themselves, develop and stimulate the imagination and creativity through various forms of expression, develop fine motor skills, manual precision and psycho-motor skills. In carrying out these activities avoid isolation and idleness, develop critical thinking, expressing their preferences and reasons for the action, while promotes the development and enrichment of group qualities, cohesion, sharing, teamwork, confidence, sensitivity, interpersonal relations, initiative and self expression.

These activities can go through:

- Painting
- Sewing
- Felt Works
- Modeling
- Collages
- Crafts
- Modeling (using materials such as clay, polymer clay and folder model)

Material: Wool, cotton, fabric, needle, paper, pens, pencil, brush, canvas, paint, clay, polymer clay, modeling paste, beads, wooden objects, recycled materials.

Human resources: sociocultural animator, trainees (when running professional internships), the elderly,

Target: All users of the Home and Day Centre

Days / Time: 3 times a week for 120 minutes each session (to be adjusted according to the requirements / limitations of the users)

Expected results: increased autonomy and satisfaction, shows and / or sale of work, knowledge sharing.

3.4.1.-Mosaics

Many seniors find that creating mosaics can be a great pastime. They can work with small or large pieces, depending upon their level of dexterity as well as their eyesight. The mosaic can be a planned design, or it can simply be a colorful abstract.

Mosaic projects that seniors enjoy making often include:

- Flowerpots
- Picture frames
- Mirror frames
- Small tabletops
- Trivets
- Garden stepping stones

With ceramics, seniors can create fun works of art as well as useful everyday items like mugs, bowls and pottery for gardening. They can choose to glaze their ceramics if they really want to get into the full hobby, but many people simply like to stain bisque ceramics with acrylic paints and seal them with an acrylic spray sealer.

3.5.- ATELIER OF EXPRESSION AND ORAL AND BODY COMMUNICATION

This activity consists of training classes in order to maintain the capacity of literate users, encouraging the writing and reading, memory and concentration by:

- Small dictated,
- Word search,
- Reading stories and books,
- Storytelling, poetry, storytelling, commented news);
- Conducting a monthly Journal of wall on the news related to the activities in the institution,
- Staging of short stories and stories geared to different groups

Material: Paper, writing material, painting, reading books, props and wardrobe whenever necessary

Human resources: sociocultural animator, trainees (when running professional internships), the elderly, external means to the institution.

Target: All users of the Home and Day Centre who wish to participate.

Days / Time: 2 times a week, for 60 minutes group. Daily exercises and individual supervision.

Expected results: It is expected an improvement in the level of satisfaction, increased confidence, maintain and / or improve cognitive abilities.

3.6.-Atelier ICT technologies

There is a hope, a generalized understanding and an expectation that technologies/ICT can help societies to cope with the resulting challenges and to improve the quality of life of elderly citizens. There are different expectations on the way how ICT may affect social and economic life in the most industrialized countries. The elderly age group is not a homogeneous one in what concerns education, income or even the different types of disabilities often associated with age the elderly people as a group are at the greatest risk of being excluded from the benefits of the Information Society.

This activity consists of training classes in order to maintain the capacity of seniors and open new possibilities for contact with relatives who are abroad.

This workshop will be developed through:

- Development and email consultation
- News Search
- Cookbook Preparation
- Skype

Material: Computer, Internet access

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre who wish to participate.

Days / Time: 1 time per week for 60 minutes group. Daily exercises and individual supervision.

Expected results: It is expected an improvement in the level of satisfaction, increased confidence, maintain and / or improve cognitive abilities.

3.7.-Recreational activities

A playful animation aims to entertain people and the group, occupies their time, and promotes interaction and dissemination of knowledge, arts and knowledge. There are many fun activities elderly people can take part in to keep their minds sharp, bodies strong and spirits high. Whether it's spending time outdoors, playing games with family and friends, or spending time working on a favourite hobby, doing things they love can benefit the overall wellbeing of all seniors.

Being Outdoors

Seniors who enjoy being outside may find bird watching a fascinating hobby. They can spot birds or look for feathers while taking a nature walk, or identify species from the comfort of their own backyard while they listen to the birds sing.

Other fun outdoor activities include:

- Picnics
- Fishing
- Treasure hunts
- Gardening
- Outings to parks and other places of interest

World Health Day

World Nurses Day

World Book Day

World Dance Day

World Environment Day

Commemorating the Popular Saints

Grandparents Day

Week dedicated to Childhood

Anniversary of Mercy

Christmas dinner,

Christmas party

Way of the Cross

World Day of the Sick

Family Day Celebration,

Mother's Day celebration and Father's Day

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

3.8.- SPORTS ACTIVITIES AND ANIMATION GAMES

The exercise classes are intended to ensure the users' health conditions, promoting their health, trying to combat a sedentary lifestyle and develop their physical and intellectual capabilities through simple handling tasks joint and muscle allowing you greater quality life. They could join a senior league or play with friends at the local park or rec center.

Outdoor Activities

Enjoy fresh air and the wide blue sky? The sky's the limit for active seniors! Before you embark on any new exercise regimens or physical activities, get your physician's approval.

- **Back to nature activities:** Fishing, gardening, and hiking are fun activities at any age. While you're at it, broaden your horizons and try birdwatching.
- **Letterboxing:** Never heard of letterboxing? It's a fun outdoor activity that combines hiking and treasure hunting. Learn more about it.
- **Sports:** If you have your doctor's approval to play sports, break out the golf clubs, soccer ball, or tennis racket and get playing. You could join a senior league or simply play with friends at the local park, recreation centre.
- **Exercise:** Although it may sound like more work than play, exercise can be great fun or amazing relaxation, depending on the type you choose. Try water aerobics, walking, yoga, or Tai Chi.
- **Photography:** Digital cameras are remarkably easy and offer instant gratification. Simply point, shoot, and see the picture.
- **Scavenger hunt:** Set up a scavenger hunt with a friend or try geocaching.
- **Grow your food:** Try your hand at gardening, but not just any old gardening--grow your food. It gets you outside, you know exactly where your food came from, and it's good for the environment too.
- **Rent a kayak:** If you love an adventure, try renting a kayak to explore the water. Some companies offer special trips and discounts for senior citizens.

The choice of sports is limited only by their physical condition and interest.

A few of the possibilities include:

- Golf
- Tennis
- Croquet
- Badminton
- Softball

This activity has the following objectives increased self-control, improve the leisure time, development of physical abilities, combat sedentary lifestyles and stress, prevention of depression and increase self-esteem. This activity will be developed through warm-ups exercises, traditional games and sports, hiking, use of the electric bike and Bars.

Material that can be used: balls, ropes, plastic bottles, specific balls for bocce game, chairs, rubber bands, sticks, fabric, carpet and cycling, among others.

Human resources: sociocultural animator, trainees (when running professional internships), the elderly, external means the institution.

Target: All users of the Home and Day Centre who wish to participate.

Days / Time: 3 times a week for 40 to 90 minutes per session (to be adjusted according to the requirements / limitations of the users)

An important component of the animation, in its most playful and purest sense, is the game. Play, play, as an adult, also fits up those myths and stereotypes that advocate that play, play is child's play. Big mistake, the desire to play accompanies us throughout life, but our different social roles assumed distract us from the practice of regular play, which has not eliminated, however, our desire to do so. The game, whether in children, in adults or elderly is of the best ways we transmit a message and have fun. With the game we can:

- Follow our creativity;
- Release tension and emotions;
- Positively orient the daily anguish;
- Reflect;
- Increase the number of friendships and relationships
- Have fun in
- Increase the cultural level and the collective commitment;
- Have predisposition to perform other duties;
- Get intergenerational integration when possible opportunities.

3.8.1.-Activity Ideas that Build the Body

Any activity that encourages physical movement will help you build your body. However, before you embark on any new exercise regimen or physical activity, get your physician's approval. There are many outdoor games for seniors and activities that foster socializing, physical activity, and fun. These include both sports and casual yard games that can be played during parties or family events.

3.8.2.-Walking

Walking increases the heart rate and helps keeps seniors heart healthy. A walk in your neighborhood, at the mall, along the beach or around your favorite park is a great way to start the day.

For variety, combine walking with another activity such as bird watching, a scavenger hunt, or letterboxing (an outdoor activity that combines hiking and treasure hunting). If you have a handheld GPS or Smartphone, geocaching (similar to letterboxing but using GPS coordinates) might be your thing.

For most seniors, retirement and trying to improve health go hand in hand. One of the best things they can do to stave off heart disease, cancer, and other chronic diseases is to hop on a bike.

Bicycling is FUN! And it doesn't have to be a chore like your average exercise program. You can do it nearly anywhere; you can find bike trails in the country or the city.

Reduced Mortality Rates and Reduced Cancer Risk
Cycling boosts heart health, lets you lose weight more quickly, and keeps your muscles in shape, all of which contribute to a longer life span and a healthier lifestyle.

3.8.3.-Biking

Biking is a great exercise for seniors. It is an excellent cardiovascular exercise and is great for heart health, burns fat and helps keep older adults active.

Many communities are building bikeways along abandoned inter-urban railway lines. Your local or county parks department can provide you with bike path locations and even maps, or you can look on Trail Link, the trails to rails conservancy, to see if there are paths near you.

3.8.4.- Boating

Canoeing and kayaking are excellent ways to get outdoors, get some exercise, and see nature. Best of all, you don't have to buy a boat. Canoe liveries rent everything you need at reasonable rates.

3.8.5.-Fishing

Walking along the bank of your favorite stream or lake in search of that elusive trout or catfish, can provide a wonderful, low-impact workout. If you happen to hook a "keeper," you'll have all the exercise you can handle and then some.

3.8.6.-Swimming

Swimming is a low impact exercise that is perfect for older adults. The impact to bones, joints and muscles is minimal. In addition swimming can help build strength and tone. Water aerobics is also ideal for the same reason.

Whether swimming vigorous laps or lazily dog paddling around the pool, water can provide rigorous and beneficial exercise for seniors. It is a great way to increase circulation, and it is the perfect exercise for those who struggle with arthritis, since it places no pressure on the joints.

3.8.7.-Other Sports

You could join a senior league or play with friends at the local park or rec center. Your choice of sports is limited only by your physical condition and interest.

A few of the possibilities include:

- Golf
- Tennis
- Croquet
- Badminton
- Softball
- Yard Games

Simple games that can be played on the lawn are fun and active. These incorporate both friendly competition and conversation. Here are some to try:

- **Bocceball:** This easy-to-play game can be enjoyed between two or more players or teams. Balls are tossed and points scored with the goal being to be the one to get closest to the bocceball.
- **Horseshoes:** Similar to bocceball in using hand and eye coordination and teams or individual players, horseshoes is a classic outdoor game you can play anywhere.
- **Croquet:** This backyard game is fairly simple and can involve a lot of players. The premise is to use mallets to hit balls through a series of wickets.
- **Badminton:** This is a two or more player game similar to tennis. It involves using a net, lightweight rackets, and passing back and forth an object called a shuttlecock.

3.8.8.-Party Games

For summer picnics or birthday parties, there are silly outdoor party games that seniors often enjoyed playing. These can also get children and the whole family involved and be a great way to create memories.

Ideas for party games include:

- **Water balloon toss:** A good idea for a hot day, seniors can sit in chairs and pass a water balloon around or stand up and toss balloons.
- **Pin the tail on the donkey:** This is an old favourite that can easily be played at birthday parties and evoke memories.
- **Bean bag or Ring Toss:** This party game can be played with prizes involved that are either coveted prizes or jokes.
- **Parachute games:** This game is fun to play with both seniors and children involved. Everyone takes hold of a parachute and participates by doing things such as passing balls around on top and not letting them fall off the edge.

3.8.9.- Sports Games

Many seniors also love to play sports and find that these games can be enjoyed throughout a lifetime. It is never too late to try something new, and it's even better when you are sharing the experience with another person. Sports such as golf, tennis, and even Frisbee golf are perfect for active seniors.

More Tips for Playing Games:

- **Games for four seasons:** There are games to play when the weather gets cold, but you have to be creative. Taking group walks and scavenger hunts can be a simple way to keep staying active in the fall and winter. Try things such as going to a natural preserve and taking photos or collecting objects.
- **Get others involved:** Consider starting a club where you play games regularly with other seniors. Games could be played monthly or weekly on a specific day.
- **Have fun:** Be flexible in games and make sure that everyone who wants to play gets a chance. Most importantly, have fun and don't take casual games too seriously.

Regardless of the games you choose and how competitively you play them, outdoor games are lots of fun and can be very beneficial for everyone joining in the fun.

3.9.- HANDICRAFT HELPS TO IMPROVE THE QUALITY OF LIFE

We know that a well decorated home can leave any a more intimate home. That is the reason that motivates many people to invest in crafts to decorate the environment with unique objects and, of course, more organized. But did you know that the craft also beneficial to health? The techniques help maintain more active mind.



A very popular activity for the elderly is ceramics. Many ceramic projects only need light sanding and painting, resulting in a beautiful and rewarding finished piece. This type of project offers a wonderful way for seniors to pass the time either at home or at senior community centres.

Researchers at the University of California, Berkeley, recently pointed out that cognitive activities are the best way to exercise the brain and thus to preserve the memory. Among some that help develop cognitive functions are: reading, writing, games and crafts such as handicrafts and painting.

For many seniors, crafting has been a pastime they have enjoyed for most of their lives. For others, they discovered the enjoyment and rewards of crafting in their retirement years.

Regardless of whether a senior is new to crafting or has been crafting for a lifetime, mental or physical limitations that often accompany aging make it difficult for some seniors to enjoy certain crafts. However, by slightly adapting the craft or using special equipment, most senior citizens are able to once again enjoy a favorite pastime. There are a number of easy crafts for seniors that many people didn't realize they would enjoy learning.

The friend of senior's memory

It is for this reason that the craft is recommended for those already in old age, especially for those who do not have the same memory in younger years. Art stimulates creativity and makes the elderly expose their ideas and skills helping to exercise the mind.

In addition, research conducted show that seniors who perform simple tasks like cutting, sewing, knitting, woodwork and bonding are seven times less prone to have dementia than those who do not usually carry out any activity.

How acts in memory?

Studies show that drawing, painting and crafts serve as a therapeutic tool because it activates the sensory channels during the practice of painting. As a result, it helps to balance the emotions and free your imagination and thoughts.

In fact, the work carried out manually help keep the body and mind active, because the nerve endings, which are located in the fingertips, are connects the various parts of the brain. Thus increasing the perception, attention, executive functions and even language. Another benefit for those who passed the age of 60 - and no longer exerts more labor functions - is that the craft, when practiced in groups, encourages social interaction, avoiding the older feel alone or bored by loneliness.

It is worth betting on crafts and exhibit creativity!

Many crafts, such as painting, sewing and playing music, help maintain eye and hand coordination and encourage stimulation of electrical impulses in the brain that offer pleasure to those engaging in pleasant and enjoyable activities. When a senior parent has nothing to do, psychological devastation can follow. Such individuals often feel worthless and bored, and soon lose self-esteem and confidence.

Suitable crafts for senior citizens include:

- **Painting:** This craft appeals to men and women alike. Watercolors are an especially easy medium to work with. Painting is a fun and creative way to express. Many arts and cultural centres offer beginning painting classes or can teach you different types of painting styles. If painting isn't for you, consider pottery, sculpting, or other arts.
- **Drawing**
- **Sewing:** This might include simple hand-sewing projects, but some facilities hold regular quilting sessions where residents work on homemade quilts that are later auctioned off to help provide money to fund other activities.
- **Knitting and crocheting:** Residents that have previously enjoyed these kinds of crafts and still have the dexterity to do them can happily spend many hours creating hats, scarves, lap blankets and many other useful items.
- Photography
- Scrapbooking

- Making greeting cards
- Sponge painting stationary
- Woodworking projects such as building birdhouses or making clocks
- Making foam magnets
- Flower arranging. This activity can grow with residents taking an interest in what colour schemes and which flowers to choose. Residents can even plant bulbs for the spring, which then gives even more activities ideas, such as selling planted bulbs for charity, giving planted bulbs to family and friends as gifts and entering local spring flower shows.
- Rug hooking: This is a great activity that is fairly simple to do. Residents can work on small individual projects, but you might also consider a group project where residents work together to finish a larger rug.
- Finger painting: This activity might be better suited to a resident with diminished cognitive skills, but it can also double as a tactile therapy.
- Leather crafts: Male residents might prefer a craft like this to make wallets, coin purses and other items. This activity is usually better suited to individuals with higher physical and cognitive capabilities.
- Holiday ornaments: You'll find easy-to-make ornament kits at local craft stores as well as online craft stores like Oriental Trading.

3.10.- MUSIC BRINGS PHYSICAL AND MENTAL HEALTH BENEFITS FOR THE ELDERLY

Music is good for the soul, and we offer musical activities for seniors to participate in year-round. Many residents form choirs and perform for their fellow residents as well as for audiences in their local communities. Sing for others or sit back and enjoy the show! The music accompanying the man for diverse needs of their life, such as festivals and religious rites, that is, we are all linked to music more or less directly. The music from the early days of humanity was present in all human manifestations of joy, pain, hope, faith, love ..., expressing itself in many different ways and in various groups and in all evolutionary stages.

No matter the style, the fact is that no one do not like to listen to music at home, in the car, while walking or doing simple day-to-day tasks. What few people know is that music, and promotes relaxation and do good for the soul, it acts in the treatment of certain diseases and helps keep the brain more active.



Known as music therapy it is scientific expertise that melody, rhythm and other musical elements for therapeutic purposes in order to stimulate reactions in the body to restore the patient to a certain condition.

In fact, the benefits of music for health have been proven in various studies such as those by the American Music Therapy Association, AMTA, the United States, and the World Federation of Music Therapy-WFMT, located in Genoa, Italy. According to the researchers, depending on the breathing rhythm is more lenient or more breathless, may also influence the heartbeat because of blood pressure that is stronger or less intense. Preventing thereby heart disease.

However, by increasing the blood pressure acts on the improvement of the immune system, the endocrine system, the sense organs and motor skills while helping in the prevention and treatment of various physical and mental ailments and even in the treatment of stress. For these and other reasons that music therapy is already used in several clinics, hospitals and even rehabilitation centers for physical, psychological and emotional integration.

In the brain, the music works by stimulating regions linked to concentration, information processing and production of meaning. This is because the sound stimuli act in temporal areas of the brain which are responsible for decoding the musical behavior.

Key benefits of music therapy:

- Help in the relationship between people;
- Acts on the development of spatial intelligence, improving math skills;
- Increases concentration and logical thinking;
- Depending on the pace increases or decreases muscle power;
- Help for respiratory problems;

- Reduces fatigue on a daily basis;
- Increases psychomotor activities;
- Help in the treatment of hypertension;
- Prevents heart disease.

For the research activity of different musical sounds with the construction of non-conventional instruments. For this purpose, materials such as plastics, tree leaves, paper, and others. You can work recycling materials or giving a use to the different objects of the functions for which they were created. It's about exploring the materials and to experience the different sounds they can produce.

3.11.- DANCE REMOVES THE DEPRESSION OF ELDERLY AND HELPS EXERCISE THE MIND.

Dancing

Dancing is a great aerobic exercise. Options include ballroom dancing, line dancing, tap, folk dancing and much more. If ballroom or tap isn't your thing, but you still love dancing, try Zumba Gold. Zumba's a high-energy Latin-inspired dance workout, and the Gold variety was designed with seniors in mind. You can find these classes at gyms, community centers, and dance schools.

Although they are crucial in the life of any human being, especially those who are in old age, many do not like physical exercise frequently.

But if you do not want to lead a sedentary life and do not know what activity to choose, dance can be a good option. We know that for many years it was considered only a recreational tool. However, research conducted in Italy showed that the practice has numerous benefits for heart health, and increase breathing capacity and of course improves the practitioner's quality of life.



Control of the balance of pointers is another advantage taken by those who usually "move the skeleton." After all, in old age it is very common place increasing weight, since the decrease in estrogen, testosterone and growth hormone in the body collaborate to loss of muscle mass aggravating a lower calorie burning.

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We know that dancing is a fun and enjoyable way to avoid a sedentary lifestyle at any age. For seniors, the practice can bring even more health benefits. This is because it improves aerobic conditioning, provides greater flexibility of the body and increases stamina. In fact, as in other physical activities, the brain releases a substance called serotonin that brings sense of relief and improves mood.

However, these are not the only advantages found by those who usually move to the beat of a song. Dancing in old age contributes to better physical and mental conditioning. It also helps to raise self-esteem and ward off symptoms of depression. The reason for this is that through the activity of the brain releases serotonin, a substance that brings a sense of relief, improving mood and sleep.

3.11.1.-The dance and the brain of the elderly

Dance in salons cooperates for a significant change practitioner behavior that becomes less shy and learns to have more confidence. Another advantage is that it helps to maintain full activity in the brain, improving in this way the coordination and concentration; it elevates brain circulation in sleeping areas.

This is because these stimuli increase neuronal connections, giving the elderly greater skills in learning, reasoning and memory. By this, it reduces stress and anxiety.

3.12.- CINEMA AS A CULTURAL INTEGRATION OF ELDERLY

Cinemas, theaters, museums and concerts

Regardless of the film or the play genre, both are options to break the routine and obviously get distracted. Through the films, for example, you can understand problems that happen in real life, thus increasing the ability to reflect and find solutions. For those who love classical music, concerts are good indications and help relax the body and mind. In any of these cultural activities, people over sixty years have 50% off the right as ensures the Elderly.

When we hear of active aging, the themes that come immediately to mind are physical activity, healthy eating and cognitive activity does not it? But little is said about that participate in cultural activities has everything to do with active aging. And, among the cultural activities, we can highlight the language of cinema and theater that can provide moments of discussion and reflection on our lives, our history and bring us knowledge and learning. There are several initiatives to look in films issues that can be worked and activities that can be undertaken by participants from the movie content. In the language of teaching is very significant learning uses the term that has to do with giving meaning

to learning and relate to our lives and this is due mainly, to participate actively in the process form.

"Still Alice" a film with Julianne

Moore

Alice Howland is a renowned linguistics professor happily married with three grown children. All that begins to change when she strangely starts to forget words and then more. When her doctor diagnoses her with Early-onset Alzheimer's Disease, Alice and her family's lives face a harrowing challenge as this terminal degenerative neurological ailment slowly progresses to an inevitable conclusion they all dread. Along the way, Alice struggles to not only to fight the inner decay, but to make the most of her remaining time to find the love and peace to make simply living worthwhile.

When we apply this concept of learning and use film as a tool, we go beyond watching just to watch, that is, only to find "legal" or "boring" because these are only impressions that simply leave in the bath water!

In general the films selected deal with relationships, feelings, bring social issues that show prejudice toward aging and older people, but also bring good things as relationship between grandparents and grandchildren, travel, love the 3rd. age...

Through the film we seek provoke discussion, to hear reports and mainly propose activities that must be performed for the next meeting. In general, you can ask that people bring travel photos, postcards, family albums, objects that are relics left by grandparents, old love letters, and immigration stories. This is all part of what we call above meaningful learning, it leaves marks and remains.

Needless to think too much about the gains in rescue memories, ability to remember and tell stories, language development, social interaction and the person feel important to the group.

What are memories but records? Memory is not something you handle with your hands, but it is something that is experienced, perceived. And the memory is what it is, serving at most to one thing: saving. That is, the memory does not think, does not create thoughts!

So something must have this function ... What should be but the intellect? The intellect is a kind of tool that uses memories to create reasoning, thoughts, and ideas. It is the intellect that really works while the memories ... just like being what they are and go! It has the task of choosing, decide, and direct the flow and memories combinations. You are not asked where all this happens? As it happens in the mind! The mind is the important environment for the intellect stirs the memories back and forth. Memory has quiet life and do not even know when they are forgotten or remembered, you know why? Because they need something more important than ever to "give account of himself": a conscience! In fact we can understand that "consciousness is the perception that the being has of his own existence" - like the famous phrase "I think, therefore I am".

3.13.- DRAMA AND THEATRE

Drama and theater are two concepts here include on the same topic, for these have in common. Both assume a form of communication based on body posture, in movement and voice, ie on body language. However it is necessary to make clear that it comes from different artistic fields. In dramatic game the main goal is communication and free expression of feelings and desires. Make up improvisations, that is, there is no reliance on texts or scenarios, and the course of action evolves in time depending on what is being experienced by the characters. This art form lets you work the memories, the joys, fears, and dreams of their players, while they develop skills and personal and social skills.

The drama can translate the play, verbal and / or nonverbal, different emotions or situations of the day, such as:

- Individually Expressing feelings such as sadness, joy, happiness, anger, etc., with the whole body or just the face.
- Express, with the group, feelings of indifference, joy, aggression, sorrow, grief, etc.
- Play everyday situations such as work, games, leisure, family, home, life in the countryside or at sea, etc.
- Play behaviors and / or sounds of other people or animals.
- Pick up an object (ex .: hat, newspaper) and show various uses for it.
- Recite or read a text with different intonations (high, low, nervous, excited, formal, laughing, crying, etc.).

This age group shows some reluctance to this kind of activities. Many of the elderly is more difficult than younger people to take roles, regardless of what they are. They have some difficulties in relation to the action. They prefer to speak, so it is necessary to unlock the attitudes and motivate their participation.

So it needs to create a climate of trust and relaxation.

Trust must be developed so that we can feel at ease with exposure caused by work with each other or with the group. It is something that develops during the working sessions and contributes to a better quality of delivery, making each work proposal can more easily achieve their concentration. When trust is not worked the bodies are afraid to show up and block.

In turn, the theater is an art form in which an actor or set of actors, plays a story, the show aims to present a situation and arouse feelings in public.

Born of the instinct of imitation, the theater is an art as old as mankind. It is an eminent-ly social art. An art that in order to exist as such, needs the active presence of actors and spectators, those who work, so look what theater is:

A vehicle for animation excellence, since mandatory joins several people (actors, the director, those responsible for the scenery, props, sound and light), you need an organization requires testing, establishes an order and discipline, develops posture body, expressiveness and memorization and establishes a link between actors and audience. Many stakeholders support the theater groups in old age and say that the representations of them elderly do not have to demand good memory, because they can fill the memory failures improvising. In addition, the authors claim that in the theater there are always roles for older people with limitations.

The main theater with elderly is to provide fun experiences and encourage communication between the actors and between them and the public.

3.14.-TRAVELLING

Traveling, besides being an opportunity to learn the culture of other regions or countries is a great way to get used to this stage of life after the end of the normal workday. In fact, due to the close relations between grandparents and grandchildren, many of them make use of the school holidays of children and adolescents to make the long awaited trip planned during the year in the company of young people.

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For those who think that traveling is just a way to rest, think again. Besides being an opportunity to see new places, cultures and people, studies show that the trips are very beneficial to the health of body and mind, as they provide feelings of pleasure and relaxation.

1. Make sure it's all right to health, make a visit to the doctor to make a "check-up" is never enough.

2. If you make use of any medication, make sure there is enough for the duration of the trip and always place it in a handy place, avoiding wasting time on pharmacies.
3. During the trip, try to eat light foods, to avoid problems like indigestion (very common in old age). Drink water and juices throughout the trip is also an indispensable care.
4. During the tours is always good to be accompanied by someone, and be more fun it is always safer to have someone known around.
4. Move, avoid sitting for long periods, hiking help prevent circulatory problems.
6. Before leaving to your destination, always inquire about vaccines in the elderly, and make sure that your are up to date. Remember, some sites require specific vaccines, regardless of age.
7. Select what to wear, it is not necessary to bring your entire wardrobe, time to pack always put useful and comfortable pieces.
8. Watch out for luggage; take practical and easy to carry bags.
9. Keep an eye on the sun, it is good for health, but if you expose unprotected and undue time, can cause heat stroke and end the charm of the trip. Take care when it comes to sun exposure and remember to use the guard.
10. Be assured that everything will be OK and you will make the most!!!

3.14.1.-Benefits of Travelling as a Group

Traveling as a group offers a number of benefits. Groups can save money on transportation and hotels and tours are a great way to meet other seniors. Another benefit often overlooked is the safety afforded when traveling as a group.

For instance, tours require different levels of physical ability. Group tour guides will make the level of difficulty known to groups, whereas this information is often overlooked for those who are traveling independently.

3.15.-Reading

Reading and Writing

Work on your memoir or learn to write poetry. Books at your local library or bookstore will teach you the basics and get you started.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Join a book or writer's club in your community. It does not have to be just for seniors. Intergenerational discussion can be stimulating for everyone in the group.

One of the best ways to get relaxation is through reading. The habit helps in brain activity improving memory capacity and contributing to increased attention. Besides stimulating the playful side, let the reader learn to better understand chronic disease and what happens around you and therefore acquires the minimization of memory disorders.

Sleep experts indicate that this practice should be acquired also by people suffering from insomnia. This is because reading at night time helps reduce brain activity, improving sleep.

3.16.-VIDEO GAMES IMPROVES QUALITY OF LIFE FOR SENIORS

Who said that the game is exclusive of children? Gone are the days in which only small and adolescents who were adapted to electronic games. In modern society, many grandpas attuned to the world of technology have replaced the board games and cards for the gaming world because of the fun and the benefits it brings to health.

It seems strange to say, but the fact is that when playing video games memory receives stimuli that contribute to an increased concentration. Another benefit is the improvement in motor skills and cognitive ability to understand, assimilate and relate to the world around. This discovery was achieved by scientists at the University of California in the United States. For this, they developed a racing game called "NeuroRacer" and conducted tests with a group of seniors aged between 60 and 85 years.

During the period of one month the group had to spend an hour a day, three times a week, to the practice of electronic game. At the end of the research, Bleach-briram scientists with the stimulation of brain activity through practice, the elderly have obtained an improvement in quality of life and, consequently, increased performance to perform multiple functions simultaneously with the same ability of a young man 20 years.

Another benefit gained by seniors playing regularly is the increased balance. Not a few cases of elderly inpatients annually by breaks account caused by falls resulting from the lack of stabilization legs.

As the game is used for rehabilitation, each year has duration of thirty minutes to not involve injuries due to repetitive strain. Nevertheless, other studies are already proving the benefits of the acquisition of video games by age. Therefore, it pays to bet on video games that in addition to stimulating the playful side of grandpas and grandmas, benefits health!

3.16.1.-Games

There are a number of companies that offer a large selection of games and puzzles that are adapted for people who have physical limitations such as low vision or arthritis. Some of these companies include:

- Senior Store
- Senior Sez
- Alternative Solutions

While many seniors enjoy traditional games like bingo or bridge, others have fun playing nostalgic board games, games that challenge the mind and computer games. Break out one of the following well-known board games when you want to liven things up.

- Life
- Dominoes
- Yahtzee
- Operation
- Trivial Pursuit
- Scrabble
- Monopoly

Other examples of games that are fun for senior citizens to play include:

- Senior Moments, a memory game
- Trivia games
- Scene It
- The Reminiscing Game, a game made for senior citizens that challenges the memory with great nostalgia questions

3.16.2.-Puzzles

Working on puzzles helps keep the mind sharp and alert. The same companies that offer adapted games for people with physical limitations also offer jigsaw puzzles with oversized puzzle pieces and crossword and word search books printed in large print.

3.16.3.-Card Games

Many senior citizens have played card games their entire lives, so continuing to play will enhance spirits and activate memories. Some great card games to play with senior friends:

- Pinochle is a popular senior card game with many variations.
- Bridge is another card game that keeps the mind sharp.
- Canasta is a card game that was especially popular in the 1950s.
- Rummy is one of the most popular games in the world and is good for two to four players.
- Cribbage is a card game that is so well liked it even has a membership club.
- Even though it's played alone, Solitaire is a lifelong favourite card game that also has many variations.

3.16.4.-Board Games

Board games are another great way to interact with other seniors. Make sure the games you play are easy enough to play and have big enough letters that can easily be read.

- Backgammon can be played by two players and is one of the oldest board games in the world.
- Scrabble is a word game played with two or more players.
- Bingo is an old favourite that has always been widely popular with seniors and in casinos. It's both interactive and exciting. Print out these custom bingo cards and suggestions to use for your next bingo game.

3.16.5.-Other Games

These additional games for seniors include ones that can be played either in groups or alone.

- Crossword puzzles are normally played alone, but you can also get a group together and play interactively. You can play crosswords online.
- Jigsaw puzzles are also great to have around for seniors. You can start one on the coffee table or at a senior centre and work on it anytime. This is a great activity to do while watching television or socializing with friends.

3.16.6.-Other Group Elderly Activities

If you're still searching for senior group activities, focus on your interests and hobbies.

- **Gardening** - Local gardening groups often adopt areas of the community to beautify.
- **RV and Travel Clubs** - for the active senior citizen, who loves to travel, organized RV trips to RV resorts and other areas of interest provide a wonderful opportunity to share a love of travel with others.
- **Fishing Organizations** - Search for national fishing organizations at this Outdoor Adventures.
- **Pet Lovers** - The Animal Humane Society offers animal lovers an opportunity to share their love and concern for animals by volunteering at local shelters.
- **Sewing Organizations** - Share your interest of sewing with others.
- **Needlepoint Associations** - Love to crochet and/or knit?

4.- CONCLUSION

Cultural animation is defined, in general, the way to work in all fields of development of the quality of life of a particular community. Is a set of steps to facilitate access to a life more active and more creative, to improved relations and communication with others, to greater participation in the life of the community, to which one belongs, developing the individual's personality and their autonomy.

The cultural entertainment is presented as well as a broad perspective Change / social transformation and as a new area for education and recreation cultural.

As for the animation specifically for the elderly, this is defined as a stimulus of mental life, physical and emotional of the elderly. The animation encourages it to undertake certain activities which contribute to its development, giving you the feeling of belonging to a society in which evolution can continue to contribute. Contradicting the idea that most of the elderly have, that they no longer good for anything, that does not interest the family, much less to society.

In this issue of society, it excludes the elderly or sometimes are themselves seniors who self exclude, already due to these preconceived ideas that no longer good for nothing and that only left them to die.

It is one of the exciting functions - in the context of seniors animation – do with these ideas and prejudices disappear or in other cases, they never arise. For this, the animator is incumbent on to create moving, life and activities. It needs to submit proposals and suggestions, which seduce, to imagine, arousing, to inspire and influence the elderly, without exerting any obligation or requirement.

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