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CASE REPORT ARTICLE

LIVING CENTERS WHILE A HEALTH PROMOTION STRATEGY FOR THE ELDERLY: CASE STUDIES

CENTROS DE CONVIVÊNCIA ENQUANTO ESTRATÉGIA DE PROMOÇÃO À SAÚDE DO IDOSO: RELATO DE EXPERIÊNCIA

LOS CENTROS COMUNITÁRIOS COMO ESTRATEGIA PARA PROMOVER LA SALUD DE ANCIANOS: ESTUDIOS DE CASO

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ABSTRACT

Objective: reporting on the experience in an Elderly Community Centre, a learning place and for health promotion. **Method:** experience report, conducted in an Elderly Community Center in the city of Campina Grande/Paraíba; built from observation and experience acquired through contact with the local coordination, physical structure and the dynamics of working with the assisted elderly. **Results:** participation in group activities helps in reducing the feeling of loneliness in the elderly, as well as collaborating for the maintenance and decline of physiological functions present in the aging process. The physical exercises improve respiratory function, cardiovascular, muscular, beyond memory, cognition, and sociability. **Conclusion:** recognizing a space hitherto unknown for us and (re) know it as an institution that assists the elderly population in the biopsychosocial dimension, strengthening the share of knowledge between academia and social space of the elderly. **Descriptors:** Aging Health; Health Services for the Elderly; Health Promotion.

RESUMO

Objetivo: relatar sobre a experiência em um Centro de Convivência do Idoso, espaço de aprendizagem e de promoção à saúde. **Método:** relato de experiência, realizado no Centro de Convivência do Idoso no município de Campina Grande/PB, construído a partir da observação e experiências adquiridas pelo contato com a Coordenação local, Estrutura física e a dinâmica de trabalho junto ao idoso assistido. **Resultados:** a participação em atividades grupais contribui na redução do sentimento de solidão em idosos, bem como colabora na manutenção e no retardo do declínio das funções orgânicas presentes no processo de envelhecer. A realização de exercícios físicos melhora a função ventilatória, cardiovascular, muscular, além da memória, cognição e sociabilidade. **Conclusão:** conhecer um espaço até então por nós desconhecido e (re)conhecê-lo enquanto instituição que assiste à população idosa na dimensão biopsicossocial, fortalecendo o compartilhamento de saberes entre academia e espaço social do idoso. **Descritores:** Saúde do Idoso; Serviços de Saúde para Idosos; Promoção da Saúde.

RESUMEN

Objetivo: informar sobre la experiencia en un Centro Comunitario de Ancianos, una promoción del aprendizaje y de la salud. **Método:** estudios de caso llevado a cabo en el Centro Comunitario de Ancianos en la ciudad de Campina Grande/Paraíba, construido a partir de la observación y la experiencia adquirida a través del contacto con la coordinación local, estructura física y la dinámica de trabajar con las personas mayores asistidas. **Resultados:** la participación en actividades de grupo ayuda a reducir la sensación de soledad en las personas mayores, además de colaborar en el mantenimiento y la disminución de las funciones fisiológicas presentes en el proceso de envejecimiento. Los ejercicios físicos mejoran la función respiratoria, cardiovascular, muscular, más allá de la memoria, la cognición y la sociabilidad. **Conclusión:** conocer un espacio hasta ahora desconocido para nosotros y (re) conocerlo como una institución que ayuda a la población de edad avanzada en la dimensión biopsicossocial, fortaleciendo el intercambio de conocimientos entre el mundo académico y el espacio social de los ancianos. **Descriptores:** Salud Envejecimiento; Servicios de Salud para la Tercera Edad; Promoción de la Salud.

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INTRODUCTION

The profile of morbidity and mortality has changed over the decades, enabling increased life expectancy, as evidenced by improved quality of life and health.¹⁻³ Therefore, grows the interest around issues related to aging, such as the preparation and implementation of policies targeting the elderly population, aimed in preparing professionals on issues of aging academic curricula, such as: gratuity benefits in transport, discounts on events, besides the development of environments that aim to recovering the autonomy and health promotion of those.¹

One realizes that the growing number of elderly people is bringing huge visibility in society, but it needs to reformulating the conception of old age, extending the capabilities and offering the elderly care services that meet their specific needs.²

To promoting an active and healthy aging some changes in the social and cultural context are needed. In this perspective comes the Centers for the Elderly, as political spaces and enablers of social inclusion, which is valued the participation, mobilization, life histories and users' autonomy.^{1,3,4}

In the city of Campina Grande / Paraiba, the scenario of this study, the formation of support groups, initially drew from the social spaces located in city neighborhoods as: Clubs, Society of Friends Neighborhood, among others, which sensitized the municipal management deploying an Elderly Community Centre with the aim of developing activities ranging from educational lectures, seminars, meetings, medical care (geriatrics and nursing), physiotherapy, physical education, psychology, pedagogy to referrals to the process of withdrawing the benefits of providing continued for the elderly, as well as participation of groups in commemorative celebrations like Carnival, Mother's Day, June Festivals, among others.

OBJECTIVE

- Reporting about the experience in an Elderly Community Centre, a learning space and for health promotion.

METHOD

Descriptive study type case studies, when reporting issues experienced in the time of completion of practical classes Curricular Component "Health of the Elderly" of the 6th period of the Graduate Nursing, in 2011, in the city of Campina Grande/PB.

The experience report is a descriptive tool that reflects on an action or set of actions

that address a situation experienced in the professional interest of the scientific community. It is a qualitative look, which addressed the issue drawn from descriptive and observational methods.

The study was conducted at the Elderly Community Centre in Campina Grande / PB, where there was the opportunity to interacting with the elderly for five days and experiencing all the organizational dynamics of the Centre, also from observation and experience acquired by contact with local coordination, physical structure and the dynamics of working with the elderly assisted.

CASE STUDIES

The proposal of the Elderly Community Centre goes beyond the biological model, revealing itself as a political space, the inclusion of alterity and autonomy of subjects involved with health care. The physical structure comprises an area divided by specific areas, such as: health care, leisure, socializing, dining, dancing, and providing information regarding the withdrawal of continuous benefits for seniors' process activities. In general, the work is performed in a multidisciplinary team approach.

Regarding the benefits of group activities, they enable their members to verbalizing and expressing themselves about their life experiences, making up a space to exchange knowledge, host and link relationships. In the group, the elderly have the opportunity to socializing, getting support, feeling recognized in the pursuit and preservation of their autonomy and dignity.^{1,3-5,8}

Most seniors goes to Groups Living has at least one disease.³⁻⁵ Participation in group activities helps in reducing the feeling of loneliness in the elderly, as well as collaborating in the maintenance and the decline of physiological functions present delay in the aging process . The physical exercises improve respiratory function, cardiovascular, muscular, beyond memory, cognition, and sociability. Physical activity has been widely recommended as a strategy for health promotion of the elderly as well as for maintaining the autonomy and independence.^{3,5-6,8-9}

Regarding functional capacity, a study showed that elderly goes to coexistence groups were classified as independent for activities of daily living. Maintaining functional capacity contributes to the independence and quality of life of seniors.⁷

In terms of education, a large number of elderly goes to Groups of Coexistence has not completed primary education; there is a small percentage of illiterates. These facts are all



due to access to education have been restricted in the past century.⁵

The Elderly Community Center in Campina Grande has 321 elderly people registered, with 221 women and 89 men, aged between 60 and 90 years old. Other authors also point out that there is a predominance of women who participate in Groups Coexistence. The women's motivation to participating in leisure activities is different from the male, since most of the current elderly exercised a restricted role to the domestic environment (housewives and wives), not developing professional activities. There is a greater proportion of widows than in any other age group, one of the causes of this condition is that women tend to marry older men, which, associated with a higher male than female mortality, increases the likelihood survival of women in relation to their spouse. In addition, the widowers remarried again later.^{1-5,7,8}

Integration with the elderly and the support staff of the Center for Elderly Community allowed to develop academic promotion and preventive health (physical activity, health education, crafts, music, dance, theater, providing information, is noteworthy activities the elderly to seek Groups Coexistence aim that to be an environment that fosters listening, since in most home environments is not allowed to participating in decisions.^{2,7} In this perspective, the Social Centers configure leisure and socialization.

FINAL REMARKS

It is essential to the existence of social spaces in which older people can interact, talk, build new friendships and bonds, maintaining and developing their potential and skills, with the aim of acquiring quality of life.

We know that health promotion and disease prevention are strategies that consider the most cost-effective in reducing morbidity. So there are necessary interventions aimed at health promotion and disease prevention as well as treatment and rehabilitation of morbid conditions already installed, which may contribute to a successful, active aging and quality of life.

Professionals working in all areas of health care should be aware of how these environments aimed at contributing to the quality of life of the elderly population, since issues related to socialization and leisure are essential in all stages of life.

This study helped identifying a space hitherto unknown by us, (re) knowing it as an institution that assists the elderly population in the biopsychosocial dimension and

understanding to be classified as elderly does not make you unable to society. Furthermore, the approach with the Elderly Community Centre strengthened the sharing of knowledge between academia and social space of the elderly, further strengthening the teacher-student-senior-community bond.

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