

2017

Sub - Project

*Vint***AGEING**<sup>65+</sup>  
ENVELHECIMENTO ATIVO E SAUDÁVEL

Executive Summary

# Executive Summary

The sub-project of community intervention, called “vintAgeing 65+”, has as its core purpose to promote a healthy lifestyle and consequently the prevention and control of chronic non-communicable diseases and its possible complications among the elderly population. Moreover, it stimulates the socialization of the ageing population within its community with actions that offer guidelines for a change in lifestyle through interdisciplinary educational intervention, promoting physical exercise, in a structured and guided way, aiming the maintenance of the autonomy, using local academic, institutional, political, social and commercial resources.

The programme has the following focused components:

1. Characterisation and Individual Assessment (Psychologists and Nurses)
  - a. Brief assessment of the clinical history;
  - b. Physical exam of the health system user;
  - c. Identification of the risks associated with chronic non-communicable diseases and of the determining factors associated with a healthy lifestyle
  - d. Assessment of depression in geriatrics
  - e. Assessment of Basic daily Life Activities
2. Physical Stimulation (Physiotherapists)
  - a. The intervention of physiotherapy will consist of a class of physical exercise, structured and planned according to the adapted methodology of Promoting Physical Activity and Health in Ageing (PAHA project);

b. The class will be divided in three stages (warm-up, main stage and cool-down activities), but the main stage will focus on exercises concerning flexibility, strength, functionality and balance;

c. The exercise class will take place twice a week, during the six weeks of the interventions, and it will last, at most, 50 minutes.

### 3 Nutritional Advice (Nutritionists and Nurses)

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b. Advice on healthy and practical recipes to control a disease;

c. Advice on healthy and low-cost recipes.

### 4. Advice on taking medicines (Nurses and Pharmacists)

a. Guidelines on pharmacological treatment;

b. Drug interactions;

c. Keeping medicines;

d. Schedules to take medicines;

e. Providing guidance in case of doubts.

### 5. Advice on personal safety. (Nurses, physiotherapists and psychologists)

a. Awareness of the safe environment at home;

b. Safety in the community.

### 6. Socialization (Team of students/buddies)

a. Promotion of the intergenerational interaction.

b. Sharing experiences and knowledge.

The entire local ageing population is welcomed in the programme and will be able to participate in it through invitation.

The programme is going to last 8 weeks, with a total of 12 sessions with the physiotherapy team and 5 meetings with a multidisciplinary team (nurses and health educators), according to the plan that follows.

Week	ACTIVITY	DATE
1st	Opening	22nd February 2017
	Nursing fist evaluation	24th February 2017
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2nd	Physical Stimulation class + Education session	3rd March 2017
3rd	Physical Stimulation class	8th March 2017
	Physical Stimulation class + Education session	10th March 2017
4th	Physical Stimulation class	15th March 2017
	Physical Stimulation class + Education session	17th March 2017
5th	Physical Stimulation class	22nd March 2017
	Physical Stimulation class + Education session	24th March 2017
6th	Physical Stimulation class	29th March 2017
	Physical Stimulation class + Socialization activity	31st March 2017
7th	Physical Stimulation class	5th April 2017
	Physical Stimulation class + Socialization activity	7th April 2017
8th	Nursing second evaluation	19th April 2017
	Closing	21st April 2017
<b>NOTE: All activities start at 3 p.m.</b>		