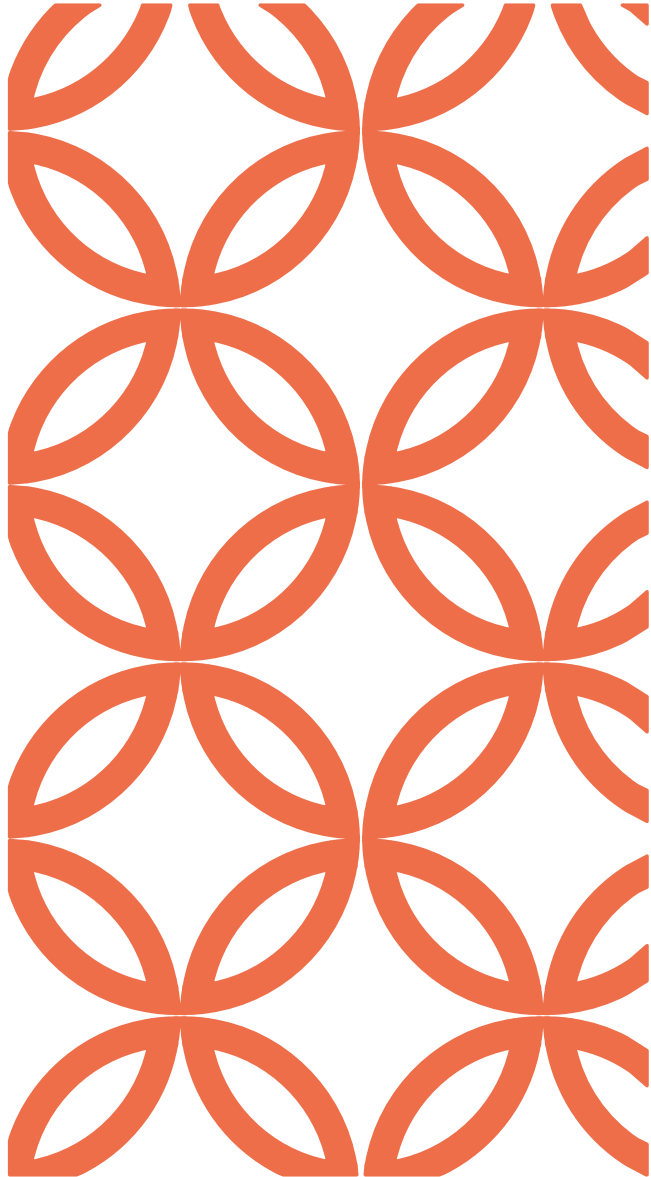


CARING FOR QUALITY AGEING

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Different societies have different views towards
the elderly

Some are prized and
recognized



while in others they are cast away
from social life,
less respected, hidden and abandoned.



Elderly attend day care, just as happens with children,
others are deposited in residential institutions



Quality of life and Health Determinants

- the affections and social relations,
- adequate food intake,
- regular physical exercise, adapted to each one's capacities
- financial security.

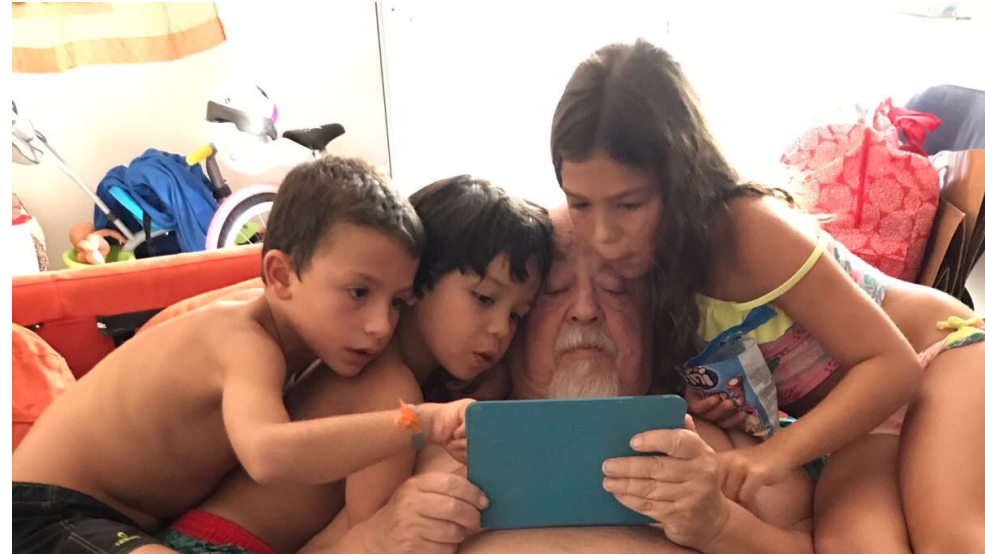
Affections

to grow old with respect for yourself, recognized by the family and/or by an enlarged group, by a family of affections, with whom you share interests and memories, gives your life a reason



Affections

Grandparents who
tell stories,
prepare snacks,
repair toys,
give and receive pamper



Affections



Cultural and sporting activities, reading clubs or senior universities create a new structure, replacing lost bonds



Adequate food

essential for nutritional balance, providing energy and nutrients needed to maintain active life



Hands-on workshops, where real food is prepared and tasted

Adequate
food

Adequate food

Physicians, nutritionists and cooks,
working together,
can provide adequate and enjoyable
meals





Regular exercise

consumes energy,

promotes metabolic activity,

provides well-being and favours social interactions

Regular exercise

less disease



Regular exercise

Professionals can prescribe structured adapted group physical activities

Leisure activities involving physical activity, such as walks, use of geriatric equipment, gardening must be encouraged



Financial security

Adequate and guaranteed income,
capable to cover the basic expenses:
housing, food and health
plus resources for leisure activities





Social security systems must include who never had a regular remunerated job or cannot use modern system access tools

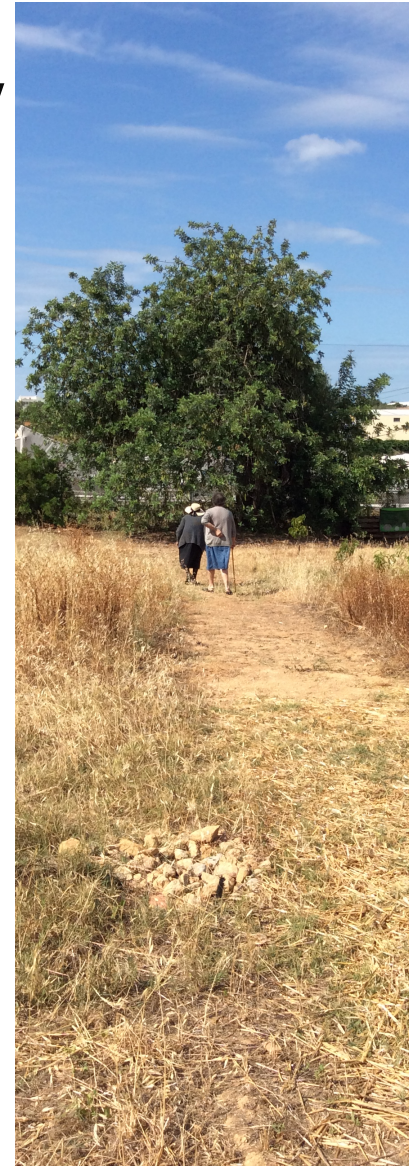
Financial security

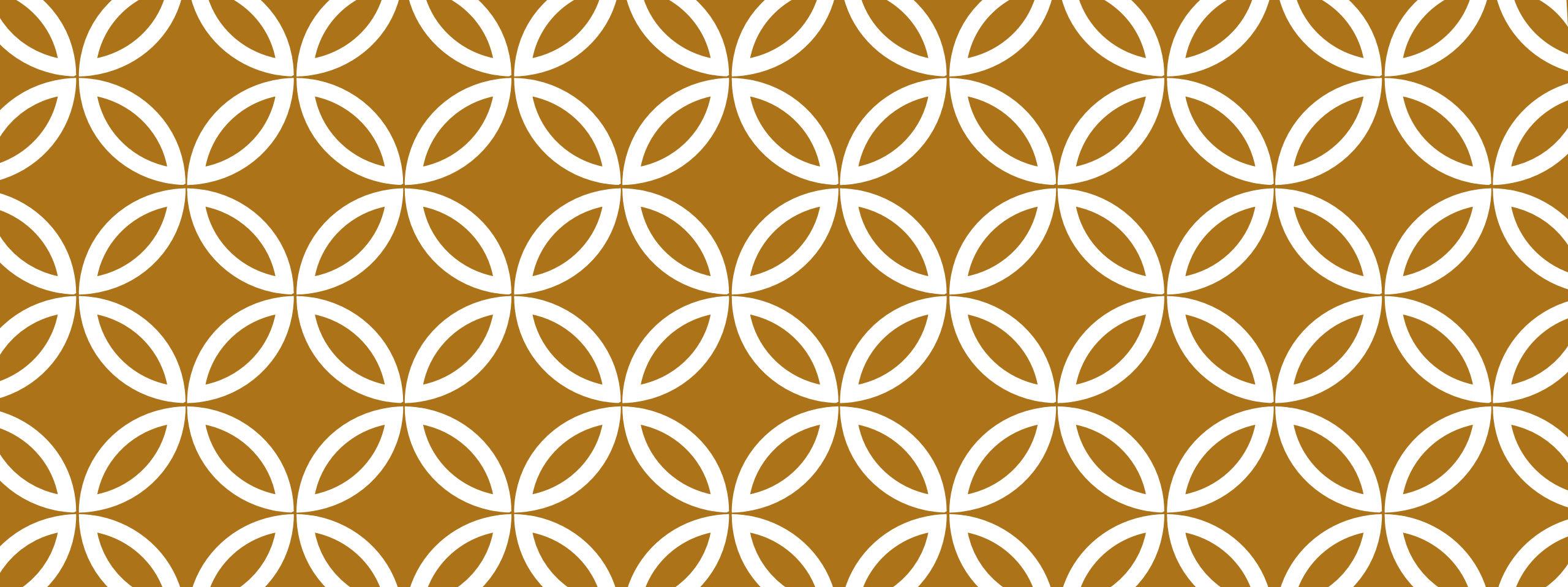
Financial security

Home assistance, shopping and health care expenses must fit in the income



Grow old with wisdom adapting environment and routines, day by day, to the continuous evolution age provides.





I wish you many quality years,
in good health

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