POLI
ESCOLA SUPERIOR
**EDUCAÇÃO
COMUNICAÇÃO
DESPORTO**
TÉCNICO
GUARDA

SUBJECT DESCRIPTION

Course	**Socio-cultural Intervention**					
Subject	**Elderly Animation**					
Academic year	2023-2014	*Curricular year*	3nd	*Study period*	1nd semester	
Type of subject	Compulsory	*Student workload (H)*	Total: 135	Contact: 45	*ECTS*	5
Professor(s)	Isabel Portugal/Elisabete Brito/Simone dos Prazeres					

☒ *Area/Group Coordinator* ☐ *Head of Department*	*(select)*	Maria Eduarda Revés Roque da Cunha Ferreira

COMPLETED SUBJECT DESCRIPTION

1. **LEARNING OBJECTIVES**

   - Reflect on the processes of social construction of ageing.

   - Know the multiplicity of approaches and methodologies within the problematic of ageing in current societies.

   - Know the difficulties and challenges of aging.

   - Understand the importance of Sociocultural Animation with and for the elderly.

   - Analyze programs and projects of intervention and social innovation promoters of active aging, in the area of expressions, and the plastic expression in particular.

   - Plan activities aimed at the stimulation of cognitive, affective, sensory and motor skills of the elderly.

2. **PROGRAMME**

   1. Old Age: social and cultural problem.

   2. Social models of aging.

   3. The aging and quality of life in Portugal.

   4. Active aging and its determinants. The three pillars of the political and social framework for Active Aging: Health, Security and Social Participation.

   5. Active Aging and Sociocultural Animation.

   6. Profile of the Animator of Elderly.

   7. Objectives and characteristics of the animation of the elderly: methodologies, techniques and resources.

   8. Formative, stimulative and relational animation: the plans of monitoring and activities of personal and social development for elderly.

   9. Intervention programs and projects and social innovation promoters of quality of life and well-being of older people: analysis, planning and implementation.

   10. The Plastic Expression as a vehicle for intervention to promote active aging.

3.   COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

The curricular unit - Animation of the Elderly - aims to provide trainees with a global and coherent vision on the processes of social construction of old age and the relevance of sociocultural animation with and for older people for the promotion of active aging. The aim is to create a constant critical and problematising sensitivity towards knowledge and daily experiences from a scientific perspective of social reality. Thus, firstly, old age is identified as a social and sociological problem. Then, from the double perspective of observatory and laboratory, and of the methodologies used for that purpose, the social models of ageing in general and the political-social framework for active ageing, in particular, are addressed. This is followed by an examination of the importance of socio-cultural animation with and for older people, distinguishing its formative, stimulating and relational dimensions, through the planning and implementation of activities in the field of expressions in general, with a view to the development of competences in the field of animation for older people.

4.   MAIN BIBLIOGRAPHY

Barbosa, M.; Pocinho, R. (2020). Ativ(idades) com pessoa sidosas: um aperspetiva interdisciplinar de cuidados e boas práticas. Coimbra: ANGES - Associação Nacional de Gerontologia Social.

Choque,S.eChoque,J.(2000).Actividadesdeanimaciónparalaterceraedad.Barcelona:EditorialPaidotribo.

Cruz, A., Cámbara, A. (coord) (2011). Arte, Intervención Y Acción Social. La creatividad transformadora. Madrid: Grupo 5.

Jacob,L.(2007).Animaçãodeidosos. Porto:Ambar.

Lamas, S. (2009). Jogos e actividades para idosos. Porto: Legis Editora.

Lopes, M., Pereira, J. (coord.) (2009). Animação sociocultural na terceira idade. Amarante: Intervenção.

Matos, M.; Corte, A.; Marques, E. (2018). Qualidade de vida do Idoso Institucionalizado.Mauritius: Novas Edições Adêmicas.

Ribeiro, O e Paúl, C. (2018). Manual de Envelhecimento Ativo Lisboa: Lidel. ISBN: 978-989-752-333-5

Trindade, B. ; Carrana, P.; Pocinho, R. (2019). Animada(mente): estimular através do jogo. Coimbra: ANGES - Associação Nacional de Gerontologia Social.

Trindade, B.; Pocinho, R. (2018). Diferentes Perspetivas da Animação e do Envelhecimento. Coimbra: ANGES- Associação Nacional de Gerontologia Social.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The central methodology to be applied involves the need to introduce students to the theoretical and practical dimensions of the issues to be addressed, always instilling a global and coherent vision of social knowledge. We will encourage individual intervention and initiative, as well as collective reflection. In this sense, active techniques will be used, promoting participation through exposure and discussion of personal experiences supported by appropriate communication. We also intend to discuss and create in group, animation programmes, facing different contexts and areas of intervention.

In the contact sessions guidance will be provided on the methods that students should follow in their autonomous learning, namely

- Work guides/plans;
- Bibliographical research autonomous and/or directed;
- Elaboration of practical work;
 Intervention with elderly people in context.

The final mark of the training unit results from the average marks obtained in the various modules.

Prof. Alda Domingos - 30%

Professor Elisabete Brito - 35%

Prof. Simone dos Prazeres - 35%

6.   COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

Through the exposure of the contents of the training unit made by the teachers, the results of research and analysis in various sources and the respective individual and collective reflection on them during the teaching sessions (contact hours), the trainees acquire and develop the skills of integration, critical analysis and mobilization of the set of information and knowledge available

for the understanding of old age, as a social and sociological problem, and the importance of Sociocultural Animation with and for older people. Using group work, they also develop technical skills inherent to the processes of animation of the elderly, as well as expressiveness and creativity, associated with different forms of expression, in an integrated and articulated manner, with a view to developing active participation and its implications in the quality of life of the elderly

January 15, 2024

Clique

Area/Group Coordinator

(Maria Eduarda Ferreira)

Professor

(Isabel Portugal)

(Elisabete Brito)

Professor

(Simone dos Prazeres)