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**Hajuda**

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# Hajuda

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## Abstract

A recent study by the National Institute of Statistics (INE) reveals that almost half of the Portuguese population will be over 65 within the next 60 years. Also, about 40% of this population is alone for 8 hours or more per day. Almost one million elderly people are in solitude or isolation. How can we promote the return of the population over 65 to active life? How can we help caregivers to provide care for their loved ones with the knowledge we acquire in class? A society was born: *Hajuda* (Help in English). The main goal is to help those who need it most. Whether they are in bed or in solitude and social isolation. The results have been very promising.

## Keywords

Caregivers; elderly; health; well-being.





# Hajuda

**Agrupamento de Escolas Cidade do Entroncamento • Entroncamento • Professora Marta Azevedo •  
Curso Profissional de Técnico Auxiliar de Saúde**

### Abstract

A recent study by the National Institute of Statistics (INE) reveals that almost half of the Portuguese population will be over 65 within the next 60 years. Also, about 40% of this population are alone for 8 hours or more per day. Almost one million elderly people are in solitude or isolation. How can we promote the return of the population over 65 to active life? How can we help caregivers to provide care for their loved ones with the knowledge we acquire in class? A society was born! Hajuda. (Help in English). The main goal is to help those who need it most. Whether they are in bed or in solitude and social isolation. The results have been very promising.

**Key-words:** health, well-being, elderly, caregivers

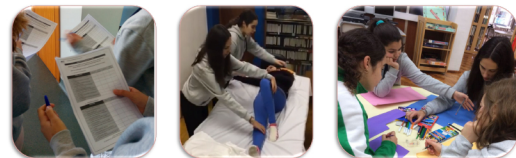
## Sentir Feel

The problem arose during a class when the results of aging indicators were presented and discussed. How can we promote the return of the population over 65 to active life? The students went to investigate what was happening in their city. The population is aging. Many are in an active position towards society and themselves. But many are incapable and some are even bedridden.



## Imaginar Imagine

There was made a questionnaire to know what are the biggest difficulties that the elderly feel in terms of legal obligations. Visits to day centers were also made to learn about the skills of the elderly. Positioning techniques related to bedridden patients were learned and trained.



## Criar Create

The students went to a few houses to explain to health caregivers how to do positioning techniques, bed position changes, bed-to-chair transfers, to avoid pressure ulcers. The story of Little Red Riding Hood was re-written with the help of the elderly of the day care center to make and dramatize a theater for the youngest.



## Partilhar Share

The authors presented this project to the community that loved the idea. Hajuda was awarded the first prize in an entrepreneurship competition from the city's Education Council. The mayor also gave it a prize of merit and recognition for all the work. Another prize of merit was delivered by the Principal of students' school. The authors participated in the international StarT contest with this project.

