

PROJECT TITLE: Day Social Center "Listen to the heart of the elderly"

OBJECTIVE OF THE PROJECT: Improving the quality of life of older people in Soroca, assisting them and socializing them in the Day Center.

The purpose of opening a day center is to improve the psychological state of lonely and vulnerable older adults through various entertaining, creative, and spiritual activities, as well as to improve their quality of life and prevent institutionalization.

The activities carried out within the Day Center for the Elderly were developed to achieve the following objectives: preventing marginalization and social exclusion, limiting situations of difficulty and vulnerability, increasing social inclusion, and improving the quality of life of older people in Soroca.

The Day Center carried out activities for older people and aimed to achieve the following objectives:

- ✚ maintaining and improving physical capabilities through manual work - manual dexterity and practicing physical exercises;
- ✚ maintaining or improving mental and sensory capacities;
- ✚ cognitive function training;
- ✚ prevention of depression and cognitive decline;
- ✚ prevention of health deterioration;
- ✚ valuing the older adult;
- ✚ promoting the image of active aging;
- ✚ valuing the life experience, altruism, and availability of the older adult;
- ✚ social interaction between different generations based on a program of activities

1. Social assistance activities

- information and social counseling;
- social diagnosis regarding the assessment and reassessment of needs, development of an intervention plan, and monitoring;
- facilitating access to other services and social benefits;
- periodic evaluation of the degree of satisfaction with the services provided.

2. Occupational therapy activities

- The weekly reorganization of the therapeutic space to create an optimal framework for beneficiaries with the following objectives:
- Setting up the activity room with tables and chairs;
- Ensuring a unique work formula (either in a team or individually);
- Sanitizing, decorating, and equipping the therapeutic space with equipment specific to each type of therapy;

3. Carrying out Ludo therapy activities (using board games: rummy, scrabble, bingo, puzzle assembly) with the following objectives:

Maintenance and improvement of psychological, mental, and physiological health and empowerment, rehabilitation, and maintenance of behavior, development, and physical and social skills through musical auditions.

- Externalization of affective feelings, emotional relaxation, and relaxation.
- Perception of musical notes in the body;
- Developing the ability to receive the musical message.

All this put into practice had the following effects: promoting participation in social life and cultivating interpersonal relationships

Benefits of the Day Center for the Elderly:

- to actively participate in community life without age-related barriers that prevent participation and involvement
- ensuring the access of older people to all aspects of daily life ➤ knowledge of personal rights
- active participation in the decision-making process
- older people are respected and share their life experiences with the younger generation
- older people feel valuable and important
- Seniors have access to quality health and community services
- Seniors are informed, communicate with peers, and have lifelong learning opportunities
- Seniors have conveniences and safety

Beneficiaries of the Social Day Center "**Listen to the heart of the elderly**" **have the opportunity to enjoy the following services FREE of charge:**

1. activity room
2. cabinet medical
3. room for fitness equipment and trainers
4. computer room
5. social laundry
6. social canteen
7. Volunteer activities
8. Monthly festivities and important holidays

An age-friendly community creates conditions for older people to live safely, enjoy good health, and actively participate in community events.