

The Social and Affective Relations on Ageing and interventions of Occupational Therapy into Gerontology

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This work presents a research developed in the Sorocaba University, Brazil, as a Graduation Conclusion Work on Occupational Therapy in 2008. It was focused on students of The University for the Elderly in the mentioned institution and had as subject: to characterize their social net; to identify their emotional support source; and point approximations with the Occupational Therapy actuation into the Gerontology and Education within the lifetime. Making use of the social and emotional selectivity perspective, as well as the social convoy theory, forty-two people over sixty were interviewed and the results were analyzed qualitatively and quantitatively. The results lead to around a nineteen-people social net, most of them women from family, intimate relationships or friendship, into an affective proximity decreasing order. Regarding to the emotional support source, most women middle aged had mentioned in general their daughters, probably due to reliability. Therefore, it is possible to conclude that this study confirms that the people social network configuration varies within the lifetime. On ageing process, although maintaining the satisfaction level, this social network could present a quantitatively diminution, especially on friendship relations. It confirms too the idea that the group activities focused on elderly may help on the social and affective relations maintenance and therefore on elder health injuries prevention. The Universities for the Elderly develops activities that allow interpersonal relations, an important factor for the active and well done ageing process. The Occupational Therapy actuation with group activities for people over sixty (art, craft, fisical) is really relevant in order to help with social interaction and so, in order to promote the social and affective net extension. Therefore, they must be encouraged by gerontology professionals as strategy of prevention, promotion, attention and rehabilitation of health.