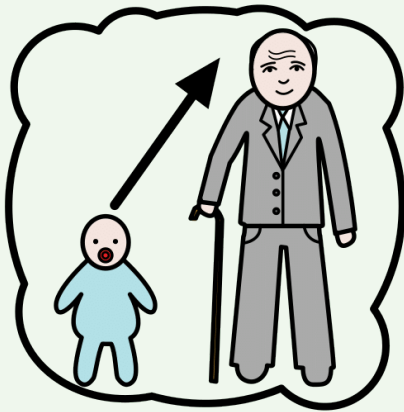




Factoria Social de Terrassa

GRANS PERSONES ENVELLIMENT

EL CICLO DE LA VIDA



EL CICLE DE LA VIDA

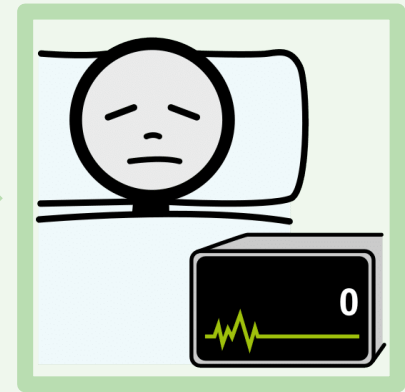
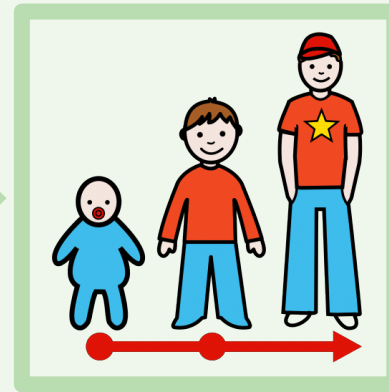
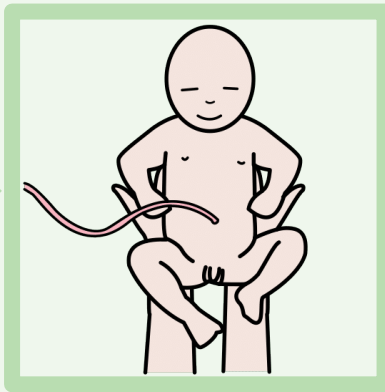


TOTES LES
PERSONES

NAIXEM

CREIXEM

I MORIM



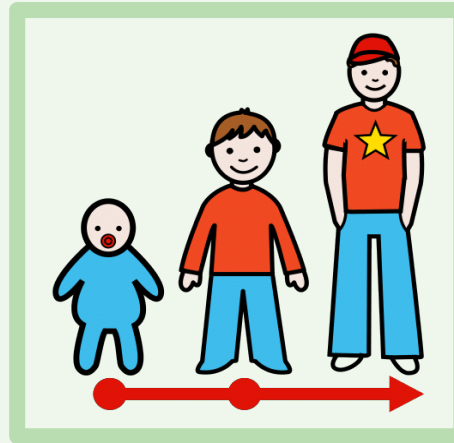
EL CICLE DE LA VIDA



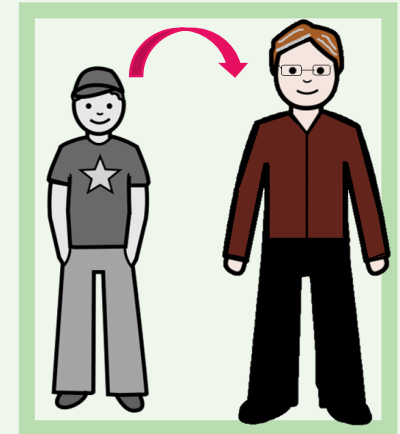
TOTES LES PERSONES



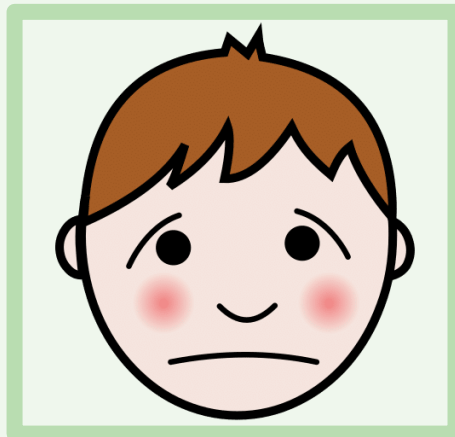
QUAN CREIXEM



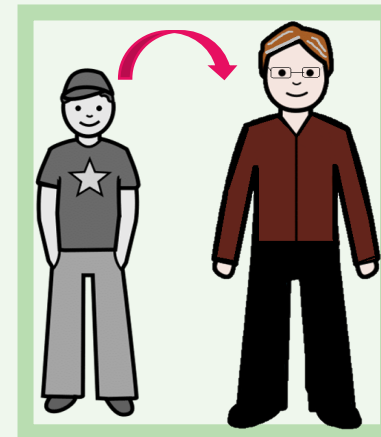
VIVIM CANVIS



NO HEM DE SENTIR VERGONYA



PER AQUEST CANVIS



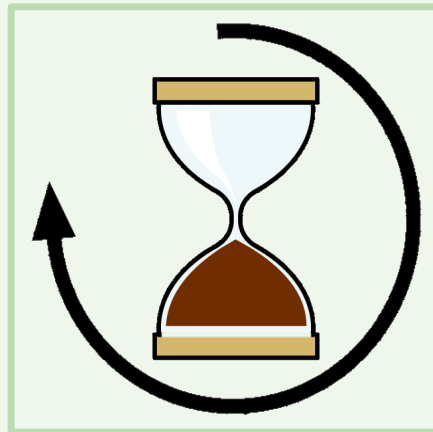
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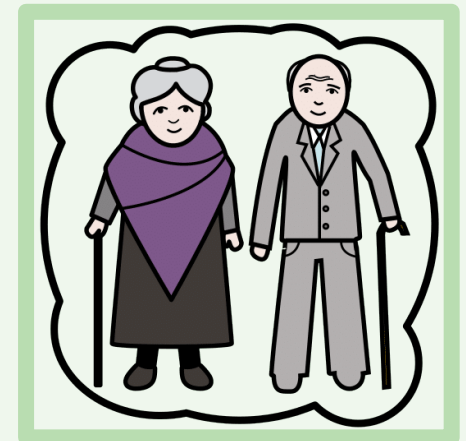
TOTES LES PERSONES



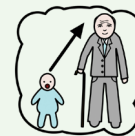
AMB EL PAS DEL TEMPS



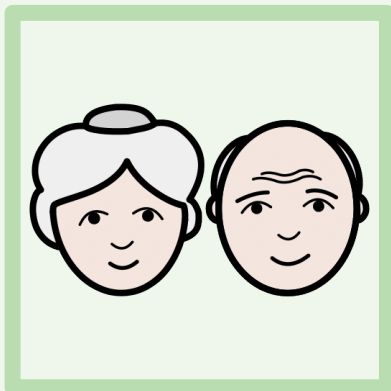
ENVELLIM



EL CICLE DE LA VIDA



LA VELLESA



ÉS UNA ETAPA DE DESCANS



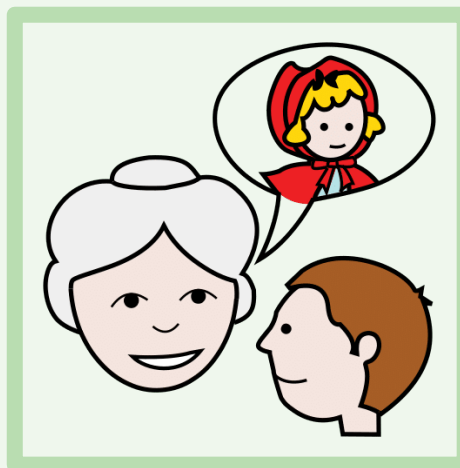
TRANQUILITAT



TENIM MOLTS RECORDS



PODEM NARRAR HISTÒRIES



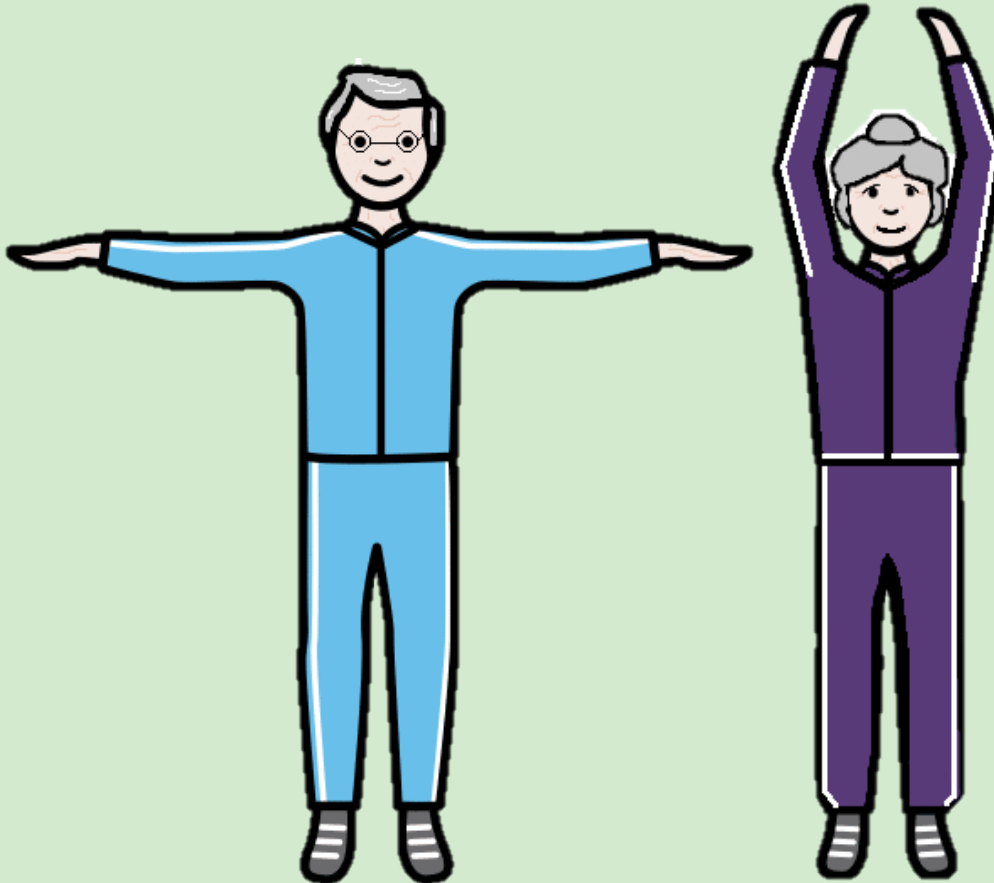
I TENIM MÉS TEMPS LLIURE



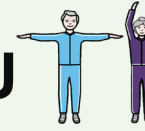
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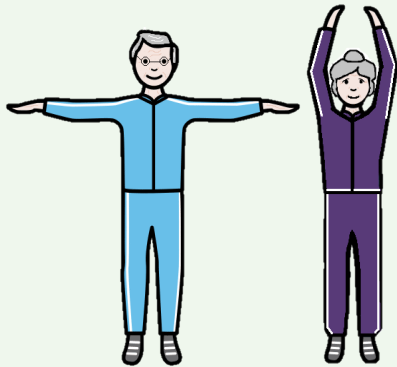
DURANT AQUESTA ETAPA ÉS MOLT IMPORTANT UN **ENVELLIMENT ACTIU**



ENVELLIMENT ACTIU



ENVELLIMENT
ACTIU VOL DIR



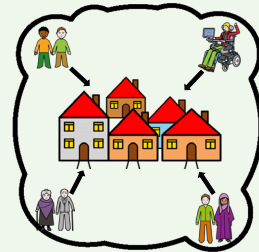
TENIR CURA DE LA SALUT



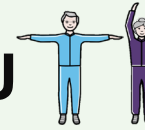
TENIR RELACIONS SOCIALS



PARTICIPAR EN LA COMUNITAT



ENVELLIMENT ACTIU

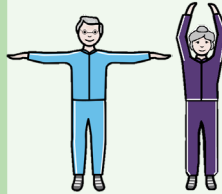


CUIDAR LA

NOSTRA SALUT



FER EXERCICI FÍSIC



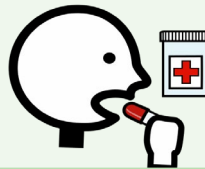
PASSEJAR



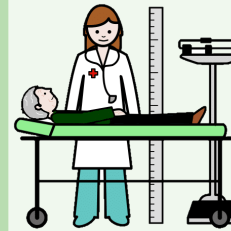
ALIMENTACIÓ SANA



PENDRE MEDICACIÓ
(SI CAL)



ANAR AL METGE



TENIR CURA DE LA
HIGIENE PERSONAL



DORMIR 8 HORES



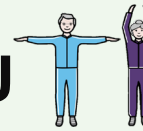
FER PASSATEMPS
PER ENTRENAR
LA MENT



FER RELAXACIÓ



ENVELLIMENT ACTIU



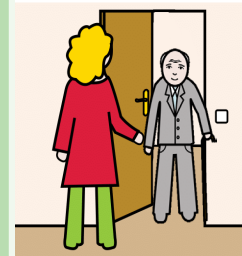
TENIR RELACIONS SOCIALS



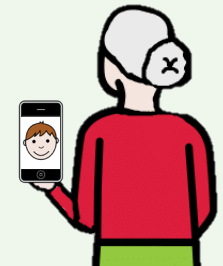
VIATGES IMERSO



VISITAR FAMILIARS
I AMICS



FER VIDEOTRUCADES



ANAR A CLUB DE
BALL



FER IOGA



ANAR A CENTRE
DE DIA



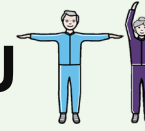
ANAR A UN BAR



JUGAR A PETANCA



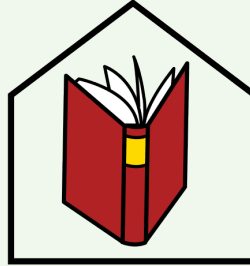
ENVELLIMENT ACTIU



PARTICIPAR EN LA COMUNITAT



ANAR A LA BIBLIOTECA



ANAR AL CENTRE CÍVIC



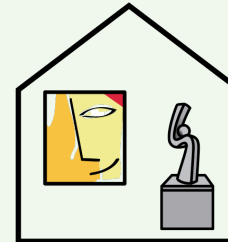
ASSOCIACIÓ DE VEÏNS



ANAR AL CINEMA



ANAR AL MUSEU



ANAR AL MERCAT



ANAR A UNA TERRASSA



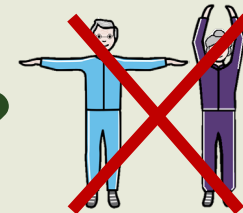
ANAR A LA FIRA DE
LA CIUTAT



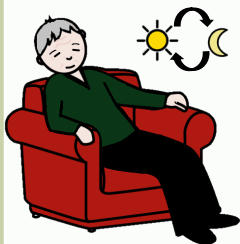
ANAR AL PARC



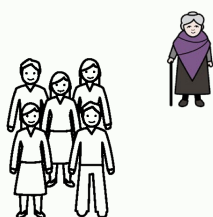
QUÈ **NO** ÉS UN ENVELLIMENT ACTIU?



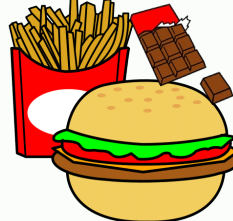
SENTAT TOT EL DIA



AÏLLAR-SE



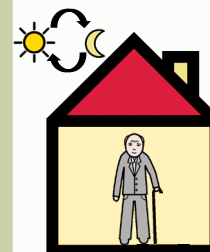
MENJAR ALIMENTS
POC SANS



NO DORMIR



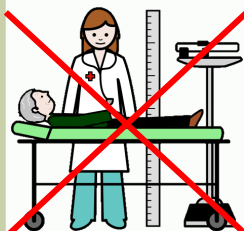
A CASA TOT EL DIA



NO ENTRENAR LA
MENT AMB
PASSATEMPS



NO ANAR AL METGE



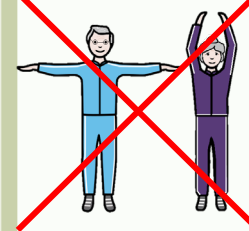
NO TENIR CURA
DE LA HIGIENE



NO PENDRE
MEDICACIÓ

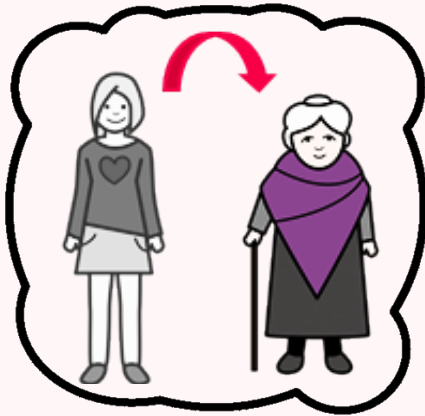


NO FER EXERCICI
FÍSIC



ACTIVITAT 1

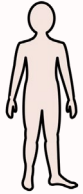
ELS CANVIS



ELS CANVIS



FISIOLÒGICS



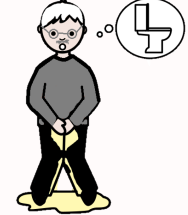
SALUT



NUTRICIONALS



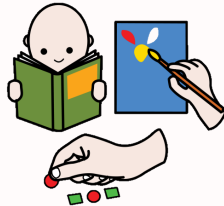
INCONTINÈNCIA



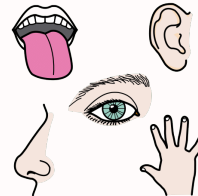
SON



ACTIVITAT



PERCEPCIÓ



SOCIAL



ELS CANVIS



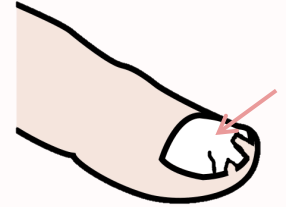
ELASTICITAT DE LA PELL



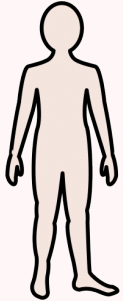
CANVI COLOR DE CABELL



FRAGILITAT A LES UNGLES



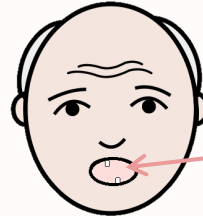
FISIOLÒGICS



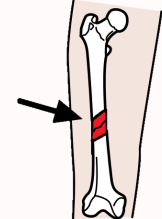
ARRUGUES



PÈRDUA DENTS



FRAGILITAT ALS OSSOS



POSTURA CORPORAL



MENOPAUSIA



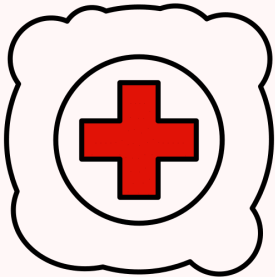
ANDROPAUSIA



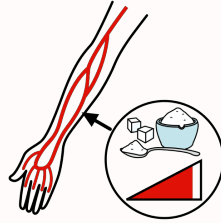
ELS CANVIS



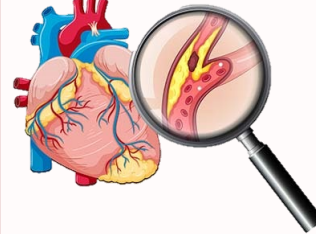
SALUT



DIABETES



COLESTEROL



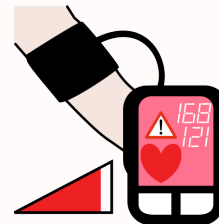
OBESITAT



DEMÈNCIA



HIPERTENSIÓ



MALESTAR FÍSIC



MALA CIRCULACIÓ



PÈRDUA DE MEMÒRIA



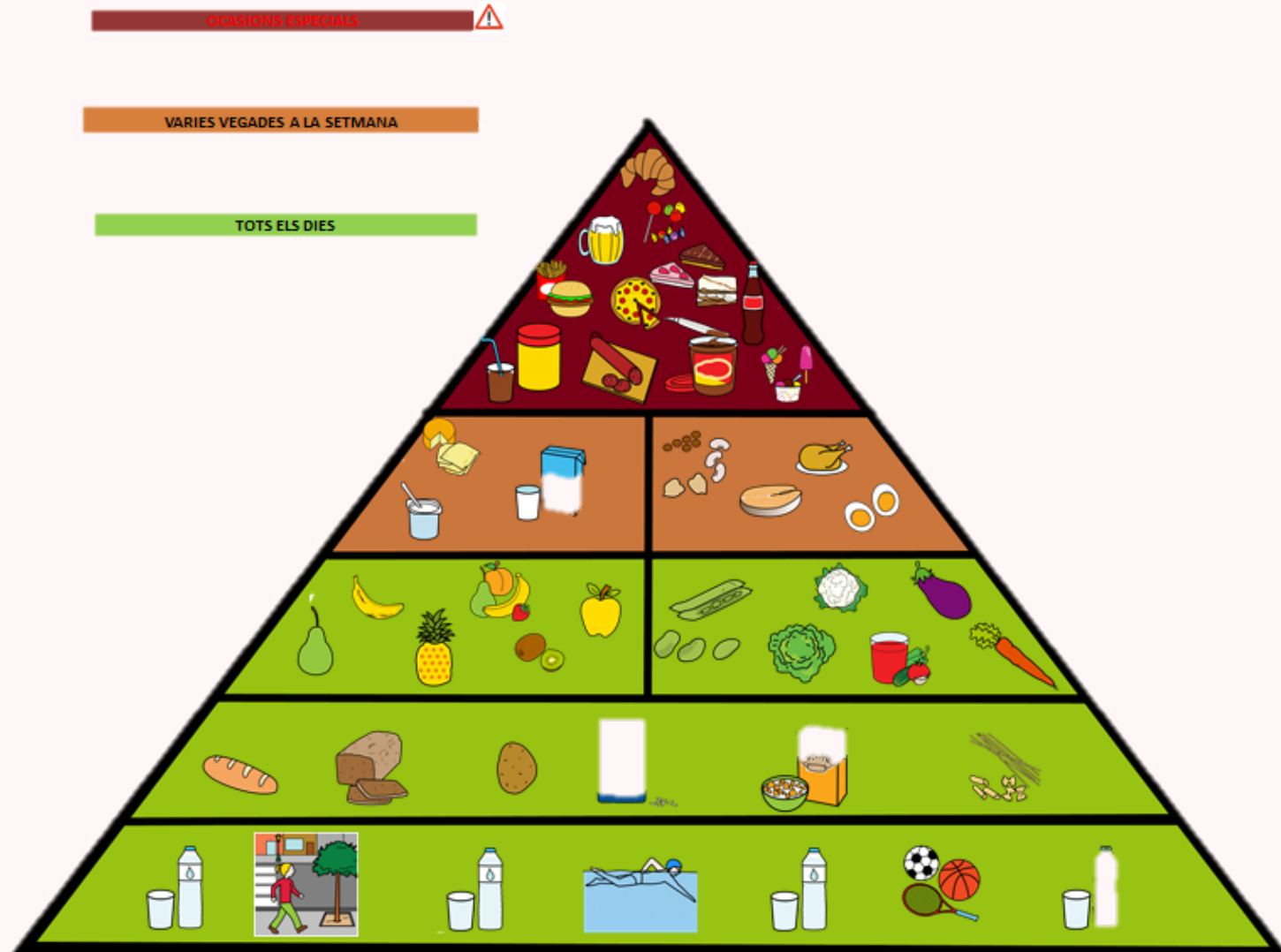
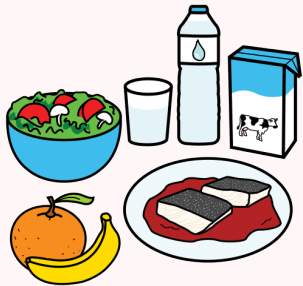
ARTROSIS



ELS CANVIS



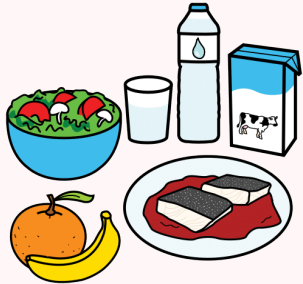
NUTRICIONALS



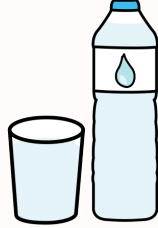
ELS CANVIS



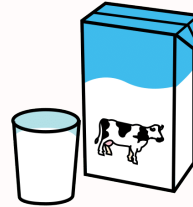
NUTRICIONALS



BEURE MOLTA AIGUA



BEURE LLET



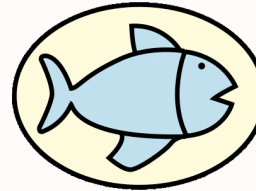
MENJAR CEREALS I
LLEGUMS



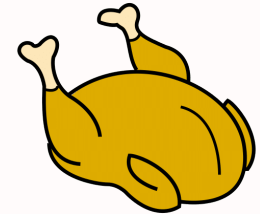
MENJAR MOLTA FRUITA I
VERDURA



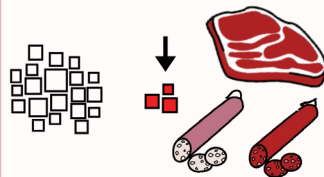
MENJAR PEIX



MENJAR POLLASTRE



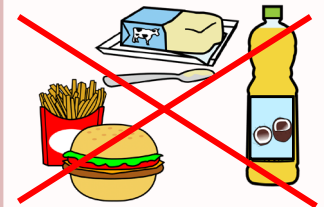
MENJAR POCA CARN
VERMELLA I EMBUTITS



EVITAR MENJAR DOLÇOS



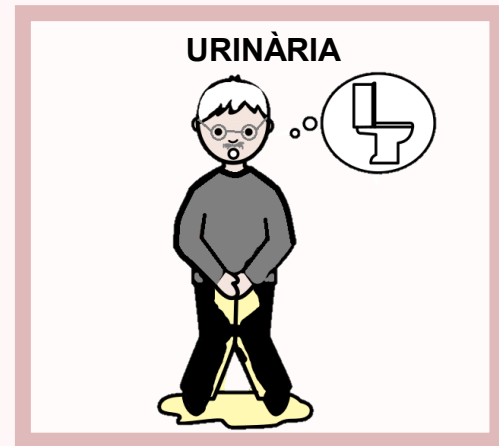
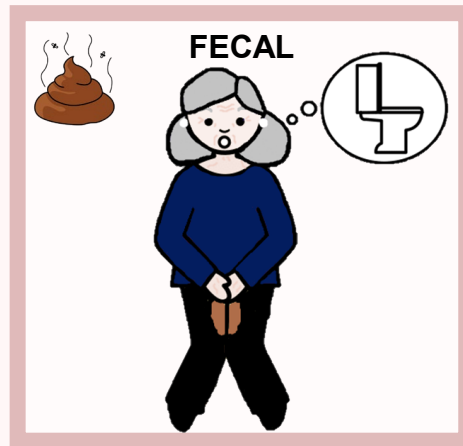
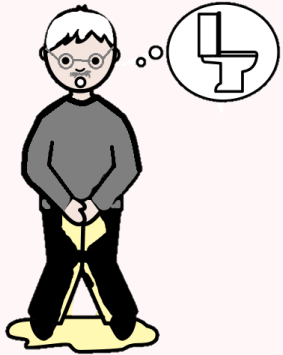
EVITAR MENJAR GREIXOS



ELS CANVIS



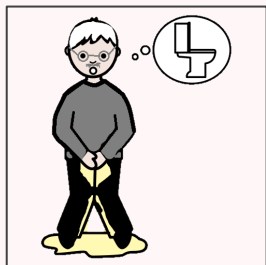
INCONTINÈNCIA



LA INCONTINÈNCIA URINÀRIA



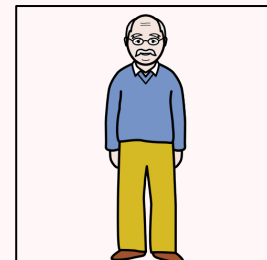
LA INCONTINÈNCIA



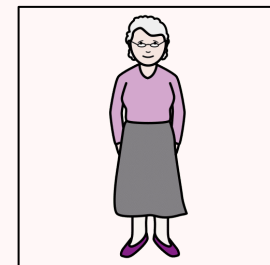
LA TENEN MOLTES PERSONES



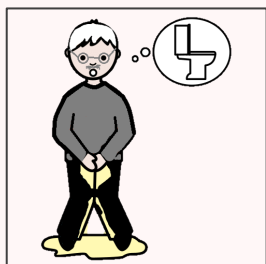
TANT HOMES



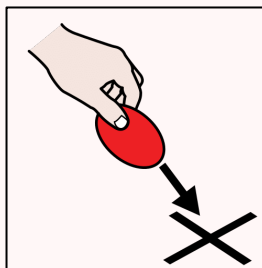
COM DONES



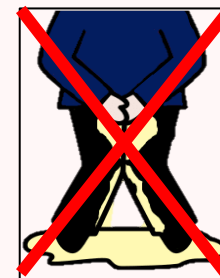
PER A LA INCONTINÈNCIA



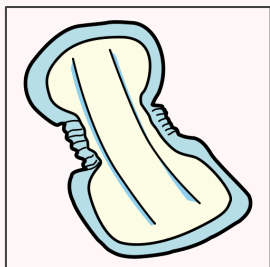
ENS PODEM POSSAR



PRODUCTES PER NO TACAR



COM COMPRES



EMPAPADORS/ PROTECTORS PER AL LLIT



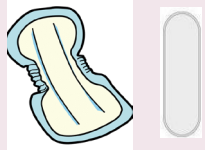
TAMPÓ INCONTINÈNCIA



LA INCONTINÈNCIA URINÀRIA



**COMPRESA
O SALVASLIP**



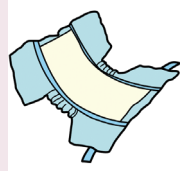
TAMPÓ



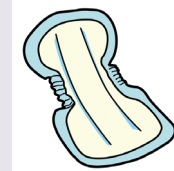
EMPAPADOR



BOLQUER



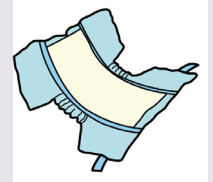
COMPRESA



EMPAPADOR



BOLQUER



4-10 €



15-30 €



15-30 €



15-20€



5-10 €



15-30 €

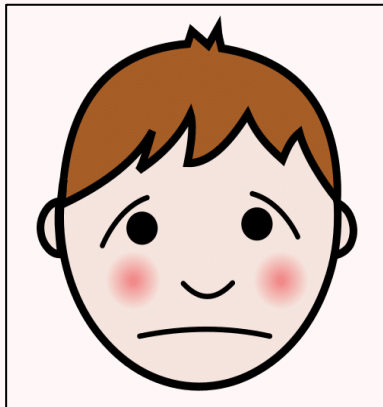


15-20€

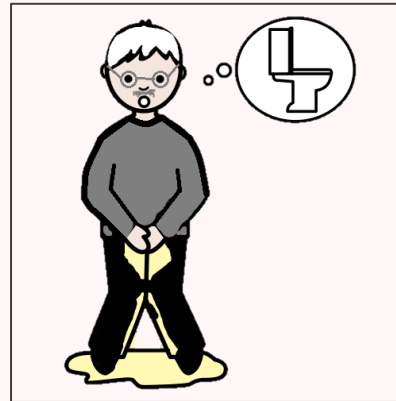




NO HEM DE SENTIR
VERGONYA



PER LES PÈRDUES
D'ORINA



A MOLTES PERSONES
ELS HI PASSA



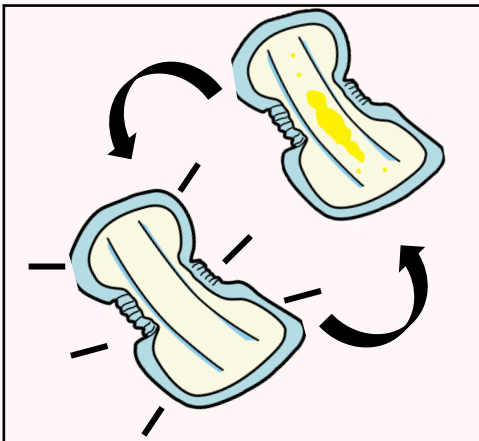
RECORDA!



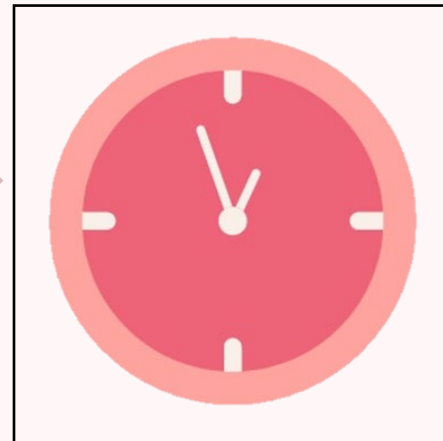
LES COMPRESSES URINÀRIES



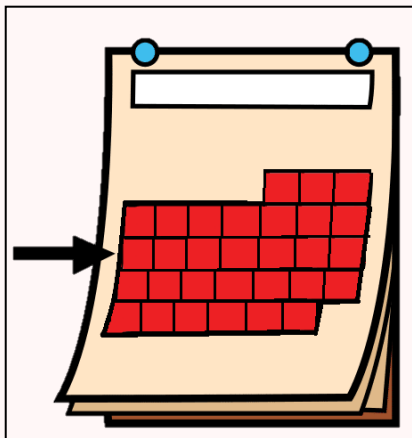
S'HAN DE CANVIAR



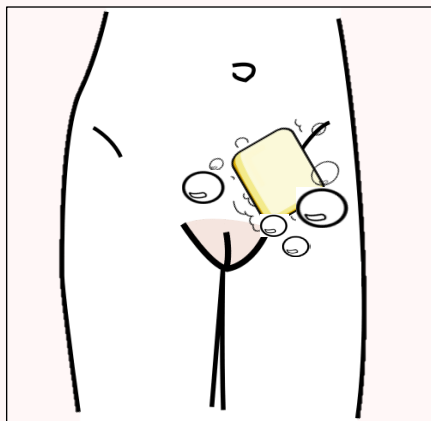
CADA 4-5 HORES



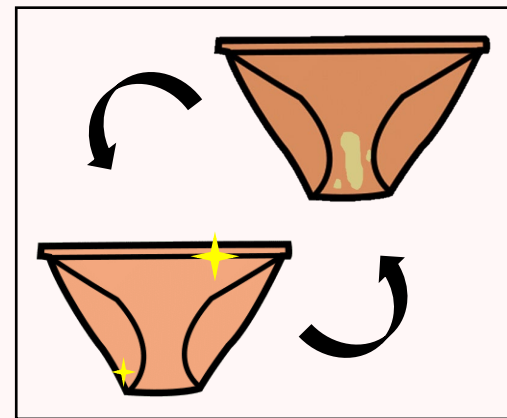
CADA DIA



**ENS HEM DE NETEJAR
ELS GENITALS**



**I CANVIAR LA
ROBA INTERIOR**



ELS CANVIS



SON



INSOMNI



DESPERTAR-SE DURANT LA NIT



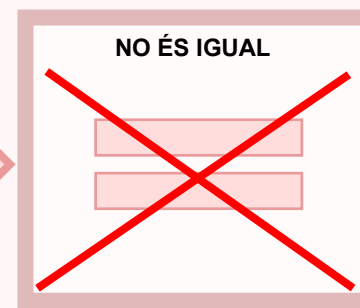
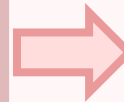
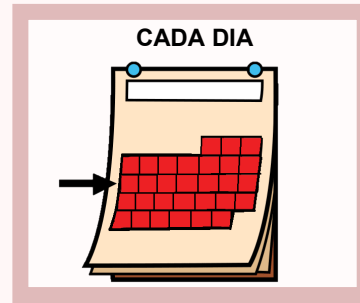
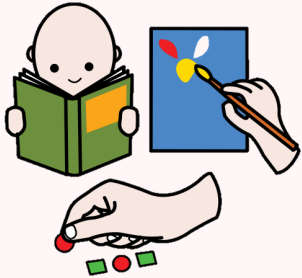
CANSAMENT



ELS CANVIS



ACTIVITAT



QUINES ACTIVITATS PUC FER?



ACTIVITAT



NATACIÓ



PETANCA



TEATRE



IOGA



BALL



KARAOKE



TALLER DE CUINA



PASSEJAR



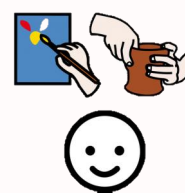
COSTURA



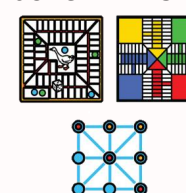
CENTRE CÍVIC



ARTTERÀPIA



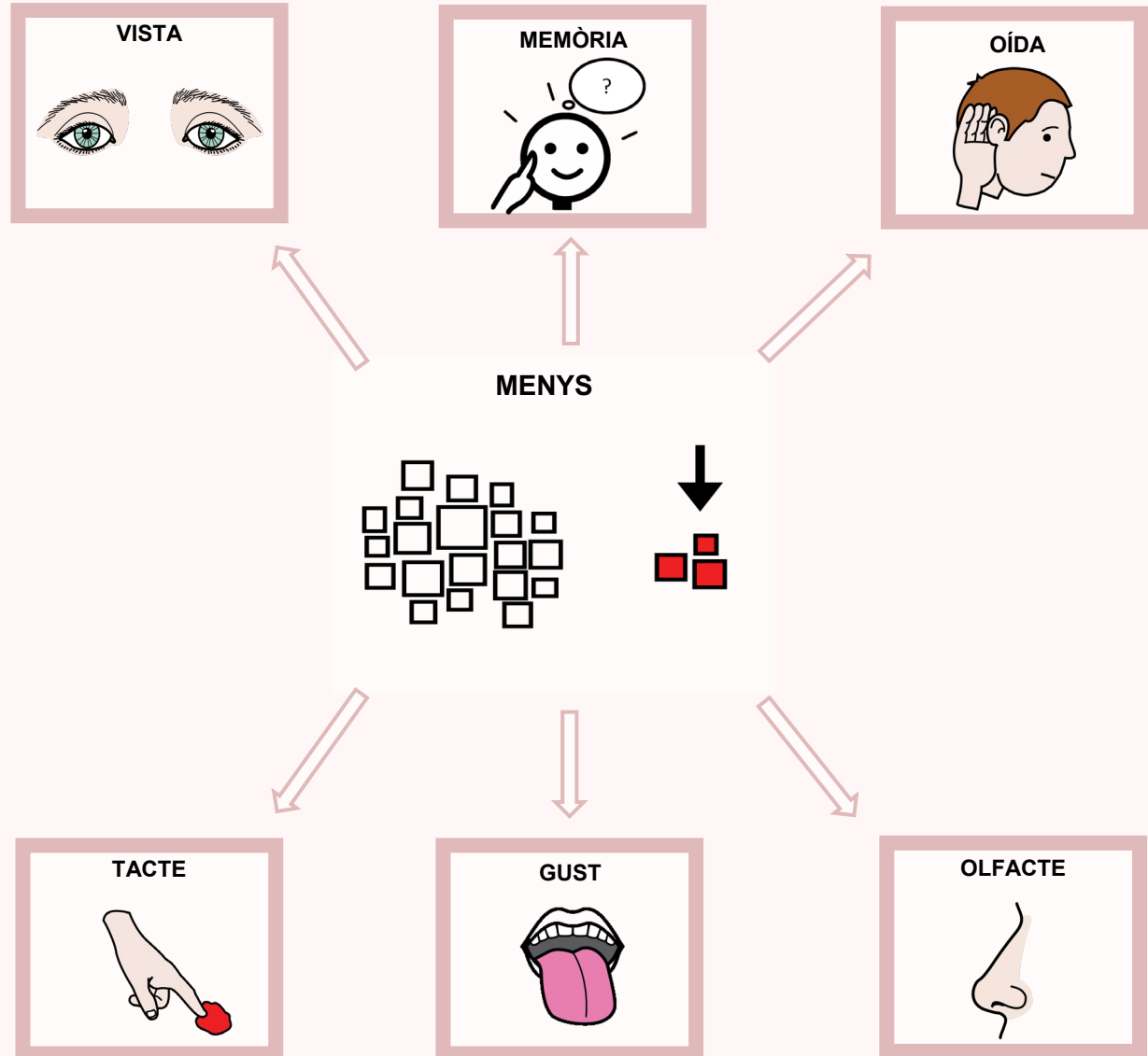
JOC DE TAULA



ELS CANVIS



PERCEPCIÓ



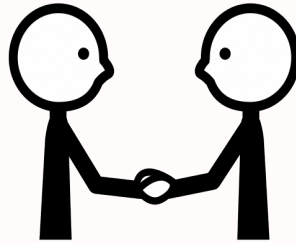
ELS CANVIS



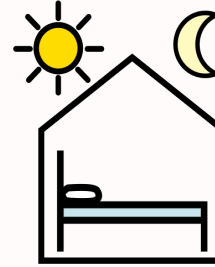
SOCIAL



NOUS AMICS O COMPANYYS



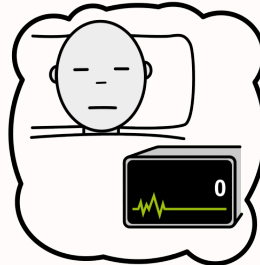
MUDAR A UNA RESIDÈNCIA



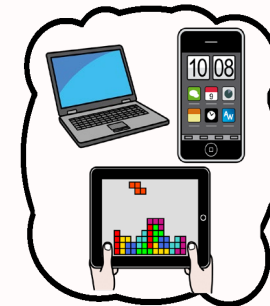
ANAR A UN CENTRE DE DIA



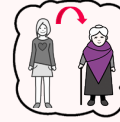
MORT D'UN AMIC O FAMILIAR



CONÈIXER LES TIC



ELS CANVIS



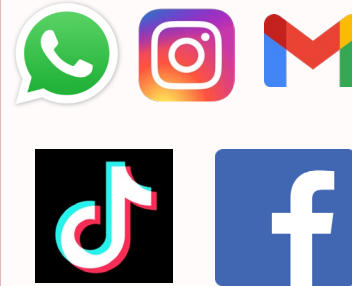
SOCIAL



VIDEOTRUCADES



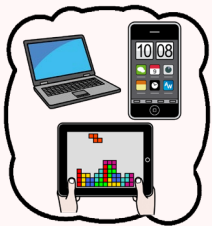
UTILITZAR LES XARXES SOCIALS



VEURE VÍDEOS, PELÍCULES, SERIES



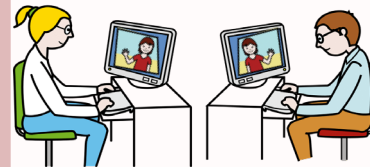
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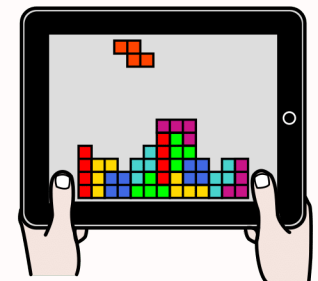
FER TRÀMITS I GESTIONS



COMPARTIR RECORDS

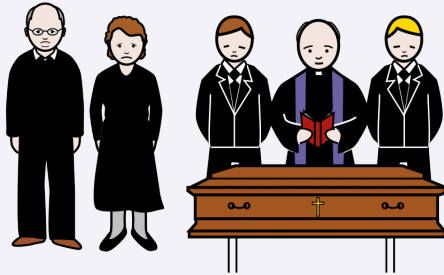


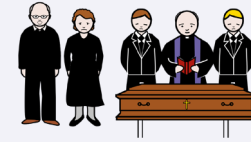
FER JOCS I PASSATEMPS



ACTIVITAT 2

LA MORT I EL DOL

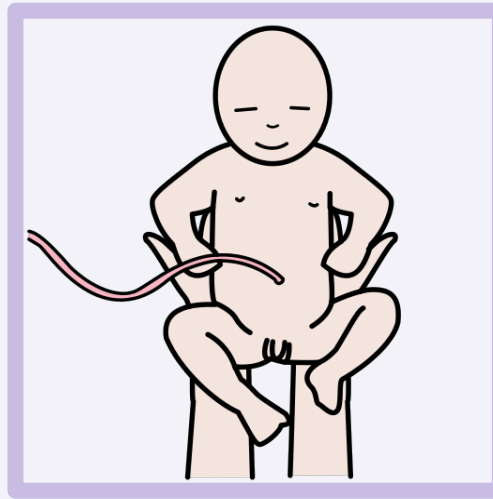




TOTES LES PERSONES



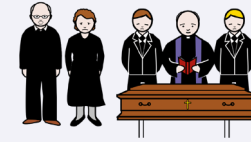
NAIXEM



I MORIM



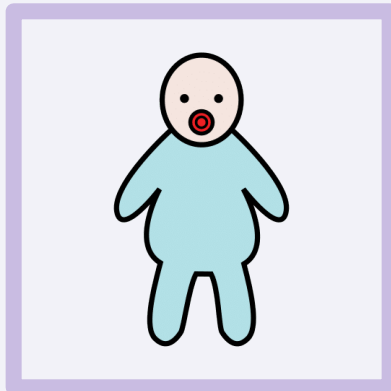
LA MORT I EL DOL



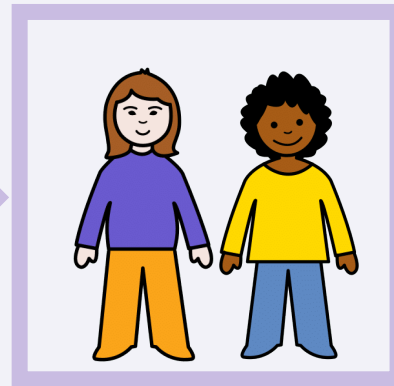
TOTES LES
PERSONES



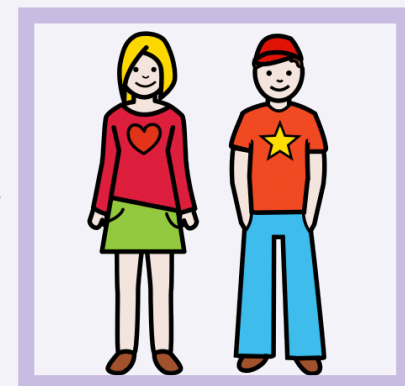
SOM NADONS



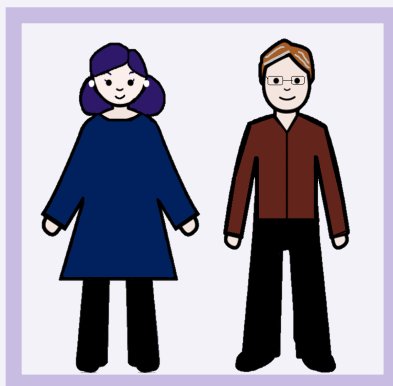
DESPRÉS NENS



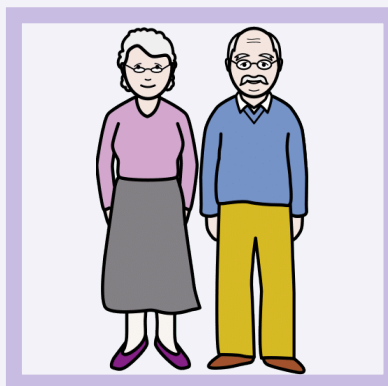
DESPRÉS
ADOLESCENTS



DESPRÉS ADULTS

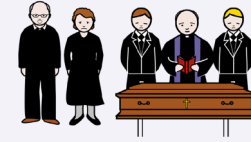


DESPRÉS AVIS

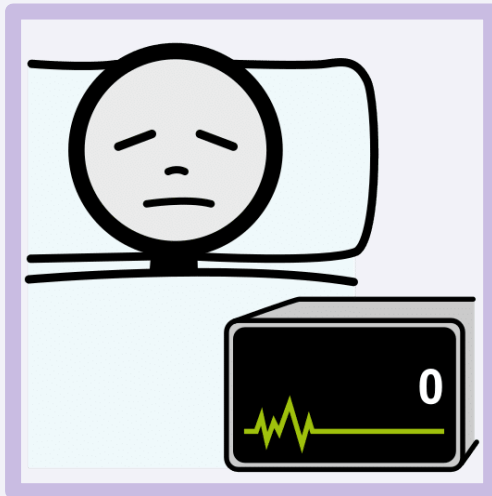


I FINALMENT MORIM

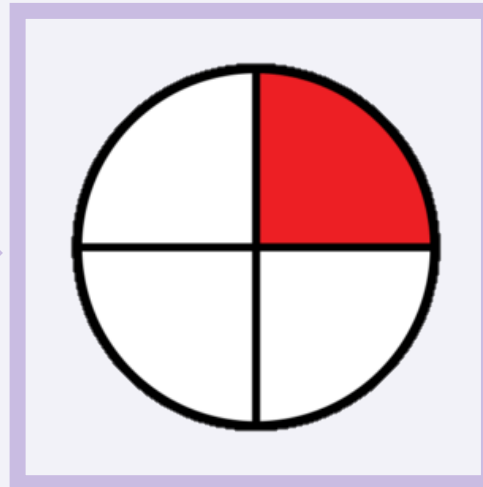




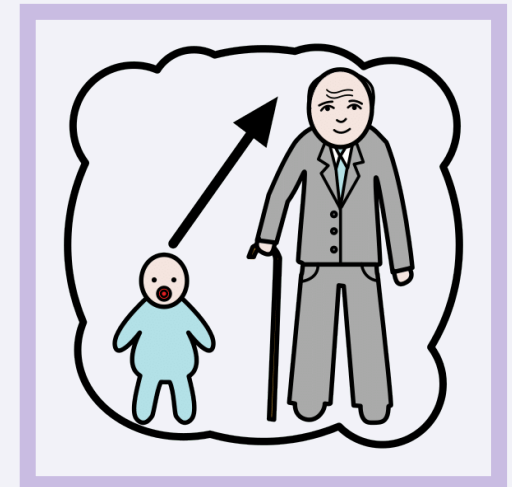
LA MORT

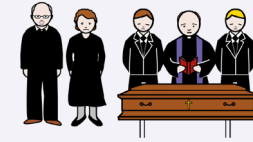


ÉS UNA PART

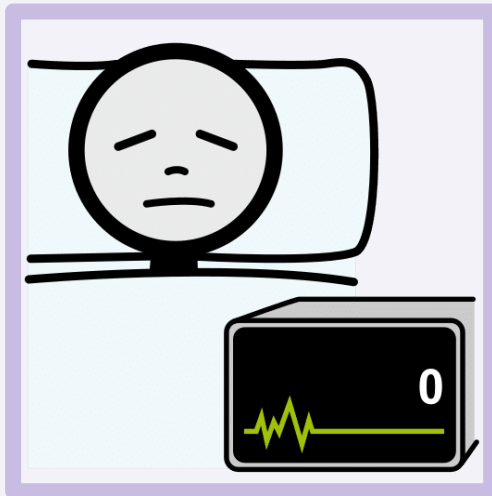


DE LA VIDA

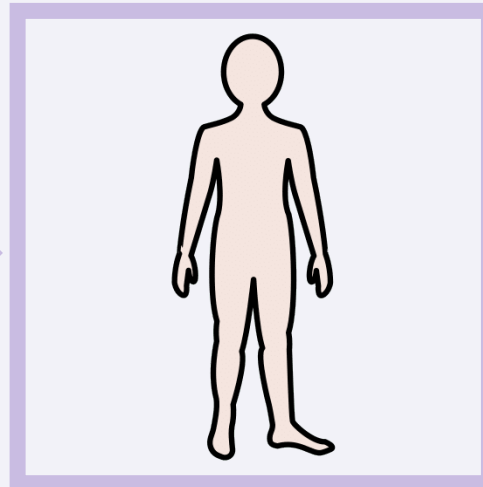




QUAN UNA PERSONA
ES MOR

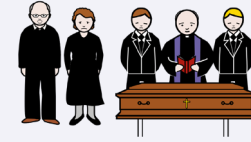


EL SEU COS

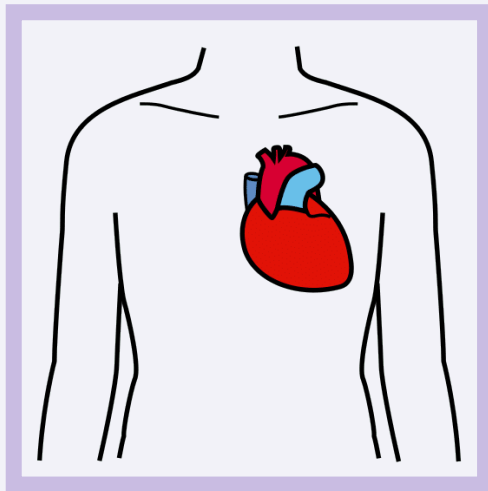


ES PARA

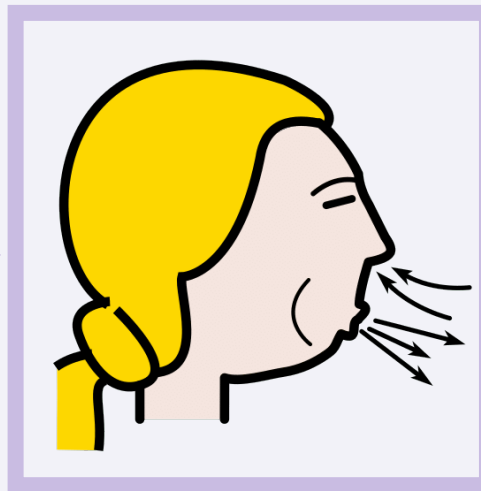




EL COR

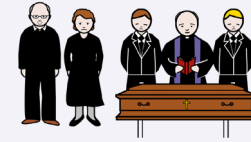


I LES RESPIRACIONS

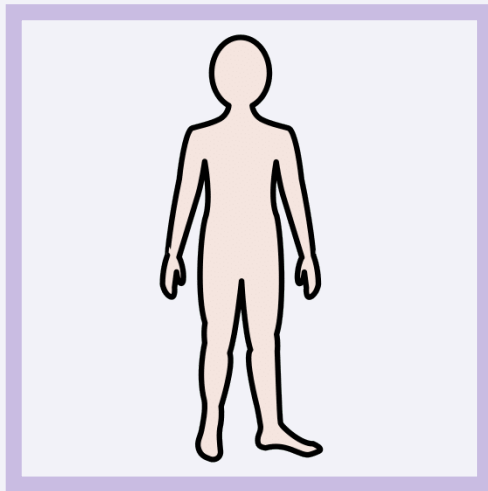


ES PAREN





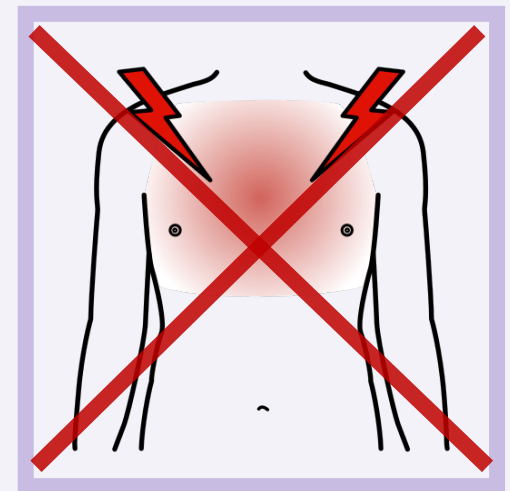
EL COS



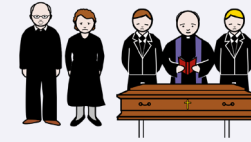
QUAN MOR



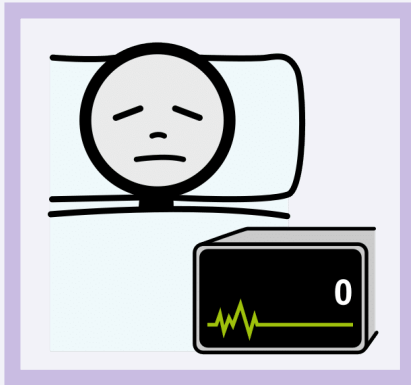
NO SENT DOLOR



LA MORT I EL DOL



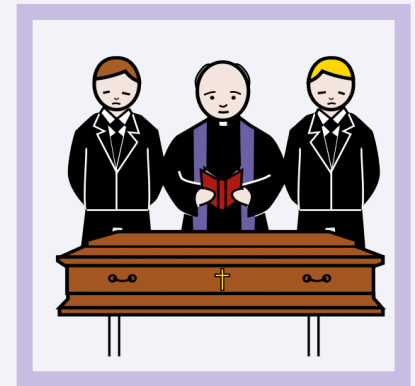
QUAN UNA
PERSONA ES MOR



LA FAMILIA



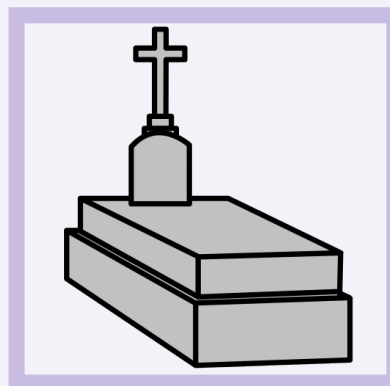
FA UNA CEREMONIA



PER
ACOMIADAR-SE



L'ENTERREN



O INCINEREN

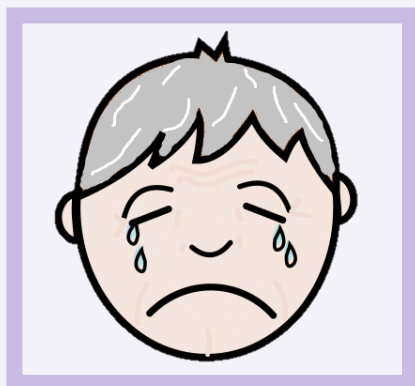




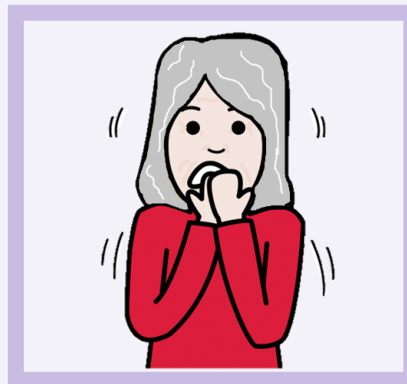
NOSALTRES PODEM SENTIR



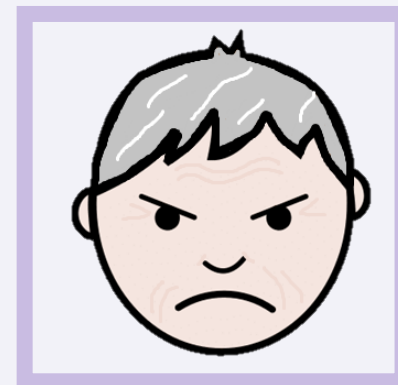
TRISTESA



POR



RABIA O IRA



PREOCUPACIÓ

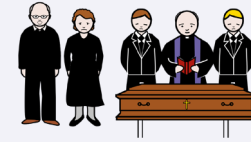


NERVIS

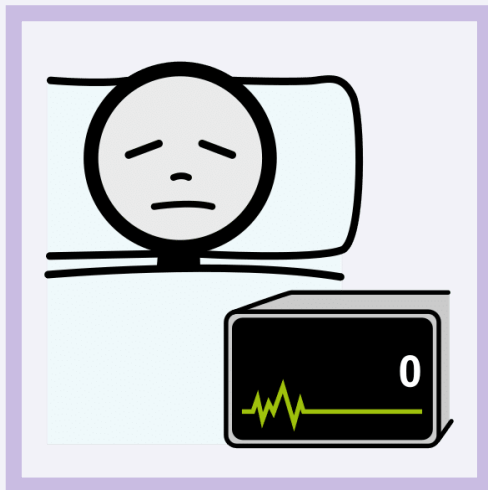


CONFOS





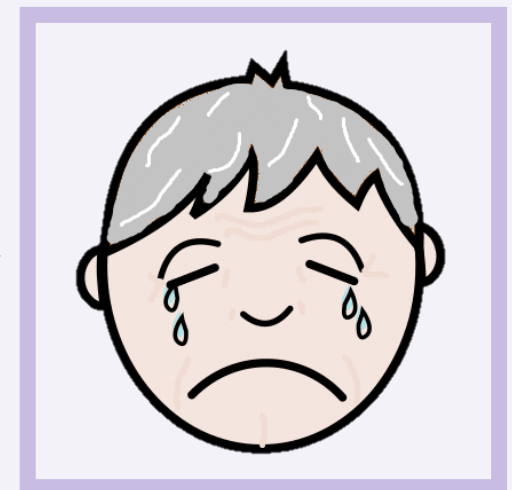
QUAN UNA PERSONA MOR

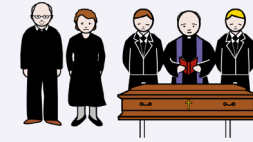


LA FAMILIA



POTSER ESTÀ TRISTA

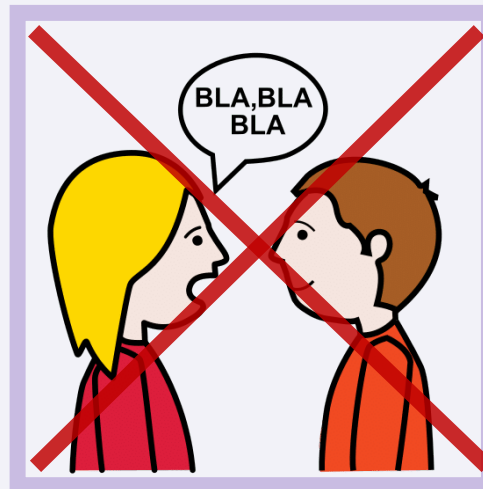




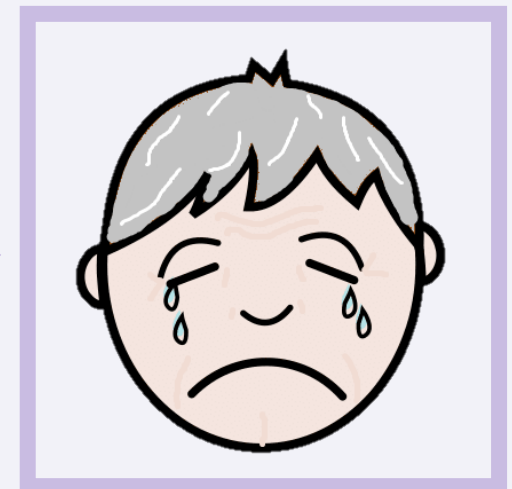
QUAN UNA PERSONA MOR

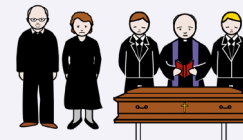


NO PODEM PARLAR AMB
ELLA



I AIXÒ ENS POSSA
TRISTOS





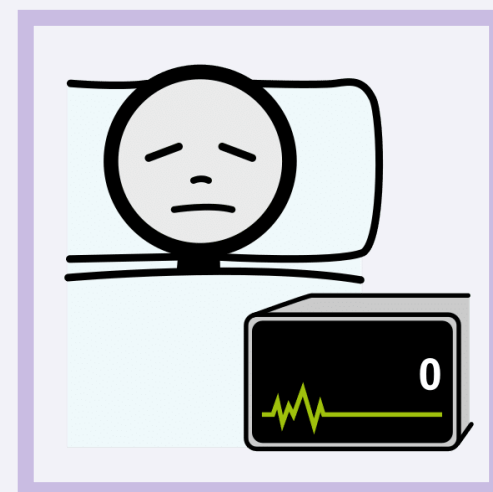
ES NORMAL ESTAR
TRISTOS

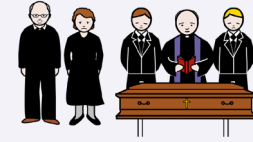


SI TROBEM EN FALTA

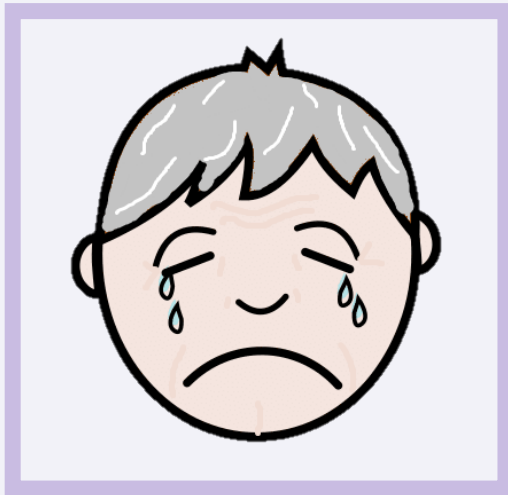


A LA PERSONA QUE
S'HA MORT

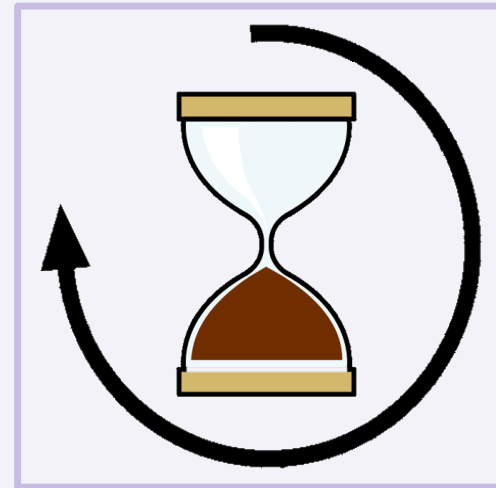


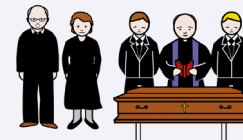


POTSER ESTAREM TRISTOS

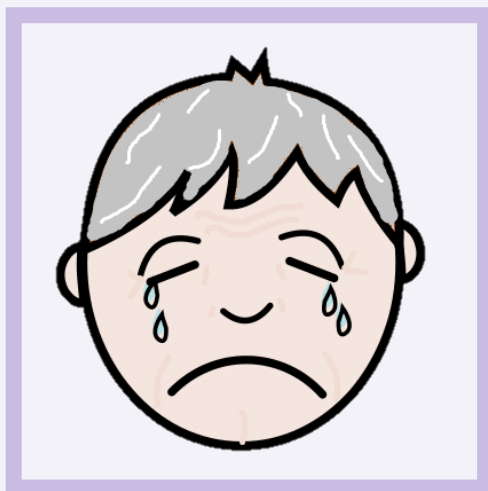


DURANT UN TEMPS

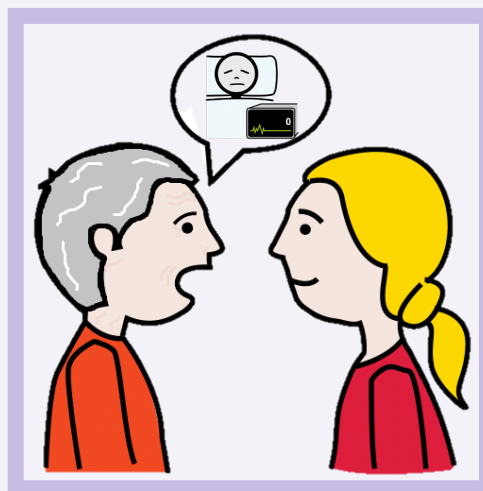




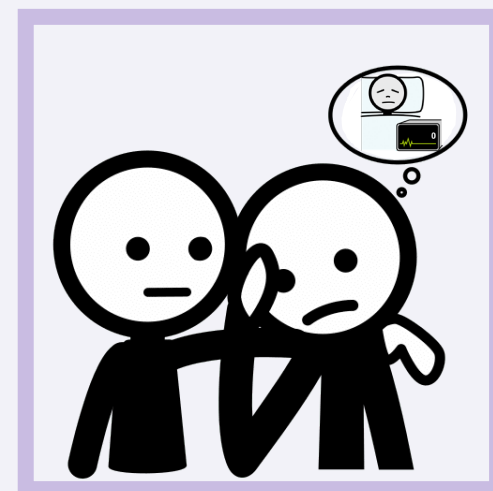
SI ESTEM TRISTOS

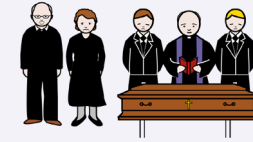


PODEM PARLAR AMB
ALGÚ

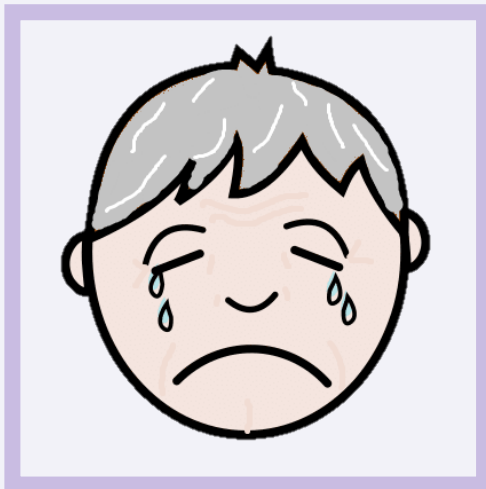


I QUE ENS RECOLZI



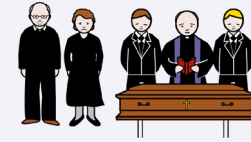


SI ESTEM TRISTOS

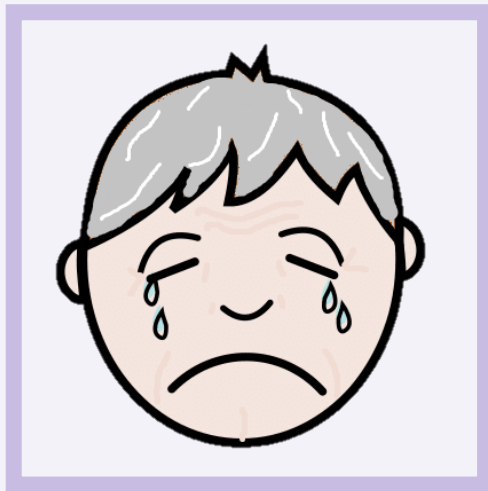


PODEM DEMANAR UNA
ABRAÇADA





SI ESTEM TRISTOS

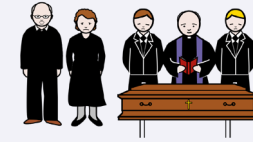


PODEM RECORDAR

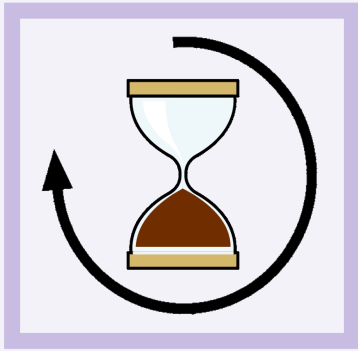


ELS BON MOMENTS





DESPRÉS D'UN
TEMPS



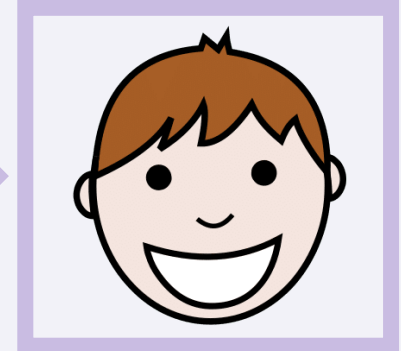
RECORDAREM

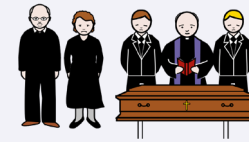


ELS BON MOMENTS



I ESTAREM FELIÇOS





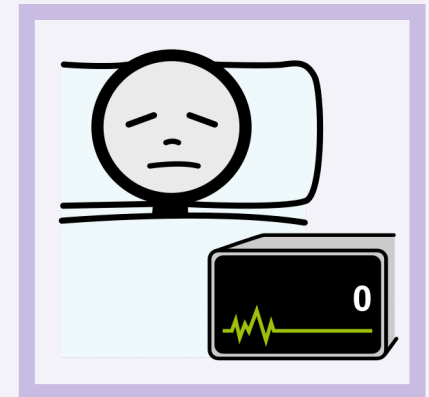
QUÈ PUC FER



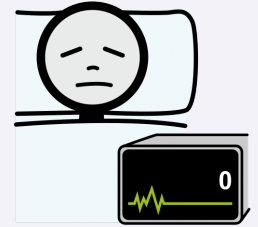
PER ACOMIADAR-ME



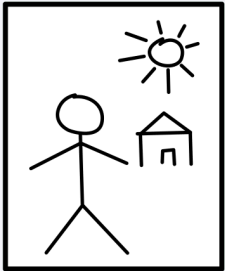
D'UNA PERSONA QUE HA MORT?



QUÈ PUC FER PER ACOMIADAR-ME D'UNA PERSONA QUE HA MORT?



FER UN DIBUIX



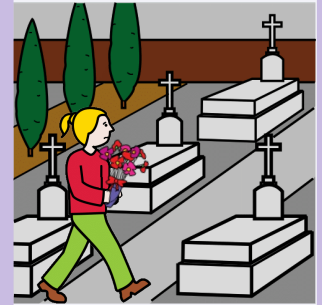
ESCRIURE UNA CARTA



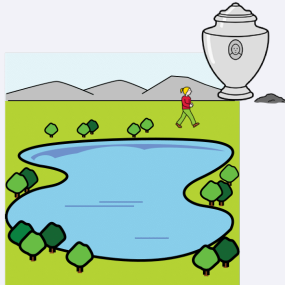
ENTERRAR LA CARTA O EL DIBUIX



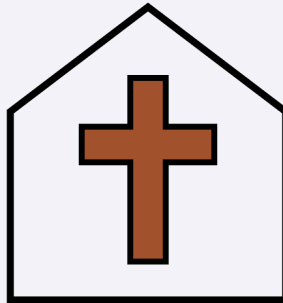
PORTAR FLORS AL CEMENTIRI



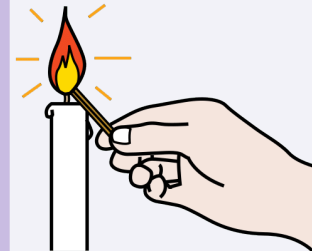
VISITAR EL LLOC ON ES VAN LLENÇAR LES CENDRES



ANAR A L'ESGLÉSIA



ENCENDRE UNA ESPELMA



ACTIVITAT 3

Ti LaFACT | FACTORIA
SOCIAL
DE TERRASSA

Creació: Febrer 2022

Última actualització:

Imatges recuperades de:

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