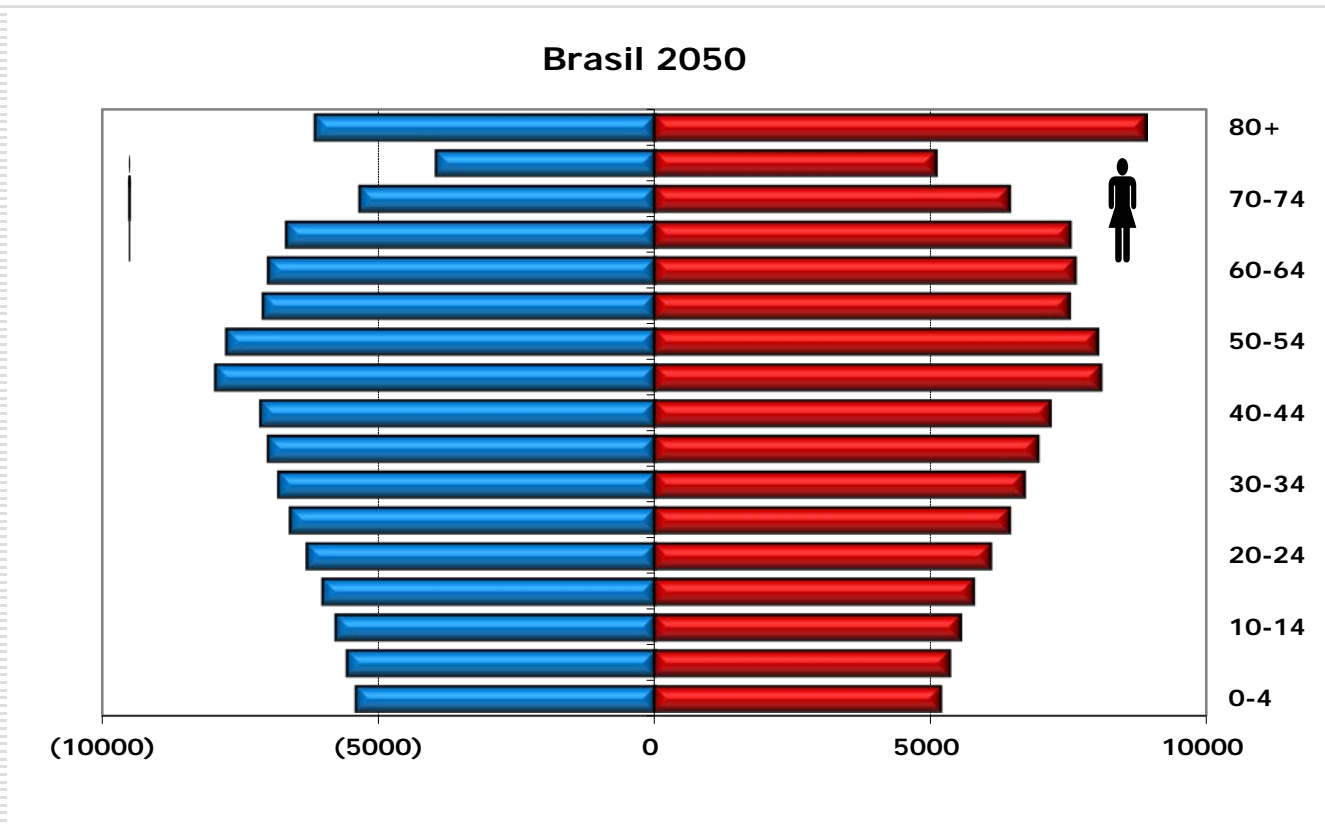


**Claudia Fló**

**Elderly's Health Area**

**[cflo@saude.sp.gov.br](mailto:cflo@saude.sp.gov.br)**

# Brazil's population pyramid



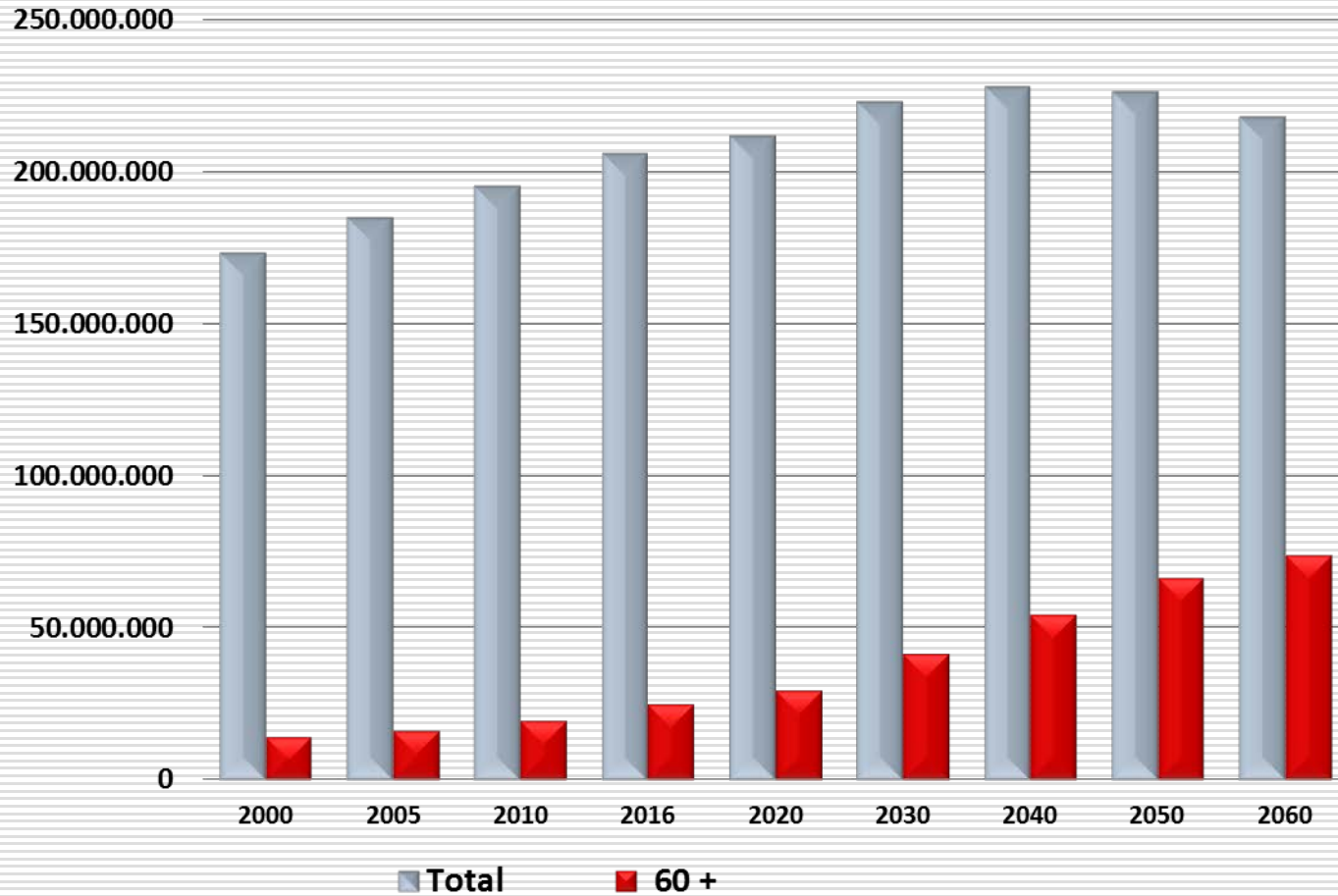
Fonte: IBGE, 2010

# elderly

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- **World: 1 in 9 people > 60 years;**
- **2050 there will be more seniors than children under 15 years;**
- **In 2012 the elderly were 11.5% of the global population;**
- **2050 will be 2 billion people = 22% of the global population;**
- **In Brazil we have now ~ 23 million people.**

# Projection of Brazil Population

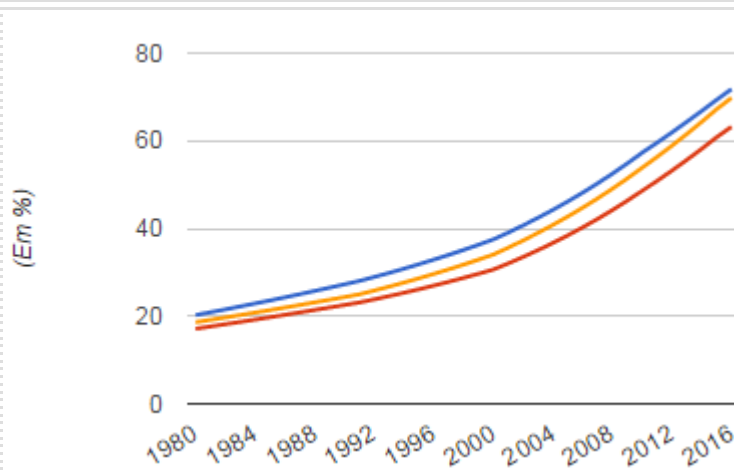
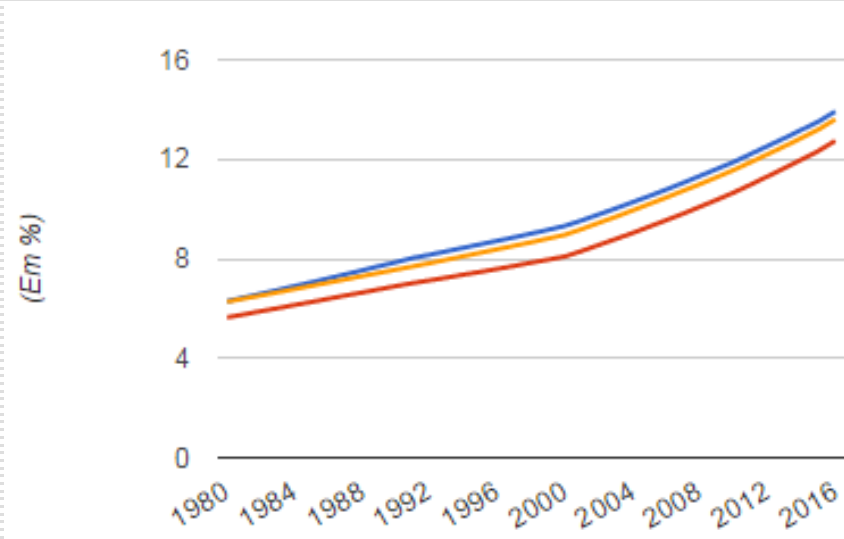
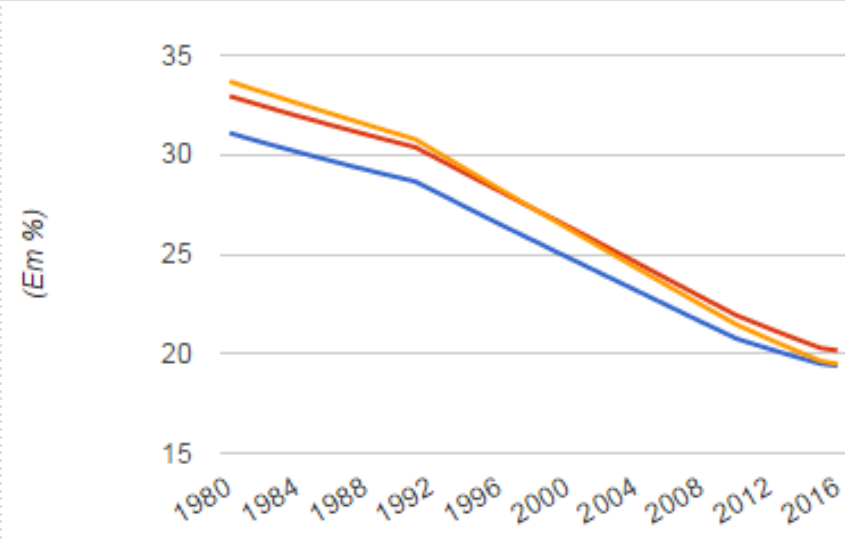


# São Paulo

## Population < 15 y

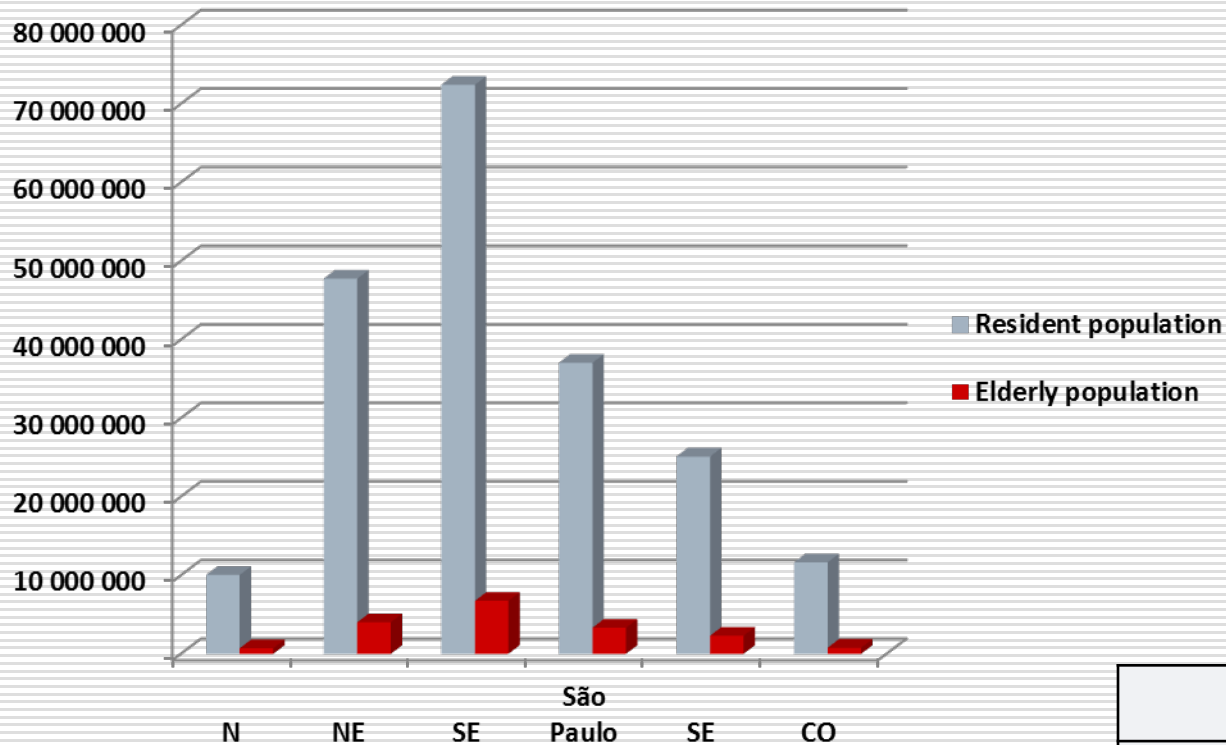
X

## Population > 60 y



## Population aging index

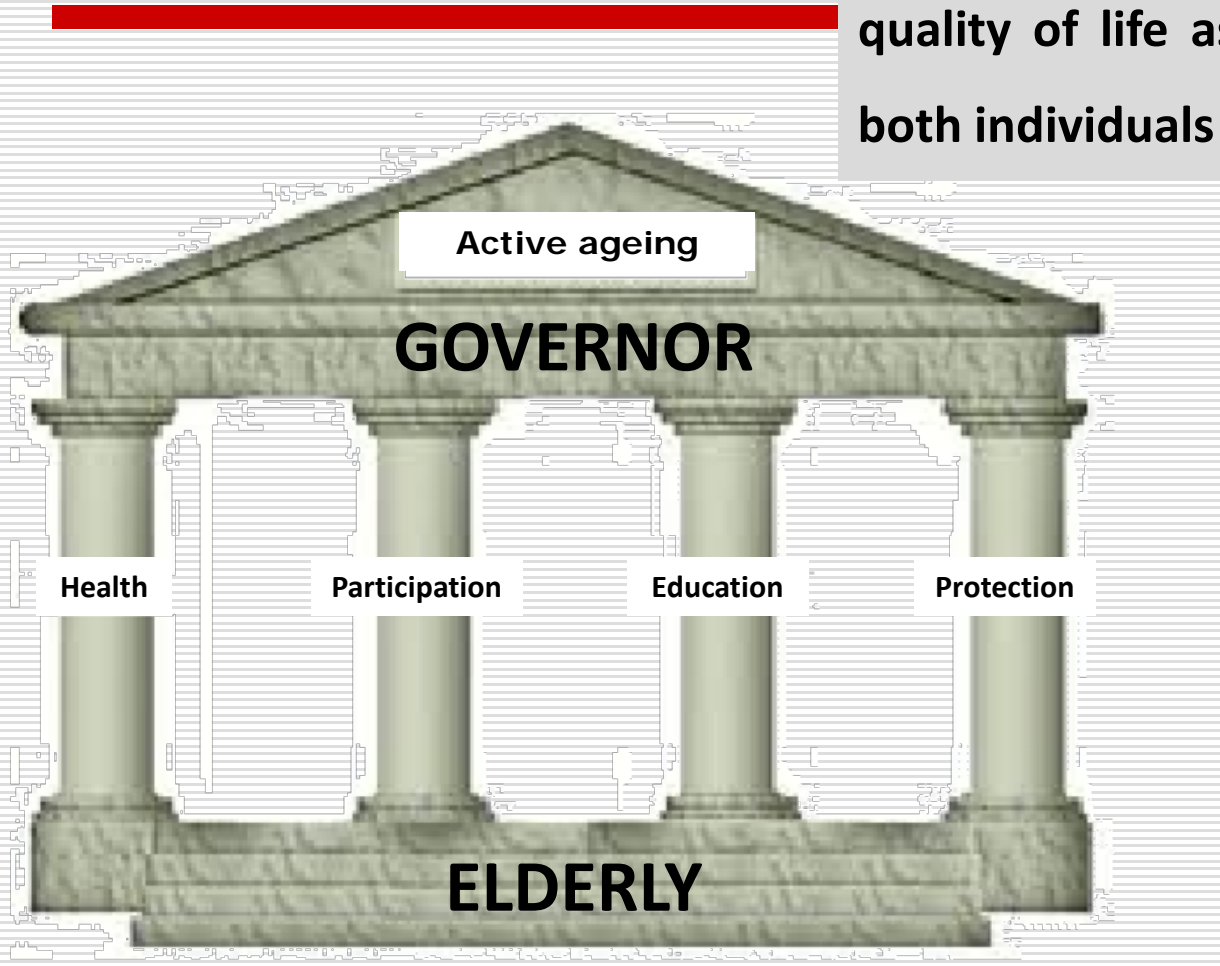
- São Paulo
- Região Metropolitana de São Paulo
- Estado



	Resident population	Elderly population	% elderly
Brasil	169 799 170	14 536 029	8,6
N	10 030 556	707 071	5,5
NE	47 741 711	4 020 857	8,4
SE	72 412 411	6 732 888	9,3
São Paulo	37 032 403	3 316 957	9,0
SE	25 107 616	2 305 348	9,2
CO	11 636 728	769 865	6,6

Source: IBGE, 2000

Active ageing is the process of optimizing opportunities for health, participation and security and education, in order to enhance quality of life as people age. It applies to both individuals and population groups



A contribution of the World Health Organization to the Second United Nations World Assembly on Ageing, Madrid, Spain, April 2002.

# Active ageing

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- **Promoting active aging means providing the population with more than 60 years the opportunity to live in society, the right to demonstrate their opinions, make policy decisions, around the city, consuming art and culture and have physical and mental health.**



**Governor's decree nº 58.047**  
**15th may 2012**

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## **1<sup>st</sup> Article**

**Establishes the State Program “Age friendly São Paulo ” as an important contribution towards a society for all ages, value the elderly, guarantee and protect their rights.**

**This Program is based on the pillars of active ageing.**



**Governor's decree nº 58.047 15th may 2012**



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**Creates an Interdepartmental Commission composed of representatives of the following Secretaries of State:**

**Culture; Economic Development, Science and Technology;**

**Social development; Education; Employment and Labor Relations;**

**Sport, Recreation and Youth; Housing;**

**Justice and citizen protection; Health;**

**Metropolitan Transport and Tourism.**

**Social Development Secretariat coordinates implementation of the program**

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# AGE FRIENDLY SÃO PAULO

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AMIGO  
DO IDOSO

The logo consists of the words 'AMIGO' and 'DO IDOSO' stacked vertically. 'AMIGO' is in blue, 'DO' is in orange, and 'IDOSO' is in teal. A red curved line resembling a smile is positioned below the word 'IDOSO'.

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## Como se Tornar um Município Amigo do Idoso

Critérios para a Obtenção do Selo de Município Amigo do Idoso



# AGE FRIENDLY SÃO PAULO SEAL



# Accreditation Seal



Mayor join the program



Municipality performs actions



evaluation



Municipality receives the seal



1

Initial



2

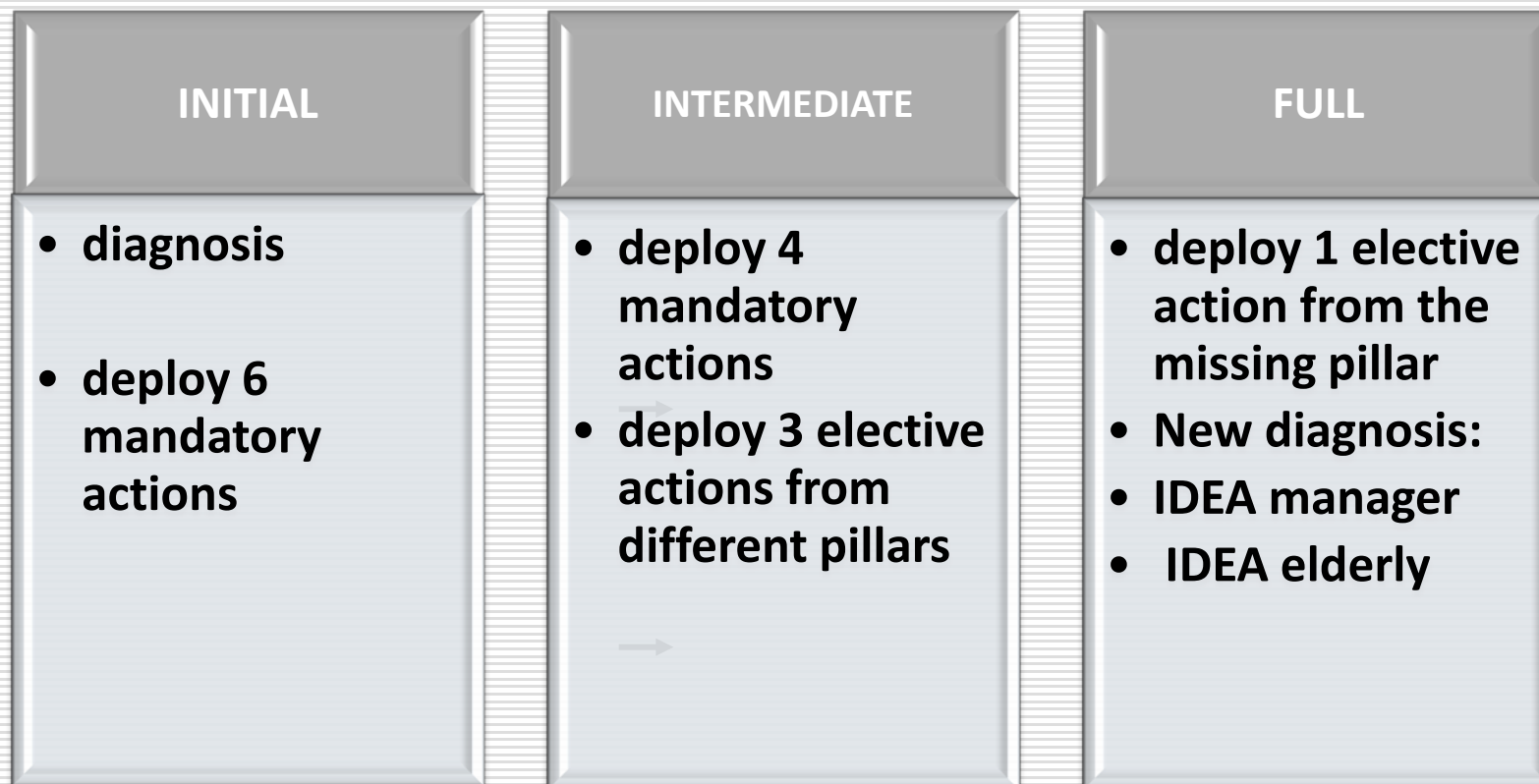
Intermediate



3

full

# Selo Amigo do Idoso



## TOURISM

Pillar: participation

# Best trip

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Country side ↔ beach

# 2016 – 20th JORI –Regional elderly games





# Modalities

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**Athletics**

**Boules**

**Card games**

**Choreography**

**Ballroom dance**

**checkers**

**Domino**

**Mesh**

**Swimming**

**Tennis**

**Table tennis**

**Volleyball**

**Chess**

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## SOCIAL DEVELOPMENT

Pillar: participation

Coexistence Center (CCI)      june 2016: 16

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social assistance activities, socio-educational, physical, cultural

independent seniors

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# SOCIAL DEVELOPMENT

## Pillar: participation

CDI – Day Center – june 2016: 46



hosting space, protection and coexistence

semi-dependent elderly

**Pillar: Protection**

**Dignity village**

**june 2016: 17**



**Assisted living in small villages, appropriate to this population by incorporating the principles of universal design, and areas of social life**



# Seniors State Council

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- ✓ **Promotion, protection, defense and care of the elderly's rights;**
  - ✓ **Stimulate the creation of Seniors Municipal Councils;**
  - ✓ **Promote a State Conference every 2 years.**
-



# Seniors State Council

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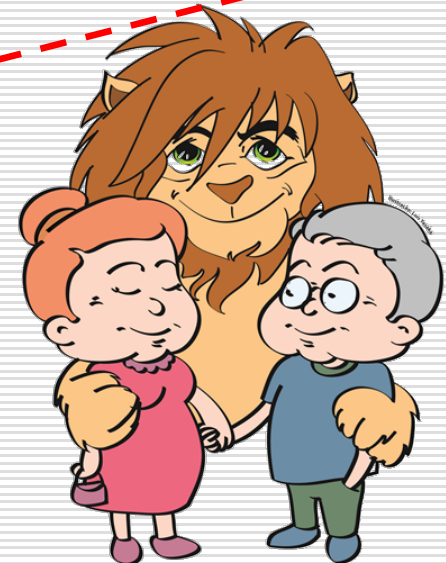
## 26 members and their alternates

- ✓ 13 Civil society;
  - ✓ 10 from State Secretaries;
  - ✓ 1 Social Solidarity Fund of the State of São Paulo;
  - ✓ 1 Prosecutory;
  - ✓ 1 Public Defensory.
-

Pillar: Protection

## State Fund for the Elderly (Law 14,874 / 12)

**Your tax for a good  
cause!**





# Continuing Care Units

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- **Rehabilitation**

  - ❖ **Stroke**

  - ❖ **Trauma**

  - ❖ **Late postoperative**

- **Endovenous treatment completion;**

- **Weaning nasogastric tube, ...**

- **Gait training.**



**Pedregulho**





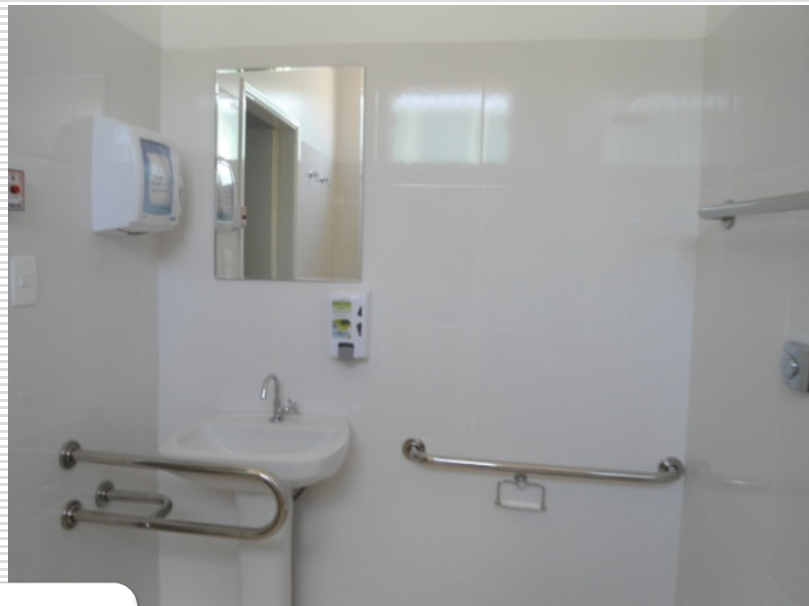
# Pedregulho





Ipuã





Ipuã





**Ipuã**



**Centro de Referência do Idoso - CRI**

**Elderly Reference Center**

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**AME** *idoso*

**Elderly Multidisciplinary Clinic**

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**AME** *idoso*

CRI-LESTE (IPGG)

CRI-NORTE

**Cidade de São Paulo**

AME idoso OESTE

AME idoso SP SUDESTE

AME *idoso* -RIBEIRÃO PRETO

AME *idoso* -ABC

AME *idoso* -BAIXADA SANTISTA

AME *idoso* -CAMPINAS

**AME idoso**

**CRI-LESTE (IPGG)**

**CRI-NORTE**

**Cidade de São Paulo**

**AME idoso CRI-LESTE**  
Inaugurado em 17/06/16

**AME idoso SP SUDESTE**  
Inauguração em breve!

**AME idoso -RIBEIRÃO PRETO**

**AME idoso -ABC**

**AME idoso -BAIXADA SANTISTA**

**AME idoso -CAMPINAS**

**AME** *idoso*

**Pillar: Health**

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**The Elderly Clinic is a specialized service in health care for people aged 60 or more, which receives referrals**

**Municipal Units and State Health Secretary**

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# AME idoso

Pillar: Health

## Multidisciplinary team

- Geriatrician
- Nurse
- Psychologist
- Occupational Therapist
- Nutritionist
- Audiologist
- Physiotherapist
- Social worker
- Pharmaceutical
- Odontologist
- Physical educator

Otolaryngologist  
Ophthalmologist  
urologist  
Gynecologist



Como se tornar um  
Hospital Amigo do Idoso

Critérios para obtenção do  
Selo Hospital Amigo do Idoso



Law SS 136 17/dec/2013

**Instituted the seal  
Elderly Friendly Hospital  
in the State of São Paulo**



Hospital join the program



Hospital performs actions



evaluation



Hospital receives the seal



1

Initial



2

Intermediate



3

full



## 1st delivery of seals



**David Uip**  
Secretário de Estado da Saúde

Convida para :

**"PROGRAMA SÃO PAULO AMIGO DO IDOSO:  
SELO DO HOSPITAL AMIGO DO IDOSO"**

Data: 05 de outubro de 2015

Hora: 09h

Local: Av. Dr. Arnaldo, 351 - Auditório Musolino  
São Paulo - SP





# Compulsory actions

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- 1. Deploy local steering Committee of the Project;**
  - 2. Perform diagnosis with the elderly who attend the hospital, their caregivers and hospital professionals;**
  - 3. Insert actions for the elderly in the hospital planning;**
  - 4. Conduct inventory of actions already carried out with focus on elderly;**
  - 5. Develop accessibility plan focusing on the needs of the elderly;**
  - 6. Develop Continuing Education Strategy on aging and health of the elderly for the whole team;**
  - 7. Identify and include the needs of the elderly in humanizing actions;**
-



For the initial seal :

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**7 mandatory actions taken**

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## For the intermediate seal :



### Mandatory actions:

- 1- multi disciplinary team + geriatrician
- 2- Actions with the hospital staff on the theme of the elderly
- 3- Create conditions for an accompanying person
- 4- prioritize care

### Elective actions: 3

Communication and information

Environment

Management of care

+ Specific demand from elderly

*In loco* evaluation

## For the full seal :

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### Mandatory action:

Repeat the diagnosis with the elderly of hospital

### Elective actions: 9

3 Communication and information

3 Environment

3 Management of care



## Elective actions – 3 axis

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- **Communication and information (5)**
  - **Environment (8)**
  - **Management of care (11)**
-

## **Elective actions - Axis Communication and Information**

- **Provide flyer and other promotional material to elderly (rights, healthy living, quality of life, community support, among others);**
- **Facilitate the integration of the elderly to the network services and the community;**

**Implement health promotion and continuing education for elderly, contributing to remain active, participating and continuous learning;**

**Carry out permanent actions aimed at training and support to carers / elderly escort;**

**Deploy program volunteer friends of the elderly.**

## **Elective actions – Axis environment**

- 1 Deploy signs on the sidewalks and in the circulation areas;**
- 2. Adjust floors, ramps and walkways;**
- 3. Adequate rooms and beds;**
- 4. Adjust bathrooms;**
- 5. Adequate lighting;**
- 6. Adjust temperature and aeration conditions;**
- 7. Deploy / restructure supporters of programs to facilitate the internal flow of elderly;**
- 8. deploy waiting places in the hospital.**

# **Elective actions – Axis environment**

- 1. Encourage autonomy and independence;**
- 2. Structuring falls prevention actions;**
- 3. Systems host with risk rating;**
- 4. High qualified and secure, facilitate adherence to treatment;**
- 5. gerontology-geriatric assessment, monitoring functional capacity;**
- 6. Intervention in polypharmacy and drug interactions;**
- 7. Actions for reporting violence;**
- 8. iatrogenic registration;**
- 9. Monitoring System for preferential treatment;**
- 10. monitoring system to reduce waiting time;**
- 11. deploy / restructure care at the end of life and palliative care.**