

YOUR DREAM, OUR CHALLENGE



Project location:
Spain (Barcelona)



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Lisbon, from the 20th to 22nd of September

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Project description

- This work was born at 2014, as a result of the project to improve a retirement home for the elderly. The first idea was find a dream for each person and transform it into a project to be carried out by the interdisciplinary team, including family, friends, foundations, etc.
- The reference professional should coordinate and follow up it.

Objetives: Make them protagonist of their lives. Improve emotional well-being. Help them to create a project for the future.
Encourage relationships between workers, family members and elderly. Provide content to the caregiver role.

How it contributes to realizing the potential of living longer

- Each person is the protagonist of our project. We see them as unique, with an unrepeatable life history, and with own individual life projects.
- The first big difficulty that we found was when we interviewed the elderly people living in the nursing home and an answer was repeated too often: "I do not feel like anything, I have no dreams or desires. Nowadays nothing can cheer me up. I am ok like this." What was happening? They had lost all desire for the future, "we enter here to die."
- Our challenge was to create illusion. We should do it by focusing on the person, who is, what he is like, what is their life story, what like and dislike, making a real effort to withdraw from the aid model.
- The second pillar of our project is the figure of the reference professional, the one that accompanies the person in his/her daily life, working in their care and life plan.

Timeline of the project

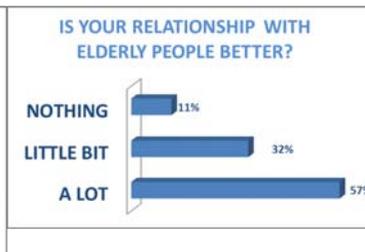
- 2014/5:** First step: Collection of illusions. Second step: Drafting the document "Your dream our challenge"
First contact with "Get your Dreams."
- 2015/6:** Third step: "Your dream our challenge". Fourth step: evaluating the impact

Lessons learnt

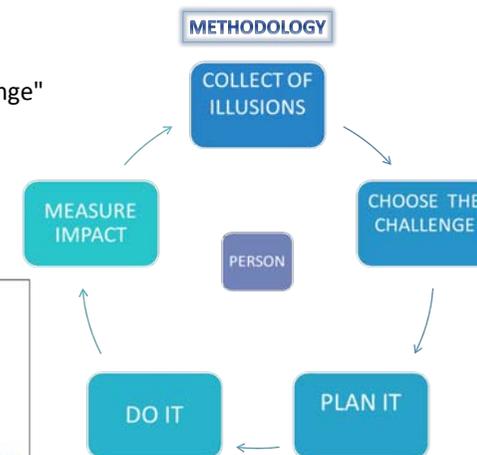
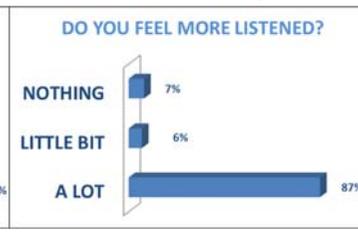
Results with elderly people



Results with workers



Results with family



Relevance for the UNECE region

- Change the vision of the person served, humanize them.
- Every person is the centre of our care.
- The vital project does not end up living in a retirement home or in the old age.
- Focus on the capacities and possibilities instead of deficiencies and care.

