



# MULTISENSORY GYMNASIUM

GOOD PRACTICE - PROJECT



European Union  
European Regional  
Development Fund

## Contents

1. Relevancy of the Good Practise (GP) project.....	4
2. Quick overview of the GP project .....	4
3. Transferability .....	5
4. Description of the GP project.....	6
5. Impact .....	8
6. Risks .....	9
7. Budget.....	9
8. Other information .....	10
9. Information gathered by ... ..	10
AUTHOR – PARTNER OF THE HOCARE PROJECT.....	10

## Introduction to the Good Practise (GP)

The goal of all societies is to find a way to extend the lives of their citizens for as many years as possible, so those years should always be accompanied by stimuli, desires and projects that provide the elderly with the maintenance of an active lifestyle and with quality. According to a national study, carried out by the Union of Portuguese Misericórdia (União das Misericórdias Portuguesas), 90% of the elderly in their homes have cognitive alterations that suggest dementia, and within this group, 78% have a dementia (LUSA, April 06, 2016, Country). Faced with this reality, it is imperative to modify and adapt the services of homes in relation to dementia.

Estabelecimento Bela Vista, with 265 users, is currently equipped with a "Multisensorial Gymnasium", a measure unprecedented in the Region that aims to exercise and stimulate the senses and the memory of its regulars. There, in Estabelecimento Bela Vista, the elderly occupy part of their time in activities that aim at their cognitive and sensorial stimulation, in a wide space that was created specifically for this purpose. One of the objectives of the regional active aging program is to improve work with the household population, in particular through the stimulation and development of the cognitive part. About 30% of the 265 users of Estabelecimento Bela Vista present pathologies in dementia, which represents a complementary effort on the part of the technicians of the different intervention areas. The "Ginásio da Memória" project, or multi-sensory gymnasium, is one of the projects of the Estabelecimento Bela Vista, Sectorial Action Plan and the Plan of Activities of the Social Security Institute of Madeira for 2016, which resulted in a centralization of activities that already were developed to promote the active aging and biopsychosocial well-being of residents in the Home and given their relevance, was integrated into the Regional Plan for Active Aging 2016-2019 (PREA).

### Problem:

According to the survey developed at the Bela Vista Hospital (Estabelecimento Bela Vista - EBV), the data indicated that about 37% of hospitalized patients are diagnosed with dementia syndrome and about 18% of those who are not diagnosed have dementia signs.

### Solution:

Given the awareness of this reality and the need to promote strategies for active and successful aging, a group of EBV professionals dedicated themselves to the elaboration of a project called "Multisensorial Gymnasium". The objective of this was to create a polyvalent space that promotes the development of new dynamics of multisensory stimulation. The spaces were reorganized, adapting them to the new proposed intervention dynamics and the existing physical resources were optimized and created different workshops to stimulate the capacities of the clients in a multidimensional perspective. The target population is all EBV clients, who feel willing and able to participate in the proposed activities. Since the beginning of this project, it was the intention of the interdisciplinary team to cover the largest number of residents, understanding that situations of greater dependence and / or presenting more severe dementia, will not be able to enjoy this space. The reality of this establishment translates into a universe of 265 residents in the home and 10 users from the day center, where about 180 of them would be able to participate in the Multisensory Gymnasium if so they wish. The activities in the new spaces began in February of this year, and the "Multisensory Gymnasium" was attended by 108 participants, distributed by the following studios: "Studio for the Brain" - 74; "Active School Studio" - 19; And "Arts&Crafts Studio" - 15. The visitors of the "Welfare Studio" are identified by their own needs. The University of Madeira proposed, as part of a partnership to be developed with EBV, the installation of a Living Laboratory, which would use an innovative technology that would allow users to "move" virtually in scenarios and activities of daily living on the outside (Such as harvesting, taking a stroll along the seafront, ...) but budgetary contingencies have not allowed it to materialize.

### Impact:

It is considered that through the continuity of this Project, the promotion of active aging, the improvement of self-esteem and the quality of life of its users will be achieved, thus minimizing the signs of aging and maintaining healthy and positive self-image of the target group of this institution.

## 1. Relevancy of the Good Practise (GP) project

The “Relevancy of the GP project” section provides quick check and definition of its relevancy in regards to HoCare project objectives.

<b>Good practice of quadruple-helix cooperation in R&amp;I?</b>	No, this GP project does not include good practices of quadruple-helix cooperation in R&I
<b>Good practice of delivery of Home Care R&amp;I?</b>	No, this GP project does not include good practices of delivery of Home Care R&I.
<b>If not in Home Care R&amp;I, description and proof of its potential for transferability to delivery of Home Care R&amp;I</b>	
<b>Generation of innovation in home care through answering unmet needs identified by formal or informal healthcare providers?</b>	Yes, this GP project includes good practices of innovation through answering unmet needs.
<b>Generation of innovation in home care through public driven innovation?</b>	Yes, this GP project includes good practices of public driven innovation.
<b>Generation of innovation in home care via quadruple-helix cooperation for quicker delivery to the market?</b>	No, this GP project does not include good practices of innovation via cooperation for quicker delivery to the market.

## 2. Quick overview of the GP project

The “Quick overview of the GP project” section provides initial overview of the good practice project (GP project) and enables readers to see if this GP project idea is relevant for possible transfer to their organization potential innovation activities.

<b>Name of the GP project</b>	“Multisensorial Gymnasium”  Estabelecimento Bela Vista, with 265 users, is currently equipped with a "Multisensorial Gymnasium", a measure unprecedented in the Region that aims to exercise and stimulate the senses and the memory of its regulars.
<b>Region of origin of GP project</b>	Madeira, Portugal
<b>5 keywords that best describe the content of the GP project</b>	Aging, active aging, sensory stimulation, cognitive stimulation
<b>Relevant Programme name through which the GP project has been funded</b>	It was funded by social security system of Madeira and within the Regional Ageing Plan (PREA 2016-2019)
<b>Relevant support programme / intervention area name of the GP project through which it was funded</b>	Social Security System of Madeira

<b>Single or multiple recipients?</b>	single recipient
<b>Type of lead recipient and its role</b> (SME, LME, research centre, innovation centre, network/association, university/school, municipality, other public body, other (specify))	Bela Vista Day Center
<b>Types of participating partners and their roles</b> (list all participating partner types. E.g.: hospital, social house, senior house, patient association, networks, SMEs, LMEs, research actors, business supporting organizations, public institutions/regulators, other (specify))	Public Entities: Instituto de Segurança Social da Madeira, IP-RAM Civil society / Citizens: Older people residing in the Bela Vista facility and attending the Bela Vista Day Center. 3rd Sector: This axis has not been considered. Academic / research: This axis was not considered.

### 3. Transferability

The “Transferability” section provides more detailed review of strengths and weaknesses of this GP project including description of necessary basic conditions for region and leading organization to potentially transfer it. At the end of the section, the key threats in the successful transfer open up possibility to focus on specific relevant issues important for the successful transfer.

#### Strengths and weaknesses of the project

<b>What are the GP project strengths? Why it was funded?</b>	<p>Innovation driven - the objective of this was to create a polyvalent space that promotes the development of new dynamics of multisensory stimulation.</p> <p>Other strengths:</p> <p>The prior existence of a space that needed only works of restoration;</p> <p>The human resources involved (enablers and project contributors) are employees of the institution and diversified areas;</p> <p>The blending of the valences RE and DC enables high levels of participation;</p> <p>The amount and variety of activities, seeking to meet the preferences of users, which contributes to the large membership/participation of citizens/customers;</p> <p>The concentration of 4 studios in a space, facilitate participation in different activities on the same day;</p>
<b>What are the key weaknesses of the GP project?</b>	<p>Key weaknesses :</p> <p>Some difficulty to keep on schedule of activities scheduled due to the dependence of other services (health care, care of hygiene and comfort and supply);</p> <p>The greater degree of physical dependence of participants requires a greater need for monitoring on the part of employees affections to the gym multisensory, both in the development of activities, both in the movement of the elderly. It appears that much of the time these</p>

	employees is spent in travel between the multisensory gym and the floors, limiting the effective in boosting the activities.
--	--

### Basic conditions for successful transfer

<b>Why is this GP project transferable?</b> – innovation, impact, financial, legal, and timeframe aspects	The technologies and work methodologies used in the Multisensory Gymnasium are totally transferable, with the appropriate adaptations to the different local realities.
<b>What are the basic conditions the region needs to have to be successful in transferring this good practise?</b>	Investors and entrepreneurs; good legal conditions and business environment, support from public social security organizations
<b>What are the basic conditions the leading recipient from the region needs to have to be successful in transferring this good practise?</b>	The most basic condition is to have the unit to create the gymnasium. Other resources and skills related to gym management and to day centre

### Key threats in GP project transfer

<b>What are the key potential threats for the GP project transfer?</b>	The project multisensory gym is likely to be transferable to other contexts, through a concern in their suitability to existing resources and characteristics of the target population
--	--

## 4. Description of the GP project

The “Description of the GP project” section provides more detailed information on the Good Practice project (GP project) and enables readers to get further detailed inspiration and easy ready-to-use information for possible innovation transfer to other project applications. This includes: tackled problem, time length of the GP project, objectives, phases, activities and deliverables of the GP project, its main innovation and target group.

### Description of the tackled problem

<b>What was the problem / challenge tackled by the project?</b>	According to the survey developed at the Bela Vista Hospital (Estabelecimento Bela Vista - EBV), the data indicated that about 37% of hospitalized patients are diagnosed with dementia syndrome and about 18% of those who are not diagnosed have dementia signs.  There is a generalized lack of activities for people with dementia and dependence.
<b>What were the reasons for the problem?</b>	Lack of investment for activity spaces for people with dementia and dependence.

## Time length of the GP project

<b>What was the time length of the GP project in months?</b>	Still ongoing
--	---------------

## Objectives of the GP project

<b>Describe the overall and specific objectives of the GP project</b>	<p>Creation of the "Brain Studio", composed of 3 workshops: cognitive stimulation; sensory stimulation and (In)training;</p> <p>Creation of the "Studio Active School", which encompasses 3 Workshops: recurrent education; languages and informatics/Communication Media;</p> <p>Creation of the "ArteCria Studio", with two workshops: Plastic Expression; Lines and creations;</p> <p>Integration of "Studio of the Well-being";</p>
---	---

## Phases, activities and deliverables

<b>List all main phases of the GP project including their time length</b>	
<b>List and describe all main activities that were implemented by the GP project</b>	
<b>List all main deliverables of the GP project</b>	<p>The project aimed to General Purpose create a polyvalent space enabler for the development of new dynamics of sensory stimulation. Therefore, there was the need to reorganize the spaces and adapt them to the new dynamics of intervention proposals; optimize the physical resources that already exist and proceed to the development of different workshops that foster the abilities of clients, in a multidimensional perspective.</p> <p>The project has developed the following steps: creation of the work team; training provided to the team work; Elaboration of the Plan of project activities and development of activities in several studios.</p>

## Main innovation of the GP project

<b>What was the main innovation of the GP project?</b>	<p>Promotion of active aging, the improvement of self-esteem and the quality of life of its users will be achieved, thus minimizing the signs of aging and maintaining healthy and positive self-image Of the target group of this institution.</p> <p>The project has developed the following steps: creation of the work team; training provided to the team work; Elaboration of the Plan of project activities and development of activities in several studios.</p>
--	--

--	--

## Target group of the project

<b>Who was the main target group of the GP project?</b> (SME, LME, research organization, university, public institution, healthcare provider, business supporting organization, other (specify))	Dementia patients and dependent persons, end users.
<b>Describe the main target group</b>	Patients - Dementia patients and dependent persons, end users.

## 5. Impact

The “Impact” section provides more detailed information on the effect of the GP project implementation and dissemination of major outputs.

### Impact

<b>What was the level of geographical impact of the GP project?</b> (village, city, county, country, international, other (specify))	RAM - Madeira
<b>What were the final impact indicators including their quantification?</b>	<p>"The Brain studio"- a monthly average of 689 attendees, 60% very satisfied with the activities and 40% Satisfied;</p> <p>"Studio Active School"- a monthly average of 190 attendees, 57% very satisfied and 43% satisfied;</p> <p>"Studio ArteCria"- a monthly average of 198 attendees, 50% very satisfied and 50% satisfied;</p> <p>"Studio of well-being" - a monthly average of 60 participants, 61% very satisfied and 39% satisfied.</p>
<b>Describe the changes resulted from the project activities</b>	Active participants; It is considered that through the continuity of this Project, the promotion of active aging, the improvement of self-esteem and the quality of life of its users will be achieved, thus minimizing the signs of aging and maintaining healthy and positive self-image Of the target group of this institution.

### Dissemination of outputs

<b>Describe dissemination activities of the project outputs carried out during the GP project</b>	<a href="https://www.jm-madeira.pt/regiao/ver/1613/Lar_da_Bela_Vista_com_projeto_pioneiro_para_os_utentes_denominado_">https://www.jm-madeira.pt/regiao/ver/1613/Lar_da_Bela_Vista_com_projeto_pioneiro_para_os_utentes_denominado_</a>
---	---



	<a href="http://www.tribunadamadeira.pt/2017/02/13/ginasio-da-memoria-apoia-265-idosos-do-bela-vista/">http://www.tribunadamadeira.pt/2017/02/13/ginasio-da-memoria-apoia-265-idosos-do-bela-vista/</a> <a href="http://www.seg-social.pt/programas-de-apoio-ao-desenvolvimento-social">http://www.seg-social.pt/programas-de-apoio-ao-desenvolvimento-social</a>
--	--

## 6. Risks

The “Risks” section provides more detailed review of potential risks of this GP project implementation including their defined mitigation strategies to eliminate them.

<b>Describe risks involved in implementing this GP project including their mitigation strategies</b>	Overall project risk management according to best practices.
--	--

## 7. Budget

The “Budget” section provides more detailed review of costs regarding the project implementation as well as operational sustainability after its end. In addition, if relevant, public tenders within the project and additional generated incomes by the project are showed and explained.

### Budget

<b>What was the overall budget of the project in EUR?</b>	Much of the equipment that composes the various studios of gym multisensory already existed on Estabelecimento Bela Vista, by which did not involve the acquisition costs. Some furniture has been recycled, with recourse to our employees and material of the institution itself.
<b>List relevant budget lines of the project including their % share from total budget</b>	

### Additional income generated by the project

<b>Did the project create any additional income?</b>	Click here and select
<b>If yes, specify which type of income and what amount in EUR?</b>	

### Public tender

<b>Did the project include any public tender?</b>	Click here and select
<b>If yes, specify what kind of contract (specific contract, general contract, other)</b>	
<b>If yes, specify in what amount in EUR</b>	

<b>Describe the public tender subject</b>	
---	--

### Financial sustainability after GP project end

<b>Was there an operational financial sustainability plan in the project after its end?</b>	Click here and select
<b>If yes, specify where the operational funds after project end came from?</b>	
<b>If yes, specify the amount of operational funds in EUR</b>	

## 8. Other information

In this section, specific additional information about the GP project could be revealed.

<b>Please describe any other relevant information about this GP project (if relevant)</b>	
---	--

## 9. Information gathered by ...

The information about this good practise (GP) project has been gathered for the purpose of the HoCare project (Interreg Europe Programme) by the following organization:

<b>Region</b>	Madeira
<b>Organization name(s)</b>	Instituto de Segurança Social da Madeira, IP-RAM
<b>Name of the contact person(s)</b>	Vice Presidente Dr. <sup>a</sup> Cristina Valle
<b>Contact email(s)</b>	cristina.i.valle@seg-social.pt

## AUTHOR – PARTNER OF THE HOCARE PROJECT

Instituto de Desenvolvimento Empresarial – <http://www.ideram.pt/>

