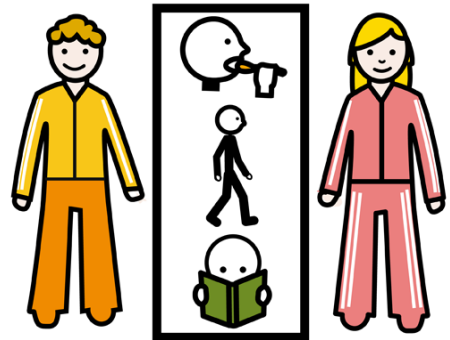


# PETITS CONSELLS PER A AQUEST CONFINAMENT

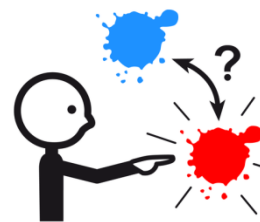
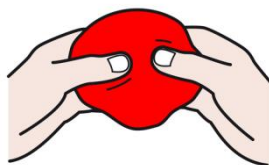


CENTRE DE DIA  
**Es Siurell**  
FUNDACIÓ ASPACE

# PERSONA:



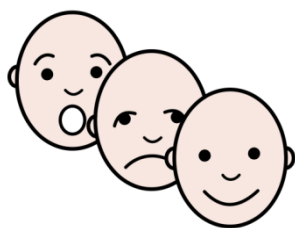
Mantenir al màxim l'autonomia i independència de la persona.



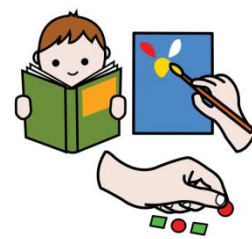
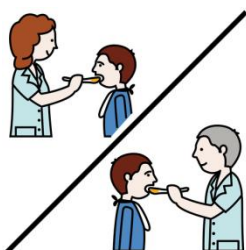
Cuidar a la persona des de:



- *Area Afectiva/Emocional* - *Area Física.* - *Area Cognitiva*



Involucrar a les personas en les activitats (Oci, AVD's, AIVD's...)



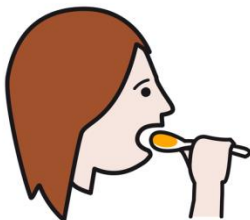
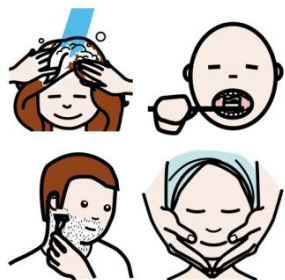
# OCUPACIÓ:



☑	LU	MA	MI	JU	VI	SA	DO

Mantenir rutines basades en:

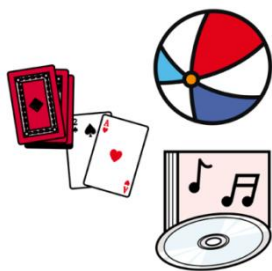
*-AVD'S (higiene, alimentació, vestit)*



*-Treball*



*-Oci*



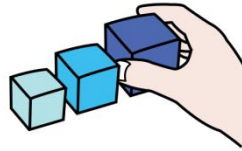
Oferir varietat ocupacional.



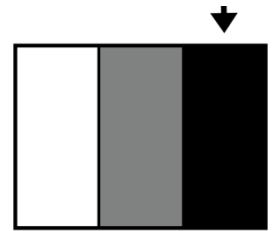
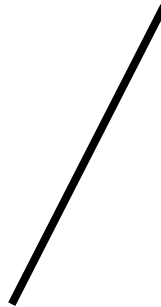
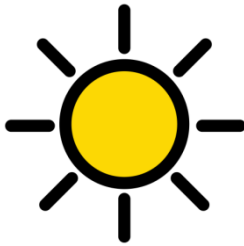
# ENTORN:



Mantenir l'espai net i agradable.



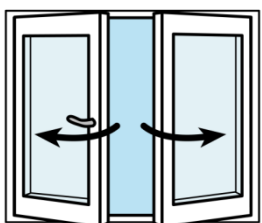
Il·luminat de dia / Obscur de nit.



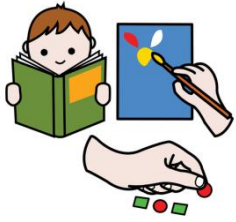
Respectar les activitats que s'estan portant a terme en cada espai.



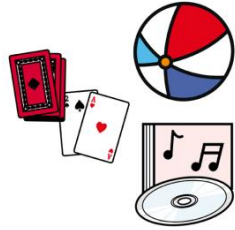
Ventilar



# LLEGENDA



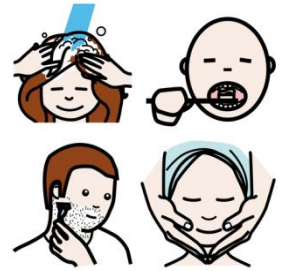
Activitats



Activitats d'oci



Agradable



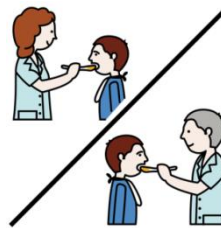
AVD's



Ballar



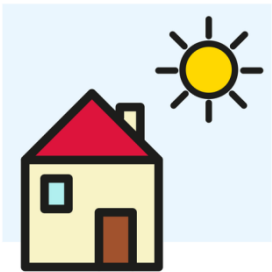
Casa



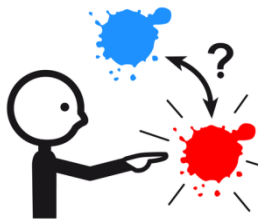
Cuidador/a



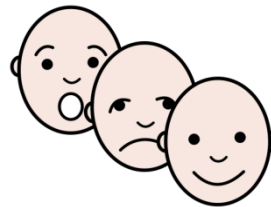
Cuinar



Dia



Elegir



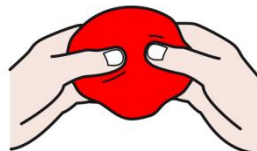
Emocions



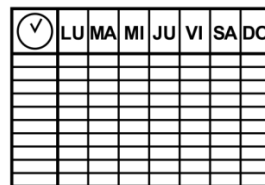
Escoltar la radio/música



Exercici Físic



Fer



Horari



Menjar



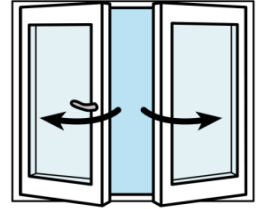
Netejar



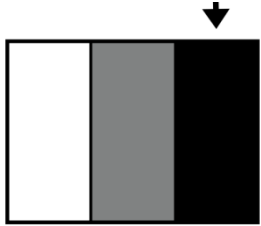
Nit



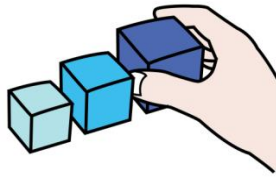
No



Obrir Finestres



Obscur



Ordenar



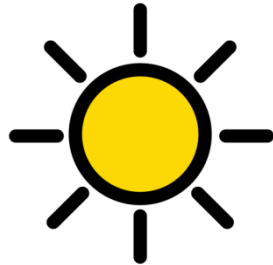
Pensar



Persona



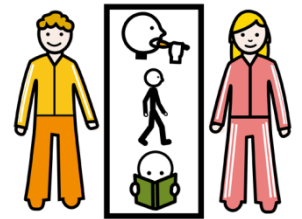
Pintar



Sol



Tenir Present



Teràpia Ocupacional



Treballar



Vestir-se



Veure la Televisió