

Competition

The spaces of recreation and physical activity for this public are key to avoid the isolation, the physical deterioration and, above all, the psychic. Increasingly the population of older adults is growing. Clearly, medical, industrial and improvements in living conditions are leading to an increase in life expectancy and future projections indicate that this population sector will continue to increase.

Given this scenario, create spaces conducive to these people in which they can continue to develop, having fun, meeting people and recreating becomes vital. According to the psychoanalyst Silvia Pepe, in general when people over 60 years old they begin to lose their place of belonging for almost a lifetime. They retire and stop going to work, their children grow up and leave the house, then they are very destitute because they do not know what to do. And, in many cases, they begin to isolate themselves if they do not find new activities or projects in which to put their energies.

According to the psychoanalyst, these are the moments in which we must help them, instead of focusing on what they do not have or can't do, in whatever they can do and achieve. And one way to achieve this goal is through recreational workshops or spaces in which they engage in physical activity.

There are various places and programs to help the elderly not to feel alone and to develop. Although this can be considered as competition, we know that as our place, there are also more people with the genuine desire to help the elderly.

I present you additional places for the entertainment for the elderly:

1) The Dallas Park and Recreation Department: committed to enhancing the quality of lives of Active Seniors and Adults over the age of 55 by providing recreation and leisure activities to complement your rich and rewarding lifestyle.

2) Tarrant County Senior's Jamboree - YMCA Camp Carter

They host a fun filled day with activities, free food and special guest appearances.

3) Recreation Centers: The Houston Parks and Recreation Department is a valuable resource for senior activities, fitness, and socialization. Senior classes are open to seniors age 55 and older and the classes include crafts, computer classes, cultural events, fashion shows and holiday events.

4) Square and Round Dancing: seniors can stay physically and mentally fit by dancing. The Houston Square and Round Dance Council offers square and round dancing, and clogging.

5) Adult Day Care Centers: adult Day Care Centers in Houston offer a place where seniors who need a little help can gather for activities, both mental and physical.

Summary

This special project was requested with the intention of designing a compensation plan. For me, it was much more than that, because for about two years, when I started to do my masters, I wanted to have my own business, but it was not until recently that I decided that I wanted it to be in this area. The elderly population needs us. In the process of my grandfather's illness, it was very sad to go to visit him, but even more sad was to realize that in the nursing home were elderly people who never received visitors. We must bear in mind that we will be them within several years. This is the moment when we must do something to ensure that in our old age we can have moments of quality.

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