

EXPERIENCE OF MULTIPROFESSIONAL RESIDENTS WITH OLDER ADULTS IN A LONG-TERM CARE FACILITY

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Abstract

Introduction: With the increase in life expectancy in Brazil, there has been a significant change in the age pyramid, with a growing number of older adults. This scenario has driven the demand for Long-Term Care Facilities for Older Adults (LTCFs) and calls for special attention to healthcare. **Purpose:** This study aims to report the experience of five multiprofessional residents (a nutritionist, psychologist, nurse, pharmacist, and physical therapist) in hospital healthcare, with an emphasis on older adults, who were assigned to an LTCF located in a capital city in the Northeast region of Brazil. **Methods:** This is a qualitative study, in the form of an experience report, within the context of a Multiprofessional Health Residency Program. The LTCF houses 53 older adults (22 men and 31 women). During the months of May and June 2025, the multiprofessional residents organized workshops and group activities using playful strategies on weekdays, according to identified needs. The activities included discussion circles on smoking prevention, painting workshops with June festival themes, cognitive games, sensory stimulation (smell and taste), musical activities, stretching, and recreational events such as bingo and karaoke. The activities were planned and conducted by the team. **Results:** It was observed that most institutionalized older adults presented at least one clinical condition, such as reduced mobility, cognitive decline, dementia, postural instability, or depression. Despite the challenges, positive effects of the interventions were identified, such as the participation of the older adults, increased interaction among participants, expressions of affection, and the recollection of past memories, highlighting the potential of these practices to improve quality of life and psychosocial functioning. **Implications:** The results contribute to reflections on the social role of older adults and on broader care strategies. The importance of planning actions that consider the sociocultural context of participants and offer a variety of activities that promote health, interaction, and autonomy is emphasized, in accordance with current guidelines in related fields.

Keywords: Long-Term Care Facility for Older Adults; Multiprofessional Residency; Elderly Health