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ASSOC

Time management & Rituals

How rituals and proper time management aid happiness

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G.A. N° 2024-1-FR01-KA220-ADU-00024495

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About time management



Why is it important to adjust daily schedules?

According to the interviews conducted as part of the GOLD project

- To better reflect the **changing needs**
- To better reflect **slower pace** associated with ageing



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2



About time management



As people age, they may require **more time** for morning routines or meals.

They often express **the need for rest** or quiet periods during the day.

→ **Requirement for adjustment:** a major change in approach for the teams, who were used to schedules with numerous activities aimed at developing skills.

Enjoying meals and peaceful moments



→ Spending time relaxing in nature

Dedicating time to pray together before meals →



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About time management



Introducing 'cozying up' activities can be destabilizing for the educators.



This calls for a true paradigm shift.



Supporting an ageing person means maintaining their overall well-being as a priority, rather than focusing solely on progression.



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5



Cozying up – but in nature



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The importance of rituals



The **research** carried out within the GOLD project shows that **rituals play a crucial role** in the lives of people with disabilities as they age, offering them:

- **Stability**
- **Security**
- **Points of reference in daily routines**



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7



The importance of rituals



Predictable routines → **Reduce anxiety**

Regular habits anchored in time & space → **Provide temporal & spatial reference points**

Repetition → **Maintain abilities**

Rituals in autonomy → **Foster independence**

Shared activities → **Strengthen social ties**

Rituals to reduce confusion → **Support transitions**

Religious rituals – faith and community



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Festive season, warmer together



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The 1st and the 8th of March



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Birthdays celebrations



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1° December – Romania's Day



Romania's
birthday
&
traditional
rituals



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Thank YOU



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