

## Agricultural Strategies for Empowerment in the Elderly

Estrategias Agrícolas para el Fortalecimiento en el Adulto Mayor

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### ABSTRACT

This article entitled: Agricultural Strategies for the Strengthening of the Elderly, consists of presenting the results carried out with the elderly participants of the Geriatric Home San Rafael, located in the municipality of Chia, Cundinamarca; implementing the development of small crops (home gardens) for the strengthening, welfare and its beneficial effects on them. The objective of this project is to know how viable it is to strengthen the well-being of the elderly through the elaboration of home gardens where there is inclusion and autonomy among them depending on their capabilities, in order to strengthen their daily activities and to welcome it as a therapeutic support program.

**Keywords:** Elderly, Wellness, Gardens, Agriculture, geriatrics, health, environment, integrity.

### RESUMEN

Este artículo denominado: Estrategias Agrícolas para el Fortalecimiento del Adulto Mayor, consiste en presentar los resultados llevados a cabo con las personas adultas mayores participantes del Hogar Geriátrico San Rafael, ubicado en el municipio de Chía, Cundinamarca; implementando la elaboración

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de pequeños cultivos (huertas caseras) para el fortalecimiento, el bienestar y sus efectos benéficos sobre ellos. Lo que se quiere obtener con este proyecto es saber que tan viable es fortalecer el bienestar del adulto mayor por medio de la elaboración de huertas caseras donde exista la inclusión y autonomía entre ellos dependiendo de las capacidades que tengan, con el fin de fortalecer sus actividades diarias y acogerlo como un programa de apoyo terapéutico.

**Palabras clave:** Adulto Mayor, Bienestar, Huertos, Agricultura, geriátricos, salud, medio ambiente, integridad.

## INTRODUCTION

The following article is taken from the research project that was applied in the municipality of Chía, Cundinamarca in the establishment Hogar Geriátrico San Rafael where we seek to take into account aspects such as the knowledge of the elderly in the cultivation of home gardens, which function as determinants in the development of strategies to carry out agriculture in places such as nursing homes, We have an established time of four months where we gathered information that helped us to recognize the abilities and experiences that the elderly have in the San Rafael retirement home, covering the topic of agriculture as the main axis and how the elaboration of home gardens allows to guarantee a sustenance in the population and an advantage in the use of free time. On the other hand, covering the environmental issue, it is important to highlight that there are difficulties for the generation of a robust ecological awareness, which transits from the identification of the problem to the construction and application of environmental remedial measures, by all the social actors co-responsible for such impacts. The research found that, between individual concern and personal criteria, there are certain important elements for the development of environmental awareness, such as: knowledge about Waste, Energy, Recycling, Spaces and Biodiversity, however, there are also three necessary elements that are little taken into account, or scarcely developed, which are: transportation, water and noise. Andrade Salazar, J. A., Betancourth González, V., Gonzales Martínez, N., Ocampo Maya, J., & Orozco Ortiz, A. E. (2022). This is important to apply and know because it allows us to conserve the habitat not only of human beings but also of other species and promote life for a long time. Urban agriculture contributes to the well-being of older adults by increasing their social and emotional well-being and self-realization. From the contact with nature, a sensory perception is obtained that has relaxing and restorative effects for the human being, taking advantage of free time and improving the quality of life. This activity carried

out in geriatric homes is projected as a process of innovation, since it makes available the knowledge of older adults for the creation of home gardens.

## **MATERIALS AND METHODS**

The methodology of the project is mixed-exploratory, it is empirical in nature, it includes quantitative and qualitative data that have already been studied in various investigations, the sampling is intentional since we will be conducting fieldwork in the nursing home: Hogar San Rafael, with prior authorization of the entities in charge, in the municipality of Chía. The information was collected through interviews where information was gathered on how the elderly spend their free time and surveys about their taste for agriculture and planting home gardens where there is evidence of their willingness to take part in the activity since most of them have knowledge and taste for crops. There is also evidence of socialization among them encouraging the exchange of ideas where they feel that they contribute to the community through their knowledge.

## **RESULTS**

The results we obtained with this research project is that there is a huge opportunity for development and innovation that has not been exploited in this field. The communication with the administrative staff was minimal, however, it is important to highlight the intention of listening of both parties, therefore, it is concluded to leave the idea of the project where a deliverable (physical sample) is left and sent by mail to the administrative area of Hogar Geriátrico San Rafael.

In the same vein, the results obtained in the evaluation of psychosocial factors in the physical-motor dimension indicate that 100% of the participants have a high level of physical activity which allows them to perform daily activities such as moving from their bedrooms to the shared spaces (the dining room or the meeting room where games and activities are performed, through which physical and mental activation occurs, favoring motor, cognitive, sensory-motor and manual eye coordination). Díaz and Barragán, (2016) established in their research that the activation and development of physical activity is fundamental due to the fact that the lack of such activity can become a reason for the development of depression. Likewise, Díaz and Barragán, (2016) differ in that old age is not an exclusive characteristic. However, they established that older adults are at greater risk when they are abandoned by their family in an institution, as well as when their health has deteriorated due to diseases caused by deterioration, and due to deficiencies in their quality of life. In this way, Valdez, (2018) states that older adults do not have a good quality of life due to the motor conditions that older adulthood entails. Martínez García, L. F., Vargas Luna, A. R., & Guarnizo Ante, F. J. . (2021).

## **CONCLUSIONS**

According to the results, an innovation of process and procedure in a nursing home involves actors that can become participants and consumers of an idea, this idea will

allow not only to contribute to the construction of new strategies, but also the productive results will allow a new income for the nursing home.

Positive Social Interaction is essential for individuals because it includes entertainment and doing fun things in their daily lives, which is associated with people's health, therefore, it has a regulating effect on stress and stressful life events. According to the author, people who present high levels of positive social interaction have to do with the strategies they use within their family nucleus in which they have the availability of their families or partners to do fun things.

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