



ACTIVIDADES

ACTIVITIES

PROYECTO DESKTOP

PORTUGAL

Una alianza de / An alliance of:



Cofinanciado / Co-funded:



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Una alianza de:



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2) vida familiar ocio y comunit

2) Area of family life, leisure and community.

Scenario	Activity
Acces to the cultural and leisure information.	Know the institutional activities for the current month
	Prepare the bag for leaving in the weekend
	Prepare the bag for swimming pool
To organize the leisure/community life	

3) salud personal

3) Personal Health

Scenario	Activity
To know about my medication.	Prepare the weekly medication box
To Prevent respiratory infections	Actions to Prevent respiratory infection

4) economía personal

4) Personal economics

Scenario	Activity
To organize the personal economic.	Weekly management money

5) tareas domésticas

5) Area of domestic chores.

Scenario	Activity
To cook	Make cookies
	Make a jelly
To organize	Set the table
	Make the bed

6) autocuidado

6) Self-care		
Scenario	Scenario	Activity
dress and undress		
personal hygiene	Personal Higyene	Wash the hands
		Brush the teeth
	Personal Image	Use the hair dryer
self image care.	Dressing and undressing	Dress and undress a coat
		Dress and undress socks
		Put on/out shoes
	Mobility	Transfer from wheelchair to bed