

Helping hand: elders from Córdoba guide others in their visits to the hospital

LOCATION: Cabra (Córdoba)

DURATION: 1:52

SUMMARY: A group of volunteer elders act as guides at the Infanta Margarita Hospital in the Andalusian town of Cabra, in Córdoba, to help other people of the third age that visit the building. Selflessly, they give them to the doctor's office, give them company or help them reading their prescriptions. It is the Helping Hand initiative, an active aging program that helps these volunteers to feel useful and keeping in good physical and intellectual shape.

VTR:

Modesto accompanies his friend Sisto to the hospital. He has to park the car and leave him alone at the entry, but someone is going to take care of him until Sisto comes back.

MODESTO

"I feel more comfortable, in addition I leave him with a family that will take good care of him."

They are part of the Helping Hand initiative started at the Infanta Margarita Hospital in the Andalusian town of Cabra, in Córdoba. An active aging program in which elders help others in their visit to the hospital: the help them reading the appointments, take them to the doctor's office or just give company.

FRANCISCO DÍAZ Worker at the Infanta Margarita Hospital

"The program not just offers the chance of social interaction, it is also a physical activity because they walk, give company."

ANTONIA VALVERDE Volunteer

"That's the main thing because as I don't have a husband, I am a widow..."

Because many of them are alone and this activity help them feeling useful. As it happens with Rosario, who comes to this hospital from her town, 30 kilometres away.

ROSARIO Volunteer

"Being 80 years old I do this because I like it, because I have fun."

CARMEN ALBA Volunteer

"If I didn't do this type of things, I would be one of those grandmothers who are knitting and looking through the window."

65 elders participate in this initiative for free and since 2006 they have assisted almost have the population over 65 registered in the hospital's area.

SISTO BENÍTEZ Hospital's patient

"I come here a little disorientated, I don't know where do I go and immediately there is a person who grabs my arm, asks me where do I go and even takes me to the doctor's office."

Helping for not feeling helped, that's how they see it.