



The Formentera Day Centre – which began serving the local public on 26 April 2011 – is celebrating its third year of operations by opening its doors to the public with an open house that begins today and will extend through next Wednesday, 23 April.

Centre personnel have organised several days of open house activities in order to acquaint the people of Formentera with their different services. Meanwhile, on display will also be a range of materials crafted by the centre's users, in an exhibition organised by the Office of Social Welfare. Both the open house activities and the exhibition will take place from 10 am to 2 pm in the centre's conference hall (MAGIC BOX).

Considering the near total non-existence of health and social care for the aged and the physically- and mentally-disabled before the centre's opening, that the Formentera Day Centre reach the three-year mark is an extremely significant event.

It is interesting to note that until the centre came into existence, the assistance available in Formentera consisted almost entirely of the help and support of informal caretakers, these most often family members.

The centre's facilities include a specialised centre for individuals in Formentera living with Alzheimer's, mental diseases and other afflictions. They currently serve 26 people, a group which is later divided into different subgroups depending on a patient's exact profile.

Thanks to the facilities in existence – a gymnasium, activities hall, infirmary, rest and dining areas – along with a highly-qualified staff, the Formentera Day Centre is able to offer a programme of activities that includes cognitive stimulation, psychomotricity, physical therapy, music therapy and manual activity-based occupational workshops. A more complete list of workshops also reveals activities conceived to foster healthy daily routines among the centre's patients. By inculcating habits of self-healing and hygiene, the activities are intended to boost the autonomy of elderly patients in their completion of day-to-day tasks.

The majority of users at the Formentera Day Centre suffer from afflictions like Parkinsons, Alzheimer's and dementia, as well as various mobility problems. The staff of the centre are responsible for tending to the needs of each individual user, maintaining a weekly schedule from 8 am to 5 pm, from Monday to Friday.