



Caderno de apoio à comunicação com pessoas idosas no lar



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Centro de Referencia Estatal
de Autonomía Personal
y Ayudas Técnicas

CADERNO DE APOIO À COMUNICAÇÃO COM PESSOAS IDOSAS NO LAR

Incluído na Fase II do Projeto de apoio à comunicação com pessoas idosas e idosos com deficiências, “Yo te cuento, cuenta conmigo”, coordenado pelo CEAPAT-IMSERO.

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Acesso ao download
do caderno mediante
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O que você tem em suas mãos?

Este documento é um **Caderno de Comunicação**.

Seu **objetivo** é favorecer e melhorar a comunicação entre a pessoa idosa e seu interlocutor.

Destina-se a pessoas idosas que vivem em seu lar, ou que temporariamente residem nos lares de seus filhos/as ou familiares.

Está **elaborado** para ser usado por **pessoas idosas** que tenham **dificuldades em sua comunicação devido a:**

- Problemas **auditivos** que dificultem a compreensão da mensagem que recebem de seu interlocutor
- Desconhecimento do mesmo **idioma** entre os interlocutores. (p.e. idoso – cuidador/a)
- Problemas na emissão/volume da **voz**: afonia, laringite, baixa intensidade de voz, etc., que dificultem a comunicação oral.
- Problemas de comunicação devido a uma **situação pontual**: tratamentos odontológicos, uso de máscara de oxigênio, etc.

Também está indicado para ser **utilizado pelos interlocutores** do idoso.

Assim, o caderno será um elemento de comum utilização que favoreça a inter-relação entre ambos.

Este caderno não está elaborado para pessoas que apresentam dificuldades na comunicação devido à **deterioração cognitiva, dano cerebral decorrente**, etc.

O caderno de comunicação: primeiros passos

- Mostre o caderno de comunicação à pessoa. Explique as vantagens de utilizá-lo na conversação.
- Comprove com a pessoa idosa que conhece o significado de todas as imagens e acrescentem as que considerem que possam ser necessárias.

Pode ocorrer que a pessoa necessite um tamanho maior das imagens/pictogramas.

Se necessitar mudar o tamanho dos pictogramas incluídos ou necessitar outros, pode baixá-los em:

<http://www.catedu.es/arasaac/index.php>

Acesso por código QR na web



- Escreva na página correspondente, as coisas que agradam à pessoa e as que não agradam. Por exemplo: “Eu gosto de tomar um chá no meio da tarde”; “Não gosto do café muito doce”.
- Preencha as páginas em branco com aquelas anotações que ambos consideram importantes para melhorar a comunicação. Por exemplo: “Coisas importantes sobre meu repouso: Agrada-me dormir sobre o lado direito”.
- Seleccionem e cole as fotografias com os nomes e a relação com a pessoa na página correspondente. Por exemplo: “Juan. Meu filho mais velho”.
- **Use o caderno sempre que tenham uma dificuldade para comunicar-se. Quanto mais o usarem, mais se adequará à situação individual do idoso.**

Assinalando no caderno de comunicação

- Se o **idoso pode apontar** os pictogramas de forma autônoma, coloque o caderno na posição mais adequada para que possa vê-los e assinalá-los com comodidade.
- Espere até que **a pessoa busque e assinale o pictograma**. Ajude a passar as páginas se a pessoa o pedir. Tenha paciência.
- Se o idoso não pode emitir oralmente e de forma perceptível “sim-não”, busquem um código compartilhado para esta resposta. Por exemplo: mover a cabeça; mover os olhos; levantar um dedo. Assegure-se de incorporar estes dados na primeira página do caderno. Será de ajuda para qualquer interlocutor que queira falar com o idoso.
- **Confirme com o idoso** se o pictograma que ele aponta representa a mensagem que quer dizer e espere sua resposta.

Por exemplo: a pessoa indica o pictograma “fruta” e é hora do lanche.

O interlocutor pode perguntá-lo: “Quer fruta para lanche?”, e espera a resposta afirmativa/negativa a pergunta.

Depois o interlocutor pode assinalar na página de “frutas” as opções para merendar, dizendo: “Prefere banana, (indicando o pictograma “banana”), pêra (indicando o pictograma “pêra”) ou pêssego (indicando o pictograma “pêssego”).

Depois o interlocutor pergunta: Qual você quer para comer ?

Espera a resposta do idoso, que poderá apontar, dos pictogramas anteriores, que fruta deseja.

O interlocutor como apoio à sinalização

- Se a **pessoa idosa não pode assinalar** os pictogramas de forma autônoma, coloque o caderno na posição mais adequada para que possa vê-los com comodidade.
- Utilize o índice** do caderno para que a pessoa possa te mostrar o tema sobre o qual quer falar. Sinalize com seu dedo cada pictograma do índice e ao mesmo tempo o enuncie em voz alta. Combine com o idoso que, ao chegar ao pictograma desejado, mostre sua resposta afirmativa.
- Se o idoso não pode emitir oralmente e de forma perceptível “sim-não”, **busquem um código compartilhado** para esta resposta. Por exemplo: mover a cabeça; mover os olhos; levantar um dedo. Assegure-se de incorporar estes dados na primeira página do caderno. Será de ajuda para qualquer interlocutor que queira falar com o idoso.
- Uma vez selecionado o tema**, vá à página correspondente e espere que o idoso busque com o olhar o pictograma que representa sua mensagem.
- Se o idoso está muito acostumado a usar o caderno, **é provável que olhe para área** onde está o pictograma. Indique essa área para confirmar este aspecto e depois pergunte ou aponte as linhas de pictogramas, para saber a que linha se refere.
- Quando a pessoa confirmar que você indicou **a linha adequada**, enuncie os pictogramas em voz alta um a um. Quando pronunciar o desejado, a pessoa realizará sua resposta afirmativa.

O idoso olha esta área. **1**

2 Se assinalam as linhas de pictogramas até que o idoso emita sua resposta afirmativa

Indicam-se os **pictogramas** da linha selecionada e espera-se que a pessoa confirme ao qual se refere **3**

4 Confirma-se a mensagem: Você quer pão? **6**

COMIDA/CENA		frio	caliente	templado	

ensalada sopa

puré tortilla

conservas pan

conservas pan

conservas pan

Utilizando a prancha de letras

O **uso dos pictogramas** para a comunicação é rápido, principalmente quando se trata de expressar mensagens cotidianas e a pessoa já aprendeu a localização dos mesmos. Apesar disso, em determinadas ocasiões pode ocorrer que a palavra que se quer comunicar não esteja representada. Nesse caso, e uma vez conhecida esta palavra, se **incorporaria** a seu caderno a **imagem** correspondente.

Também pode ocorrer que **a pessoa saiba ler e escrever**, porém por **problemas de mobilidade** tenha dificuldades para usar o lápis e o papel. Nesses casos, pode utilizar a **prancha de letras** e desta forma soletrar a palavra a que se refere. Se a pessoa considera necessário, poderia incorporar-se a imagem a seu caderno, de forma que estaria disponível para outra ocasião.

■ Se o IDOSO PODE INDICAR:

- Colocar-se-á a página de forma que ele possa indicar a letra sem dificuldade.
- Assim, o idoso irá assinalando as letras, até compor a palavra que quiser comunicar.
- Se ele tem dificuldades para assinalar nesta prancha, porque requer um tamanho maior de células, diferente distribuição das letras, maior tamanho das letras, etc., desenhem com o idoso uma prancha alfabética de acordo a suas características.

■ Se a PESSOA IDOSA NÃO PODE INDICAR DE FORMA AUTÔNOMA:

- O interlocutor deve ajudá-la a realizar a seleção das letras.
- Combine com a pessoa como irá perguntando a letra que ela quer e anote-a na primeira página. (*ex. assinalando a linha; perguntando a cor; perguntando que tipo de letra é, etc.*). Será de ajuda para qualquer interlocutor que queira falar com a pessoa idosa. A prancha está dividida em vogais e consoantes.

POR EXEMPLO:

- Pergunte se a letra que ela quer é: vogal ou consoante? Assim, indique com o dedo o bloco correspondente às vogais ou às consoantes e confirme a escolha da pessoa.
- No caso das consoantes, é preferível ir indicando por filas de letras para confirmar em que fila se encontra a letra que necessita.
- Uma vez confirmada à fila (das vogais ou das consoantes), se enunciarão uma a uma as letras, de forma que a pessoa possa confirmar a que necessita.
- Se ela tem dificuldades para ver as letras da prancha, porque requer um tamanho maior de células, diferente distribuição das letras, maior tamanho das letras, etc., desenhem com a pessoa uma prancha alfabética de acordo a suas características.

É importante contar com uma pequena caderneta e um lápis para ir anotando as letras que a pessoa assinala/indica.

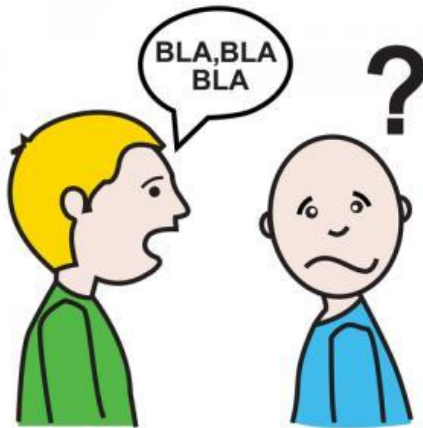
Se a pessoa não pode expressar de forma oral “sim/não”, combinem um código comum de resposta

Compartilhando o mesmo idioma: o caderno

Se o idoso e seu interlocutor não partilham o mesmo idioma para se comunicar, podem utilizar o caderno como “**idioma comum**”.

Ambos podem utilizar o caderno para expressar suas mensagens, de forma que, ao utilizar o mesmo código, a comunicação melhore.

Podem usar o caderno para esclarecer uma resposta ou realizar uma pergunta, e assim entenderem-se melhor.



As situações de falta de comunicação geram ansiedade e incerteza.

É preciso entender o que uma pessoa diz para poder apoiá-la, compreendê-la e conhecer o que se passa com ela.

Se a pessoa tem problemas de comunicação e não sabe como se fazer entender, ficará nervosa e a situação se tornará incômoda. Pode inclusive se comunicar cada vez menos ou até deixar de tentar.

Se o interlocutor não sabe como se comunicar com a pessoa, será difícil que possam estabelecer uma relação social e de apoio adequada.

Contar com um meio comum de comunicação é:

- Favorecedor para ambos interlocutores
- Imprescindível para uma comunicação efetiva



Meu caderno de comunicação

Foto da
pessoa

Nome:



Assim respondo de maneira **afirmativa**:



Assim respondo de maneira **negativa**:



Assim utilizo a **prancha de letras**:

Se me acontecer algo, por favor, **avise a:**

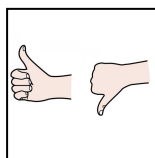


números de
telefone fixo



números de telefone móvel

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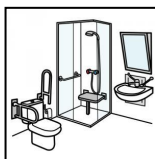
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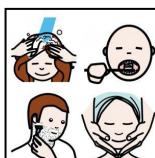
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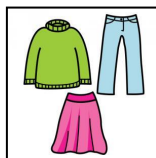
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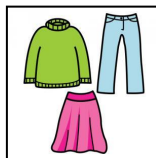
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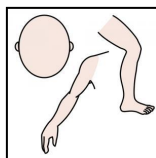
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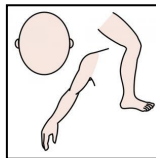
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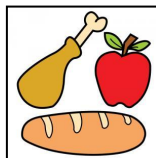
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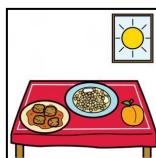
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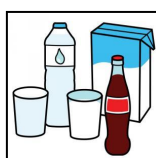
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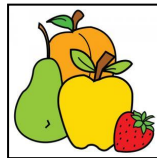
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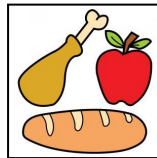
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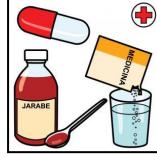
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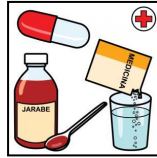
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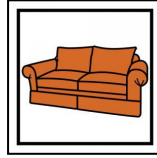
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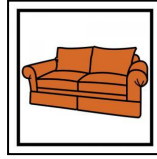
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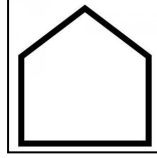
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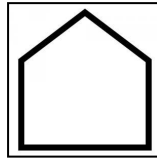
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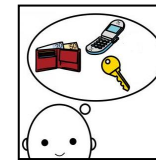
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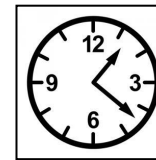
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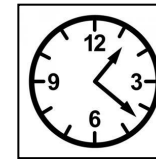
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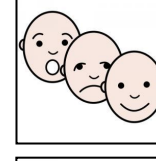
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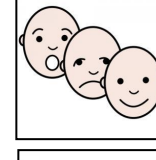
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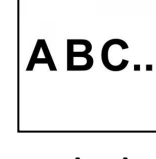
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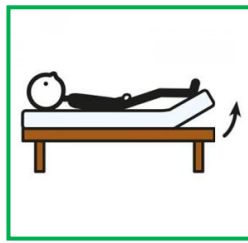
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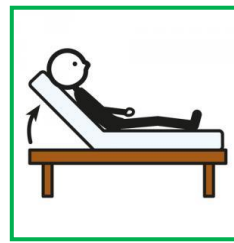
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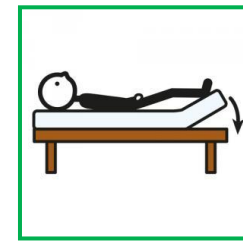
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Elevar os pés



Elevar a
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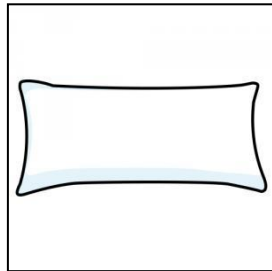
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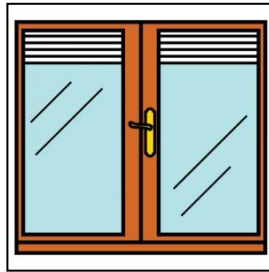
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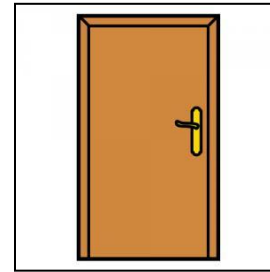
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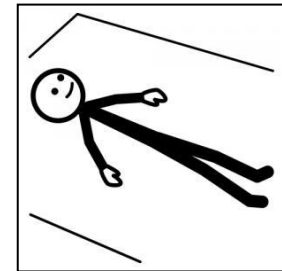
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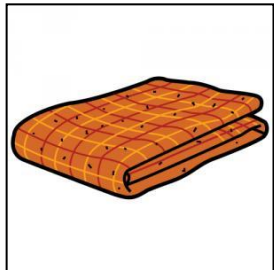
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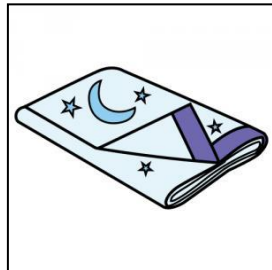
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Barriga para cima



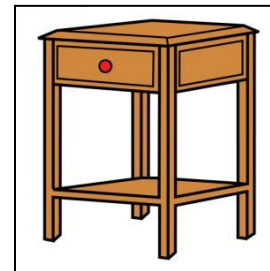
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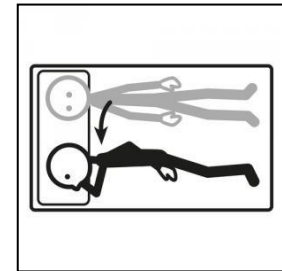
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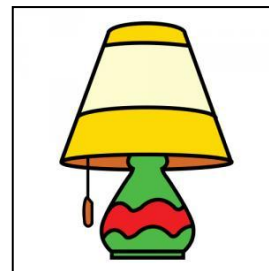
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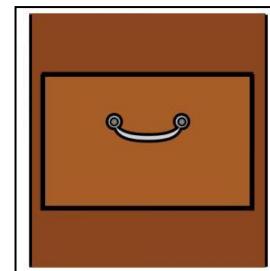
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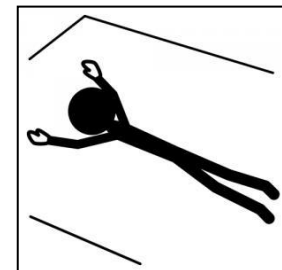
Mudar de posição



Abajur



Gaveta



Deitar de bruços

Banheiro



Fazer xixi

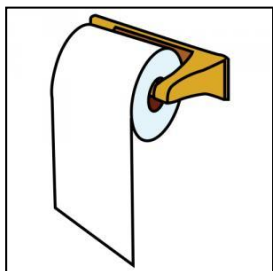


Fazer cocô



Fazer xixi

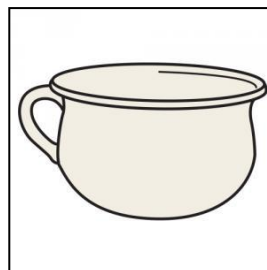
Fazer cocô



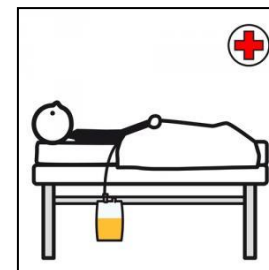
Papel higiênico



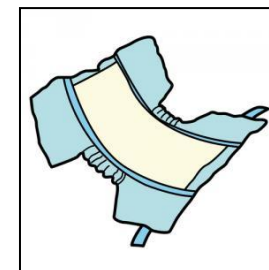
Limpar-se



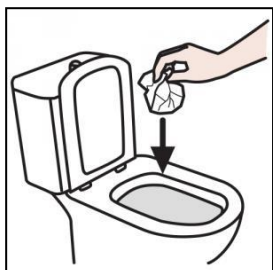
Urinol



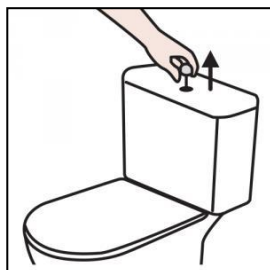
Sonda



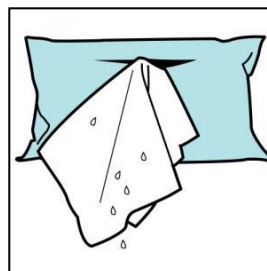
Fralda



Jogar o papel fora



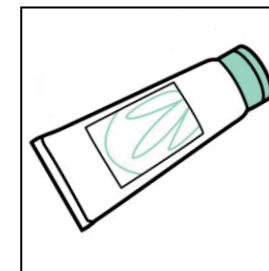
Puxar a descarga



Lenços umedecidos

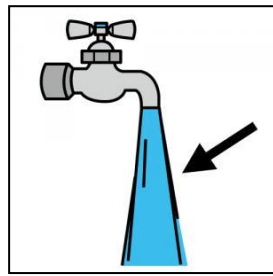
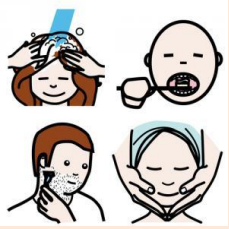


Bidê



Creme

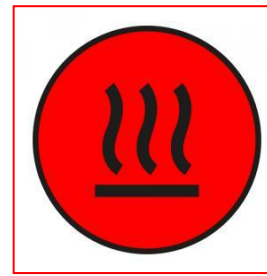
Higiene pessoal



Água



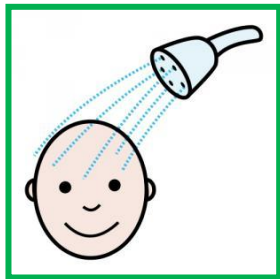
Fria



Quente



Morna



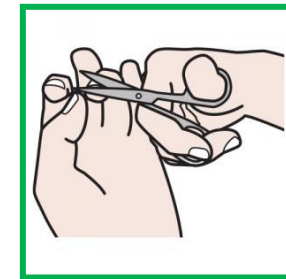
Tomar banho



Lavar o cabelo



Pentear-se



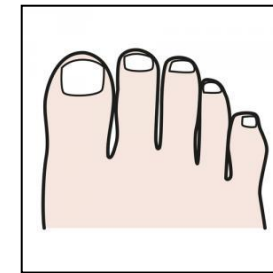
Cortar as unhas



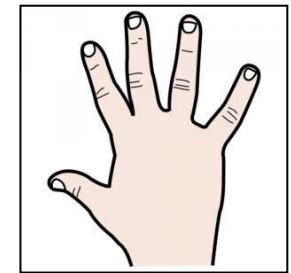
Sabonete líquido



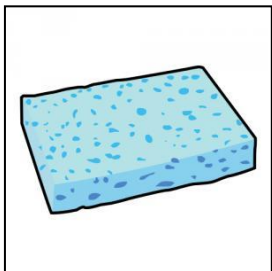
Xampu



Unhas dos pés



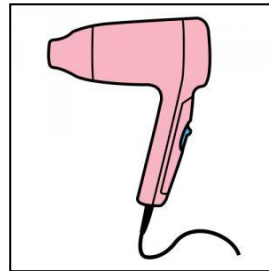
Unhas das mãos



Esponja



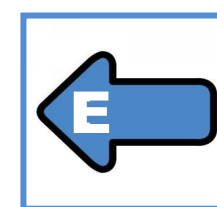
Toalha



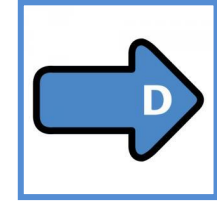
Secador de cabelo



Pente

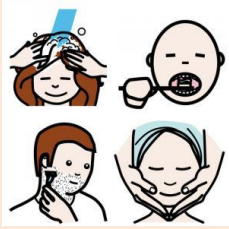


Esquerda

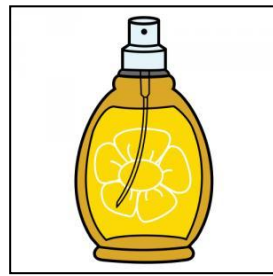


Direita

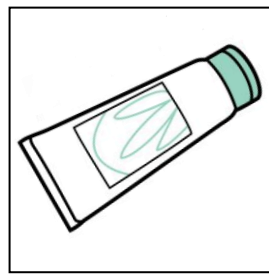
Higiene pessoal



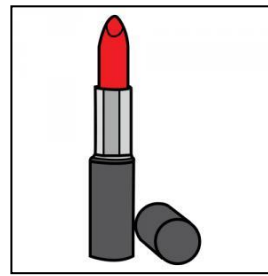
Desodorante



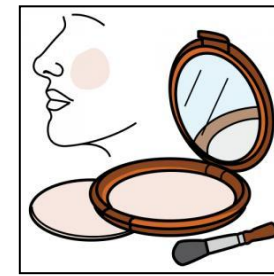
Colônia



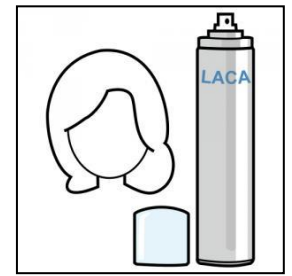
Creme



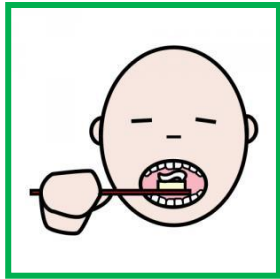
Batom



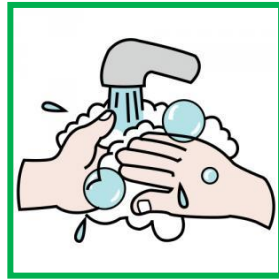
Maquilagem



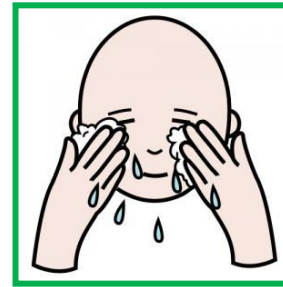
Laquê



Escovar os dentes



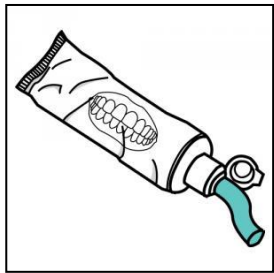
Lavar as mãos



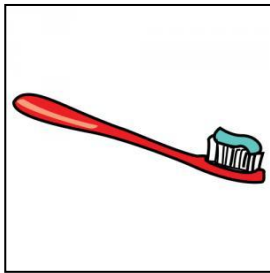
Lavar o rosto



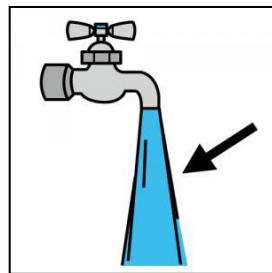
Barbear-se



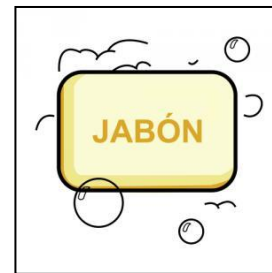
Pasta de dente



Escova de dente



Água



Sabonete



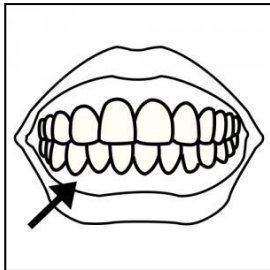
Barbeador



Espuma



Enxágue bucal



Dentadura postiça

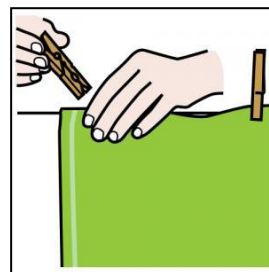


Toalha

ROUPA



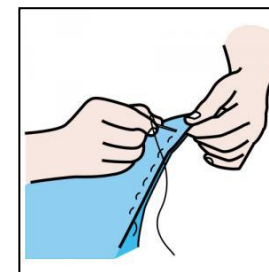
Lavar



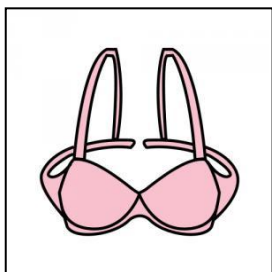
Estender



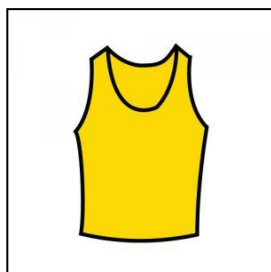
Passar



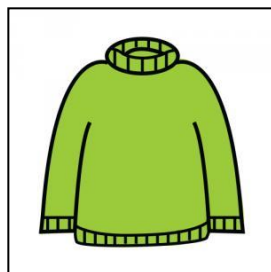
Costurar



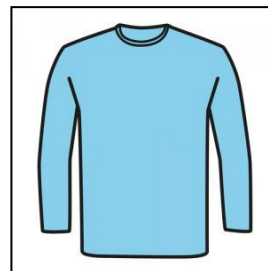
Sutiã



Regata



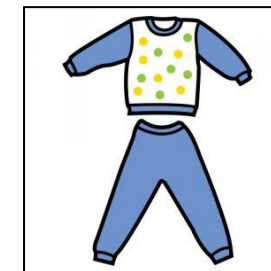
Suéter



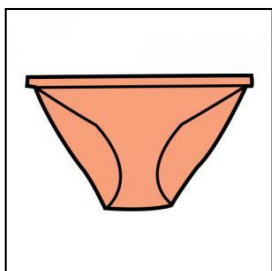
Camiseta de manga longa



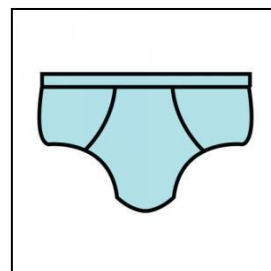
Blusa



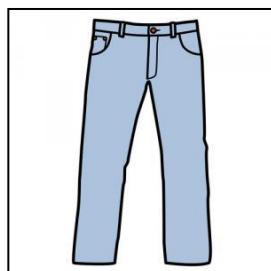
Pijama



Calcinha



Cueca



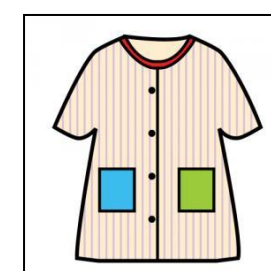
Calça



Paletó



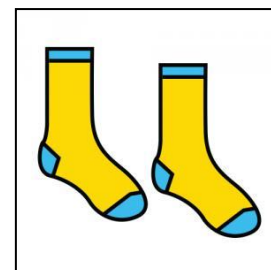
Camisa de manga longa



Bata



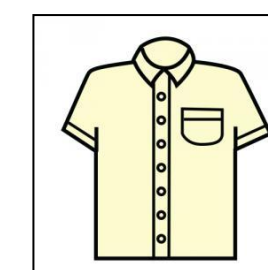
Meias-calça



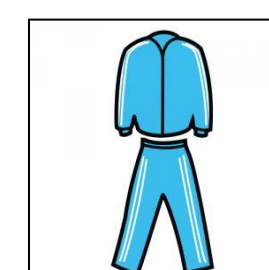
Meias



Saia



Camisa de manga curta

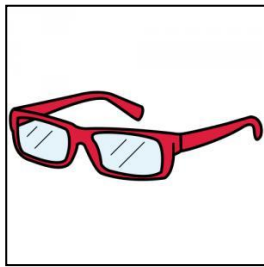
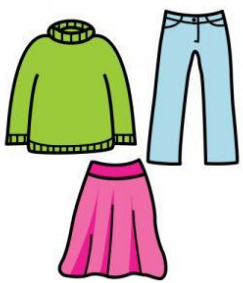


Moletom



Vestido

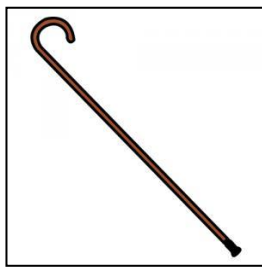
ROUPA



óculos



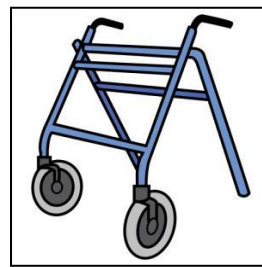
aparelho
auditivo



bengala



muletas



andador



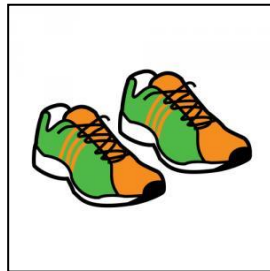
cadeira de
rodas



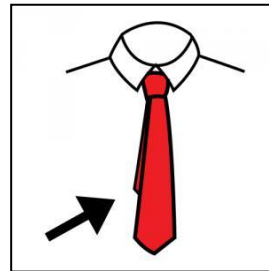
Sobretudo



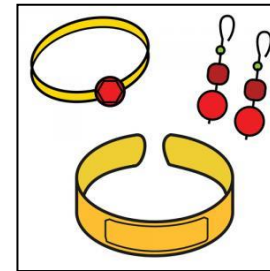
Capa de chuva



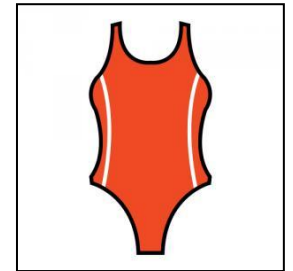
Tênis



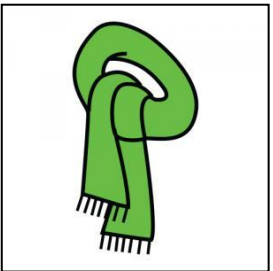
Gravata



Jóias



Maiô



Cachecol



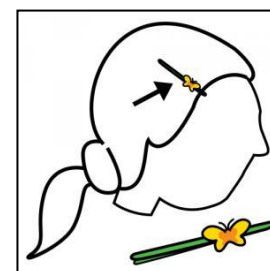
Sapatos



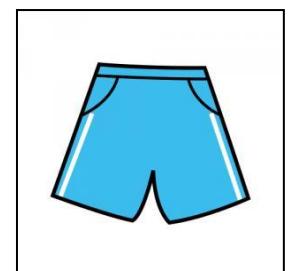
Sapatilhas



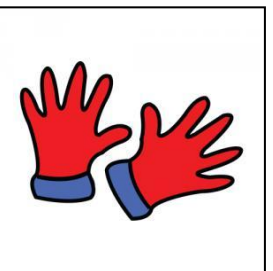
Lenço



Grampos



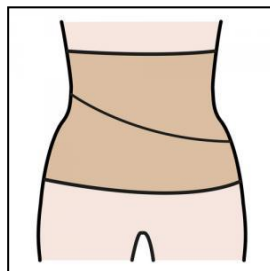
Sunga



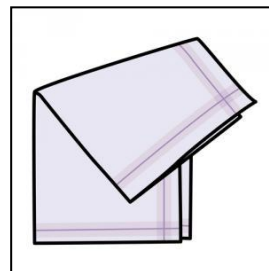
Luvas



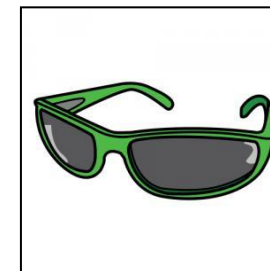
Botas



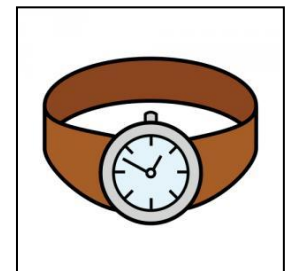
Cinta



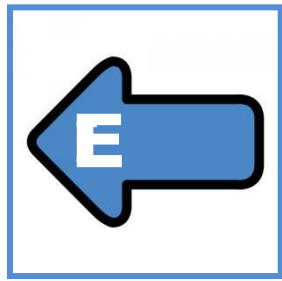
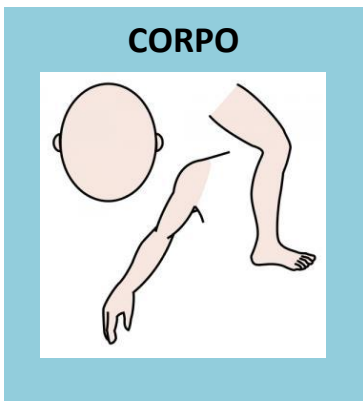
Lenço



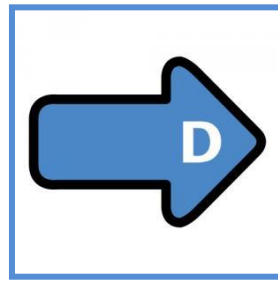
Óculos de sol



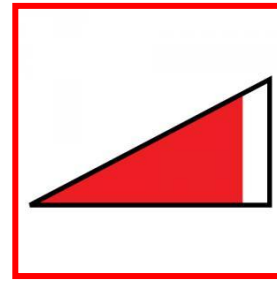
Relógio



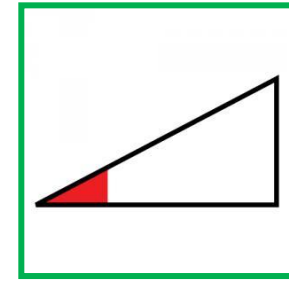
Esquerda



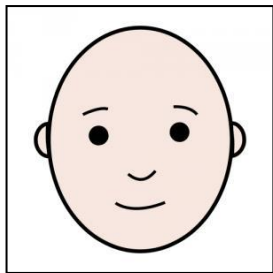
Direita



Muito



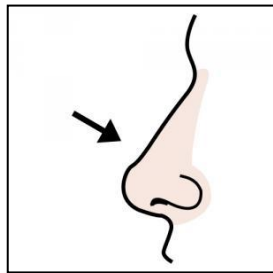
Pouco



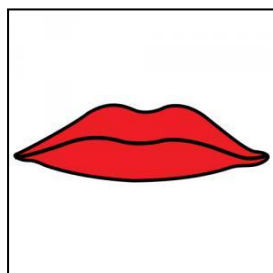
Cabeça



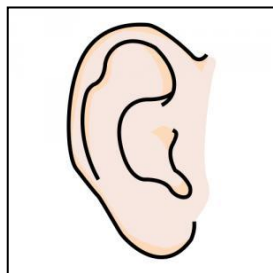
Olhos



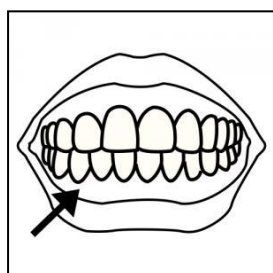
Nariz



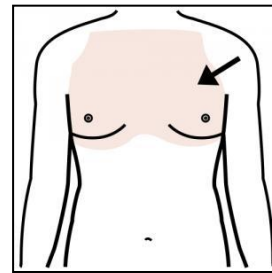
Boca



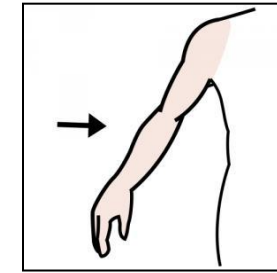
Ouvido



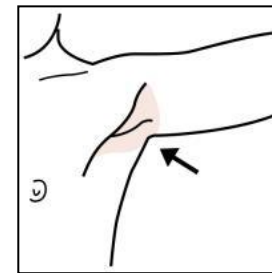
Dentes



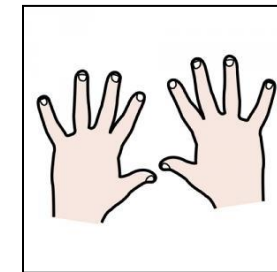
Peito



Braço

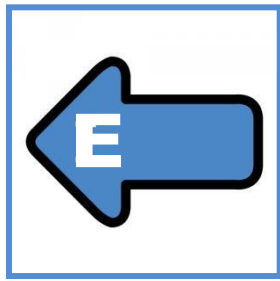
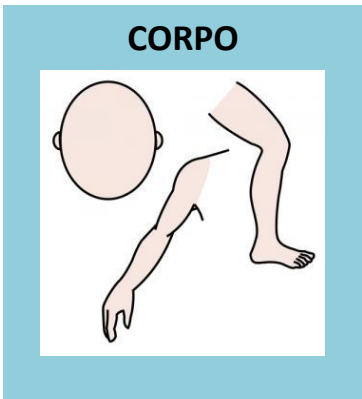


Axila

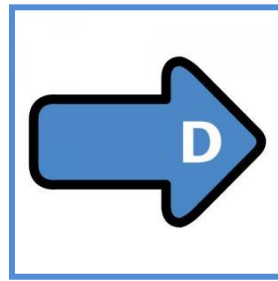


Mãos

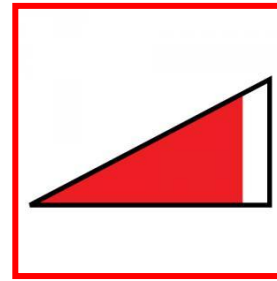
Dedos



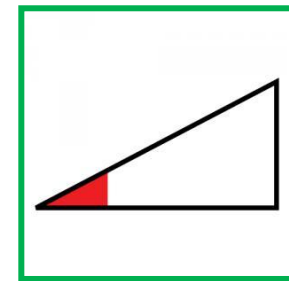
Esquerda



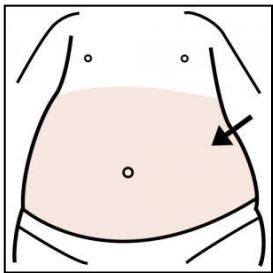
Direita



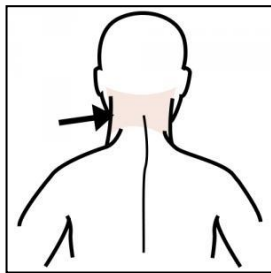
Muito



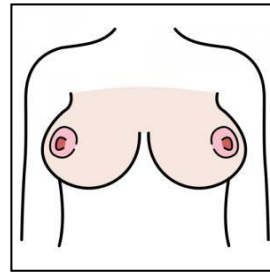
Pouco



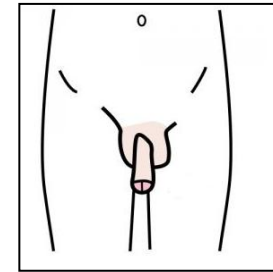
Intestino



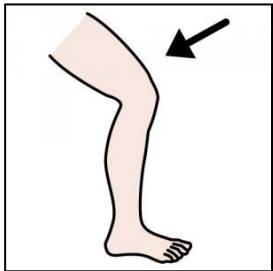
Nuca



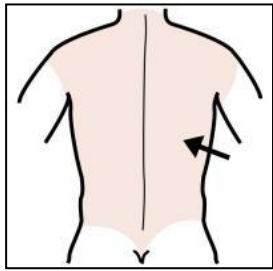
Peito



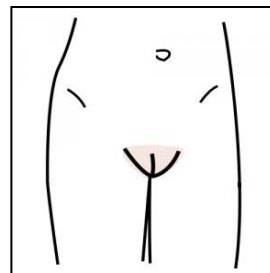
Genitais masculinos



Perna



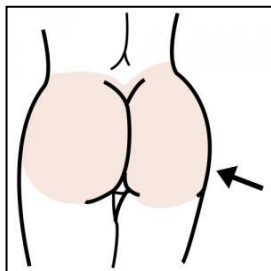
Costas



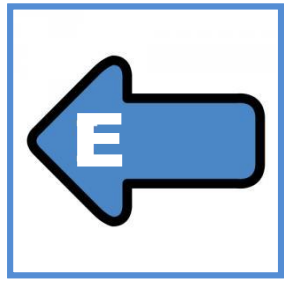
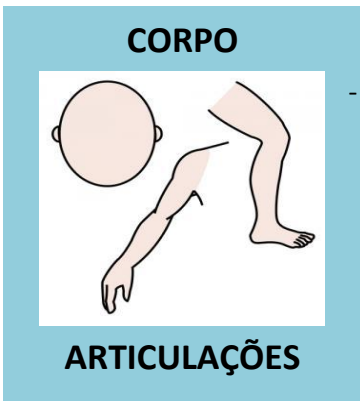
Genitais femininos



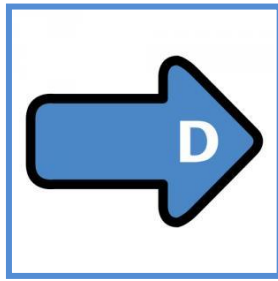
Pé



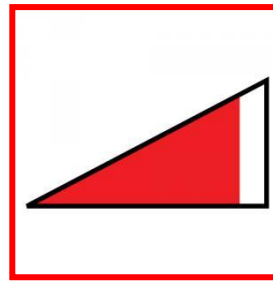
Glúteos



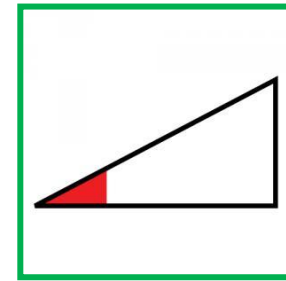
Esquerda



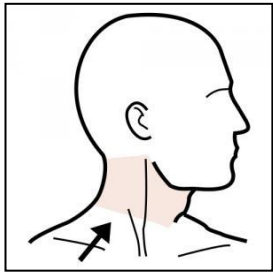
Direita



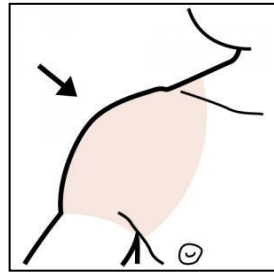
Muito



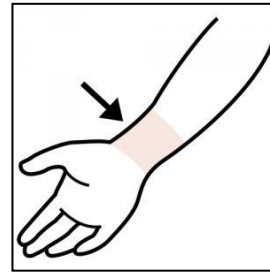
Pouco



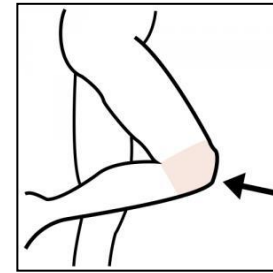
Pescoço



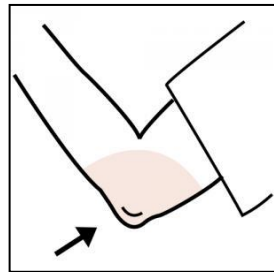
Ombro



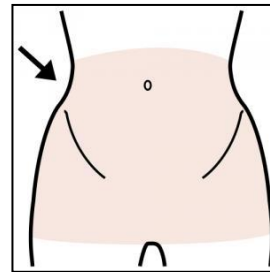
Punho



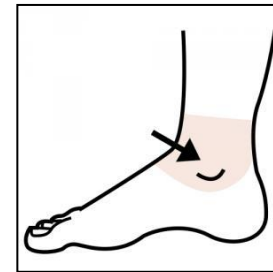
Joelho



Cotovelo

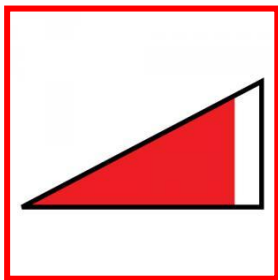
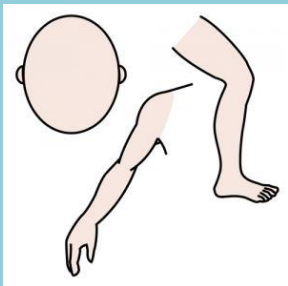


Quadril

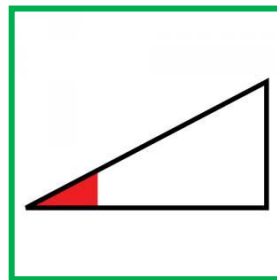


Tornozelo

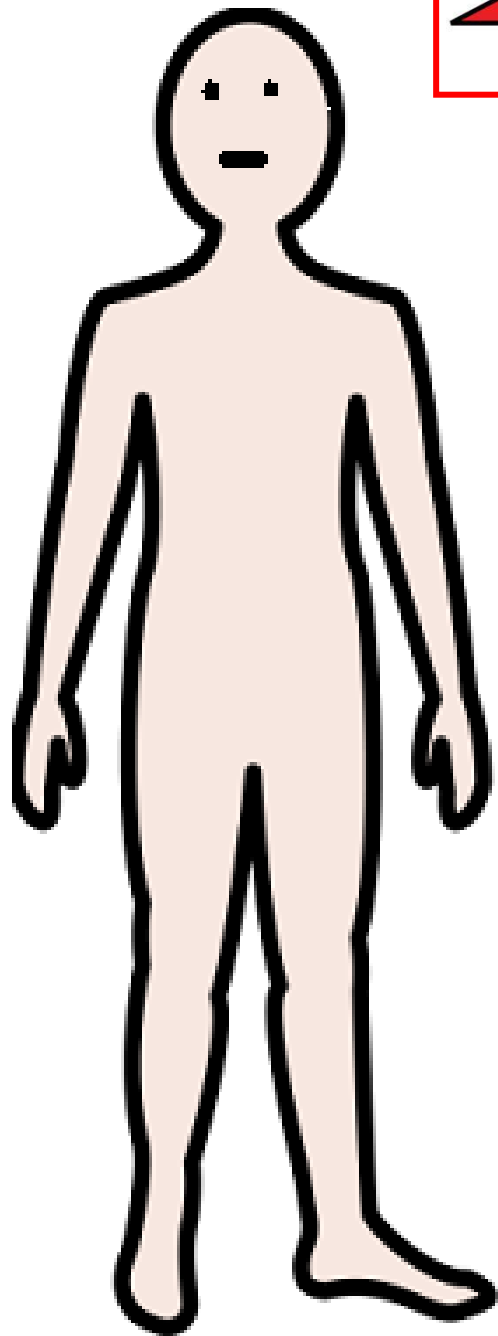
CORPO



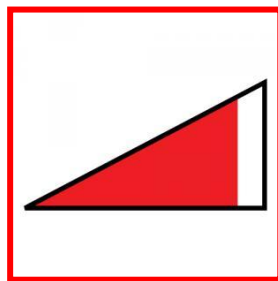
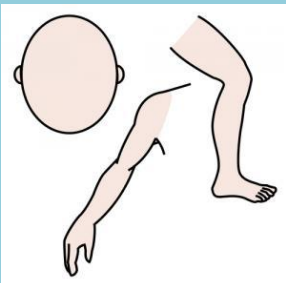
Muito



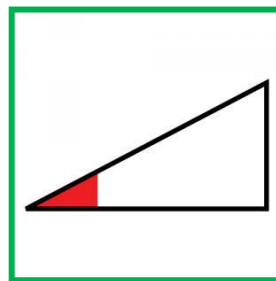
Pouco



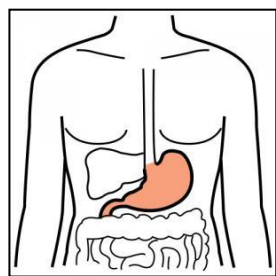
CORPO



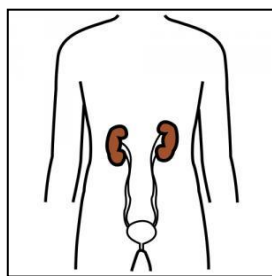
Muito



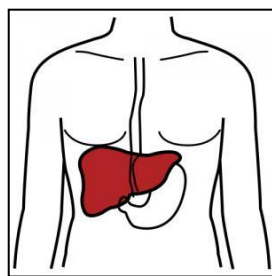
Pouco



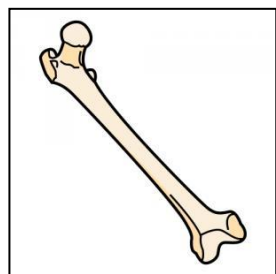
Estômago



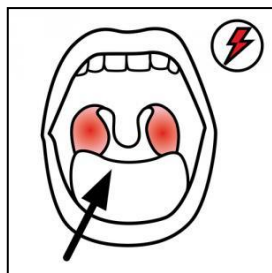
Rins



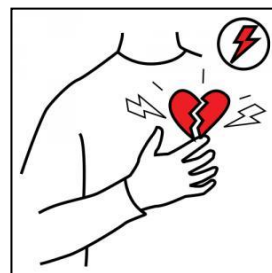
Fígado



Ossos

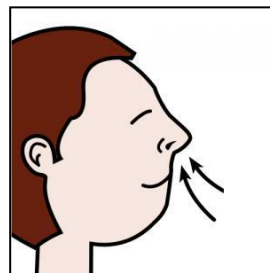


Garganta

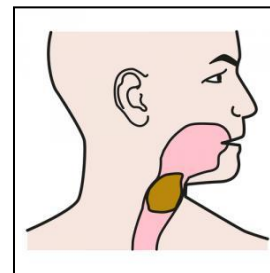


Pressão no peito

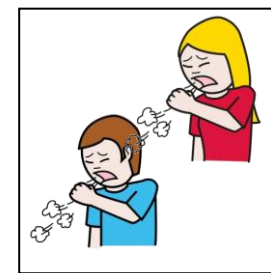
Me dói quando...



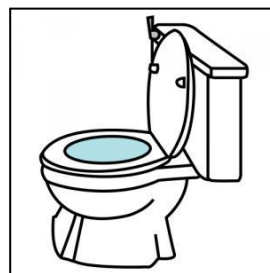
Respiro



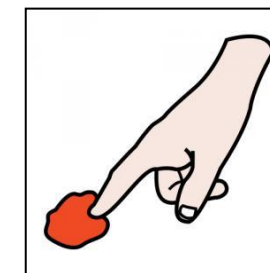
Engulo a comida



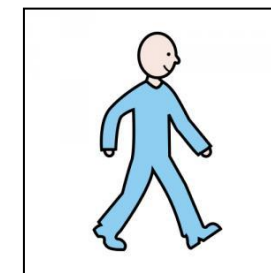
Tusso



Vou ao banheiro



Toco Aperto

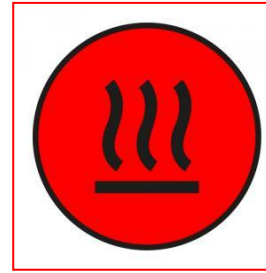


Ando Me movo

CAFÉ-DA-MANHÃ



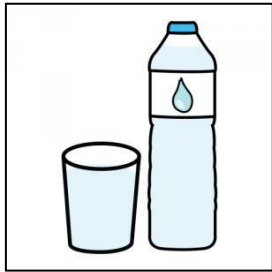
Frio



Quente



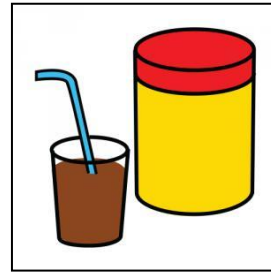
Morno



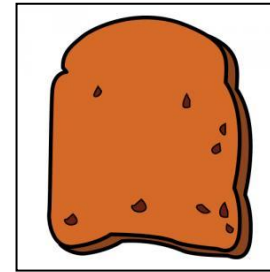
Água



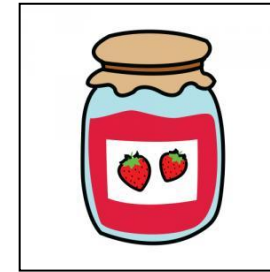
Café



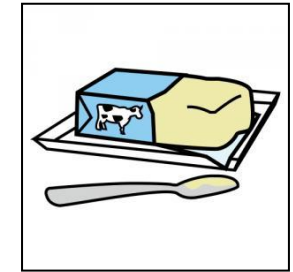
Achocolatado



Torrada



Geleia



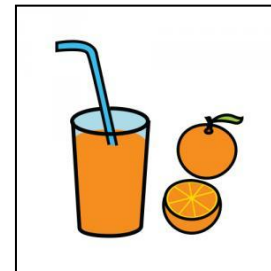
Manteiga



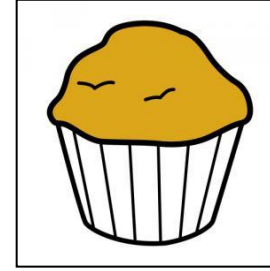
Leite



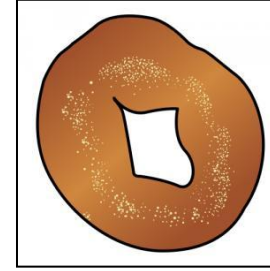
Café descafeinado



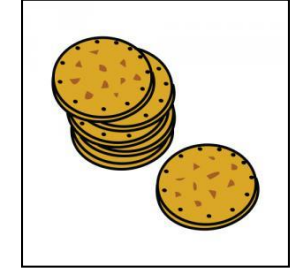
Suco



Bolinho



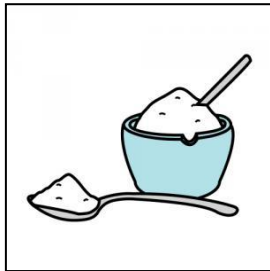
Rosquinha



Biscoito



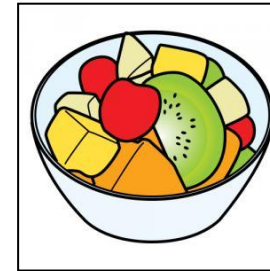
Chá



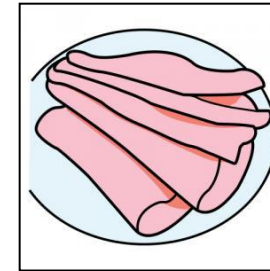
Açúcar



Adoçante



Fruta

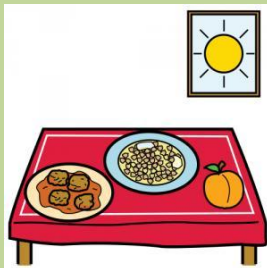


Frios



logurte

ALMOÇO/JANTAR



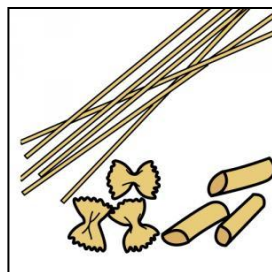
Frio



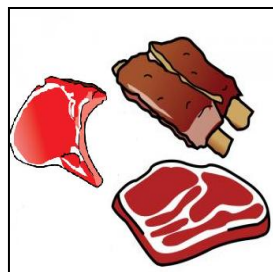
Quente



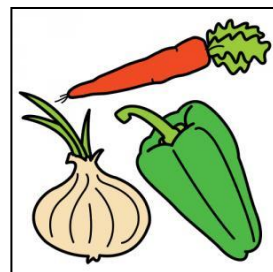
Morno



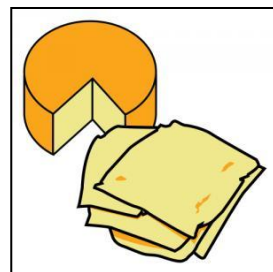
Macarrão



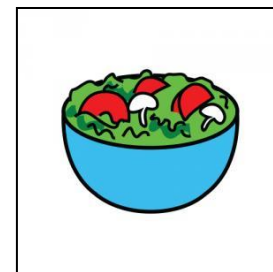
Carne



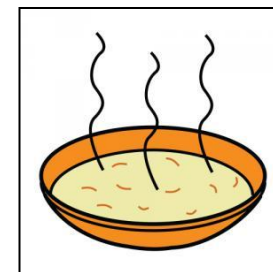
Hortaliça



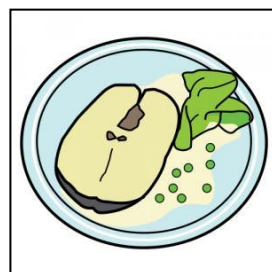
Queijo



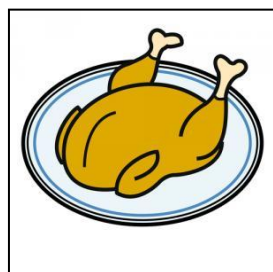
Salada



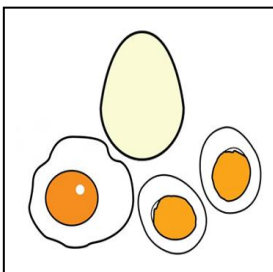
Sopa



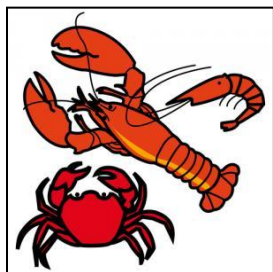
Pescado



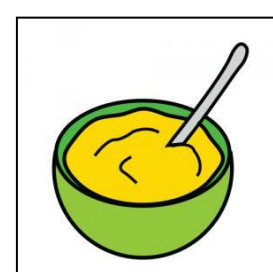
Frango



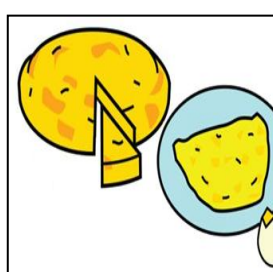
Ovo



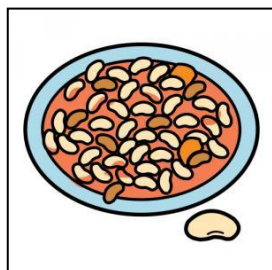
Frutos do mar



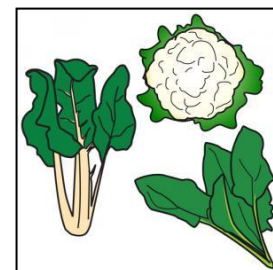
Purê



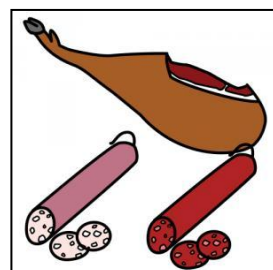
Tortilha



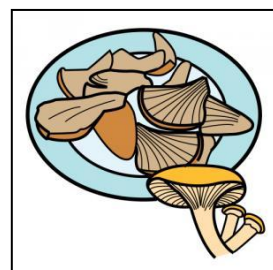
Legume



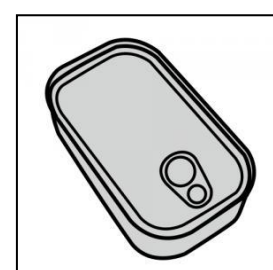
Verdura



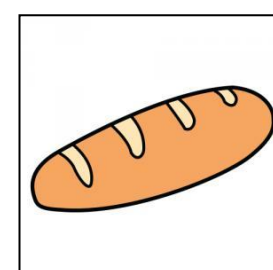
Embutido/
salsicha



Cogumelos



Conservas

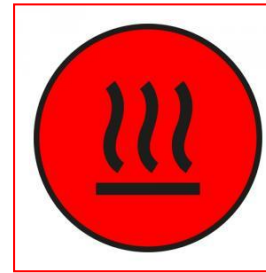


Pão

BEBIDA



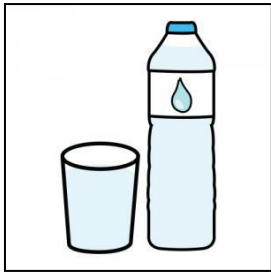
Frio



Quente



Morno



Água



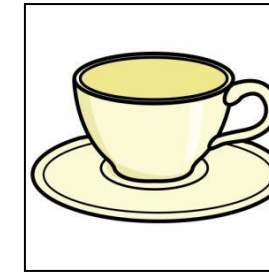
Café



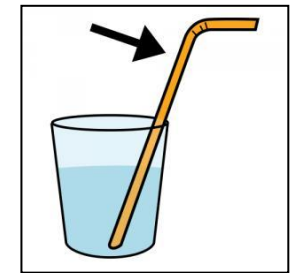
Chocolate



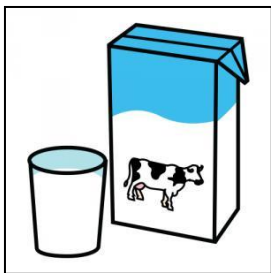
Vinho tinto



Xícara



Canudo



Leite



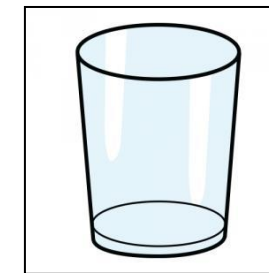
Café descafeinado



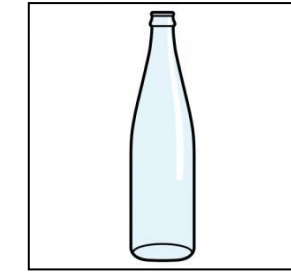
Achocolatado



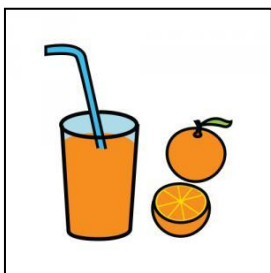
Vinho branco



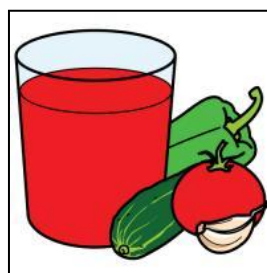
Copo



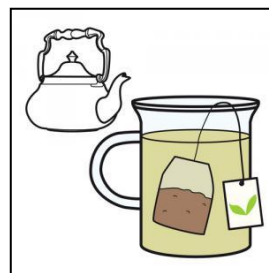
Garrafa



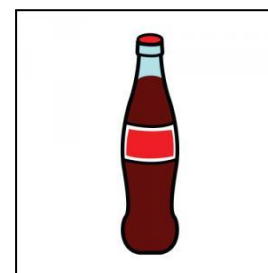
Suco



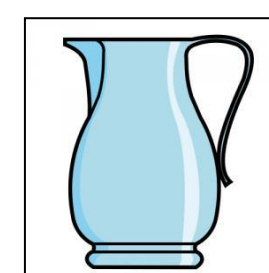
Caspacho
(sopa fria)



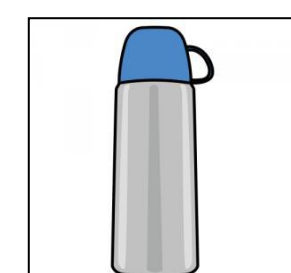
Chá, poejo, camomila



Refrigerante



Jarra



Garrafa térmica

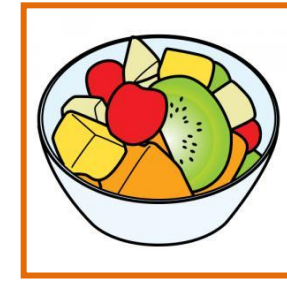
FRUTA



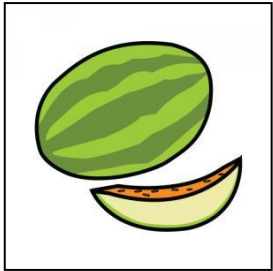
Descascar



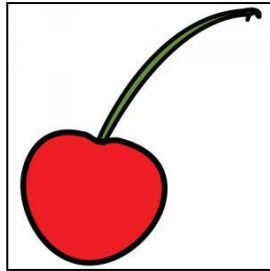
Cortar



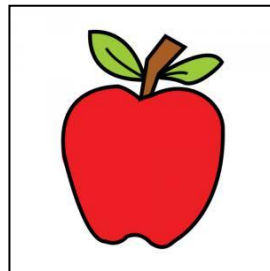
Salada de frutas



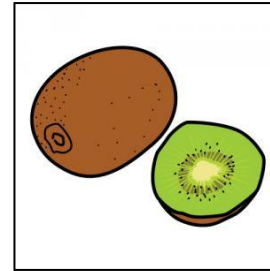
Melão



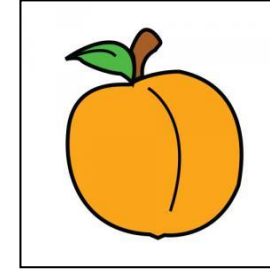
Cereja



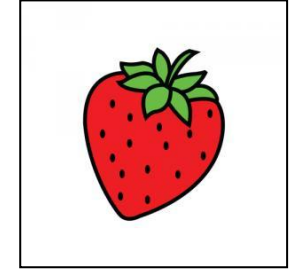
Maçã



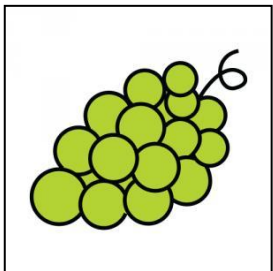
Kiwi



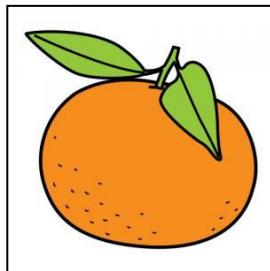
Pêssego



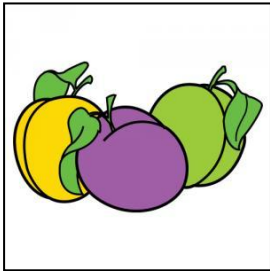
Morango



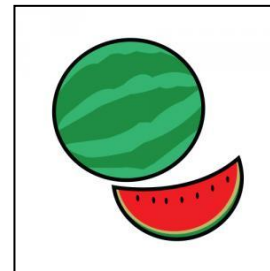
Uvas



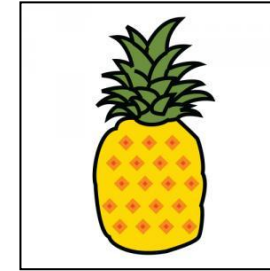
Tangerina



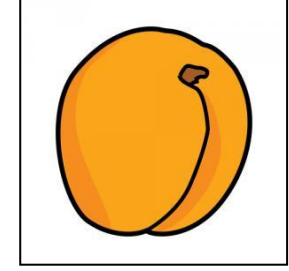
Ameixa



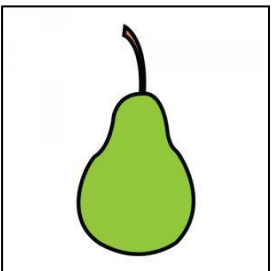
Melancia



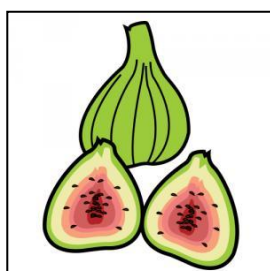
Abacaxi



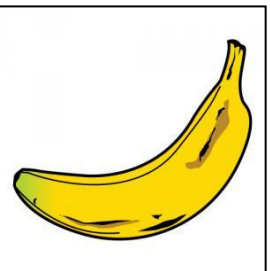
Damasco



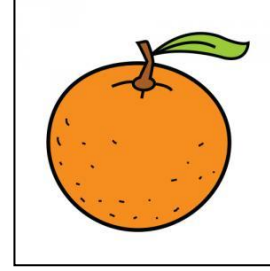
Pêra



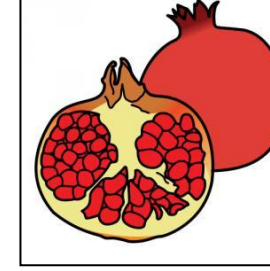
Figo



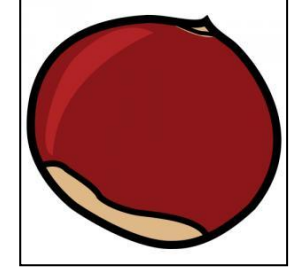
Banana



Laranja

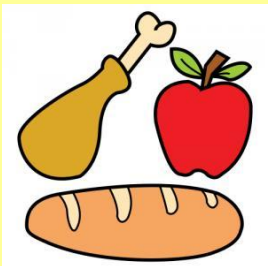


Romã



Castanha

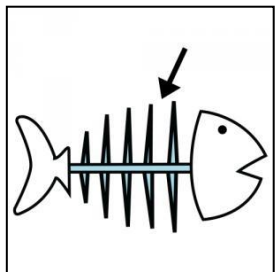
SOBRE A COMIDA



Tenho fome



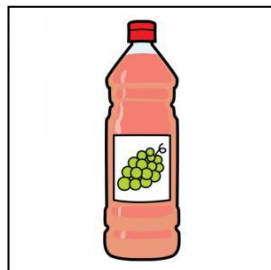
Tenho sede



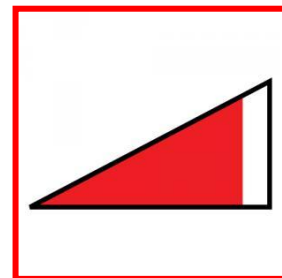
Espinha



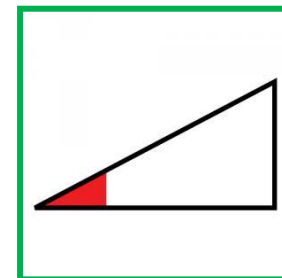
Azeite/ Óleo



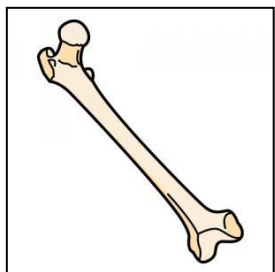
Vinagre



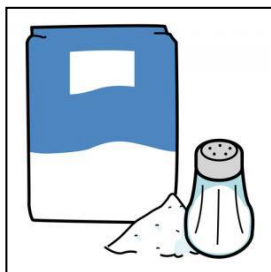
Muito,
Mais



Muito pouco,
Menos



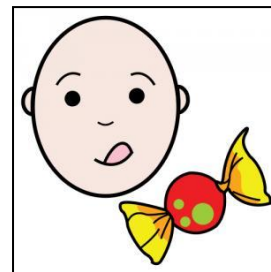
Osso



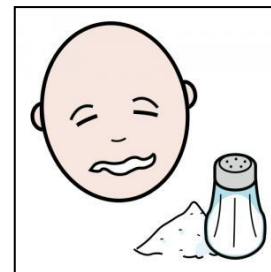
Sal



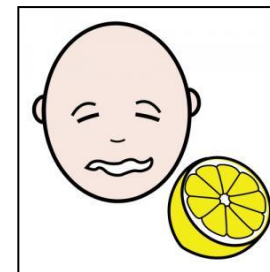
Maionese



Doce

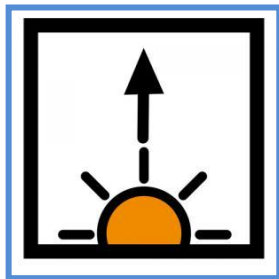
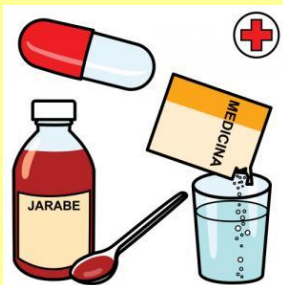


Salgado

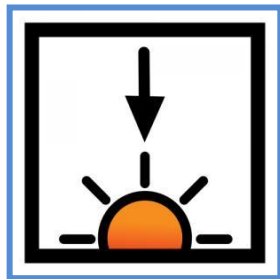


Ácido

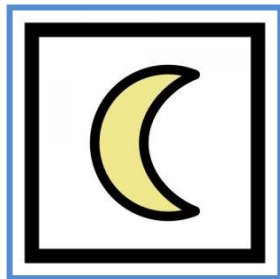
SAÚDE



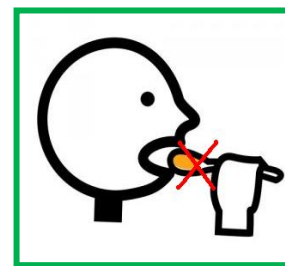
Pela manhã



À tarde



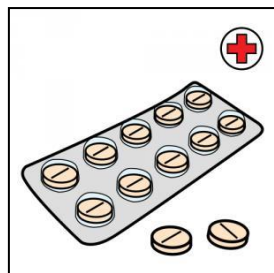
À noite



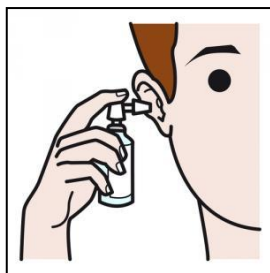
Em jejum



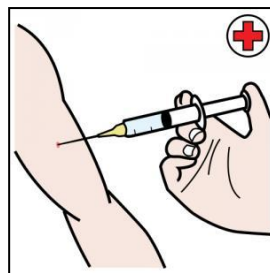
Xarope



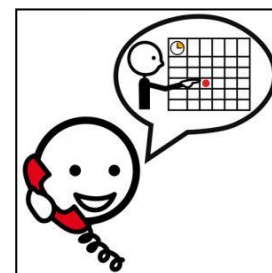
Comprimido



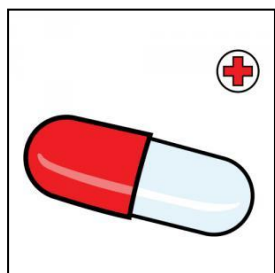
Limpar o ouvido



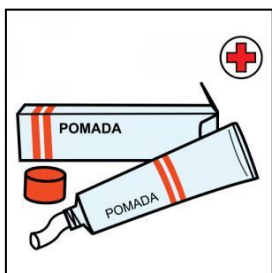
Injeção



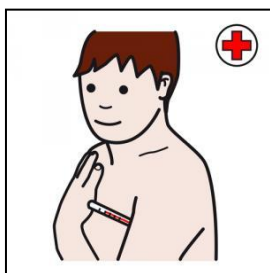
Marcar consulta



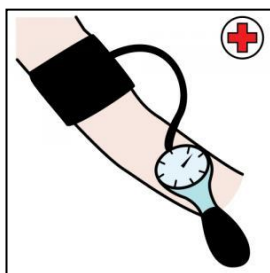
Cápsula



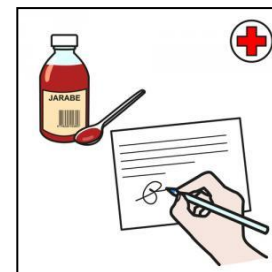
Pomada



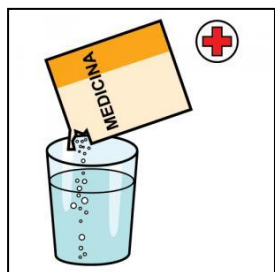
Pôr o termômetro



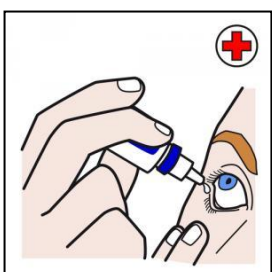
Pressão



Receita



Envelope



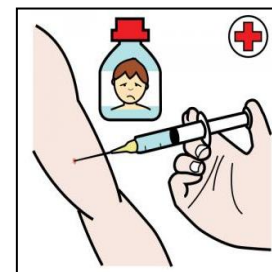
Gotas



Insulina



Medir a glicose



Vacinar-se contra a gripe

1

2

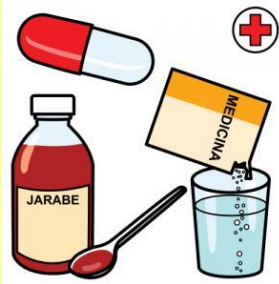
3

4

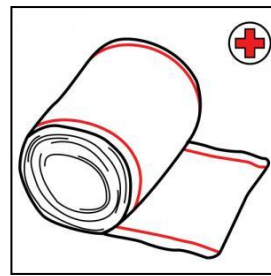
5

+

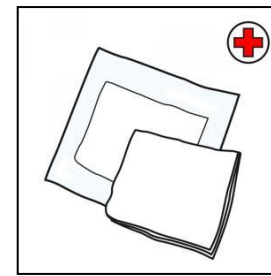
SAÚDE



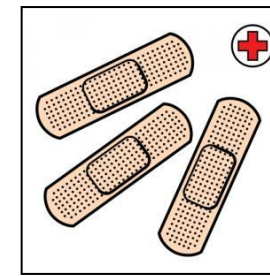
Desinfetante



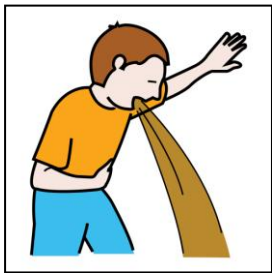
Bandagem



Gazes



Band-aid



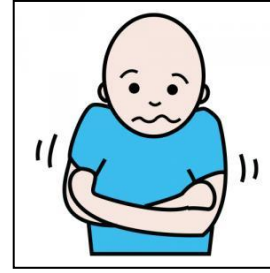
Vomitar



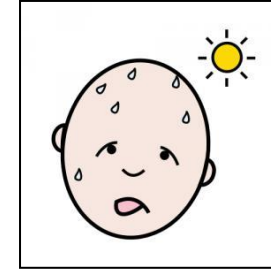
Diarreia



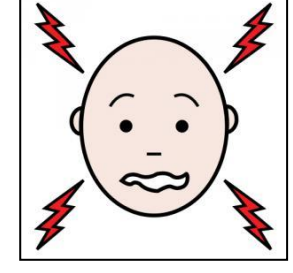
Prisão de ventre



Tremedeira



Sudorese



Dor



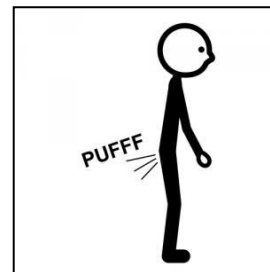
Febre



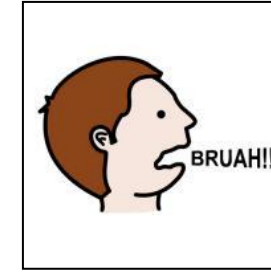
Tosse



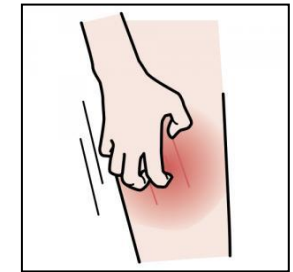
Espirros



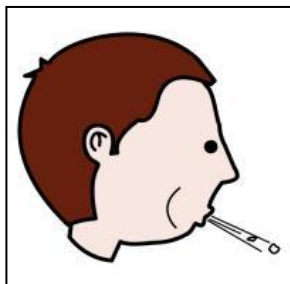
Gases



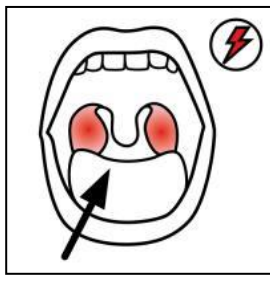
Gases/ Arroto



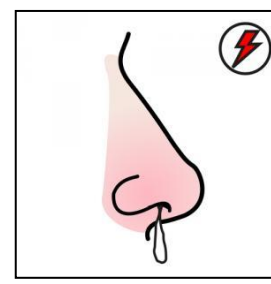
Cocera



Fleuma /Secreção



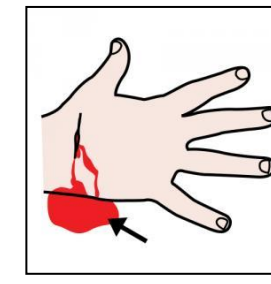
Inflamações



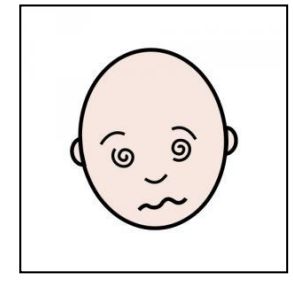
Muco



Soluço

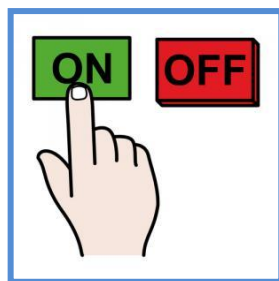
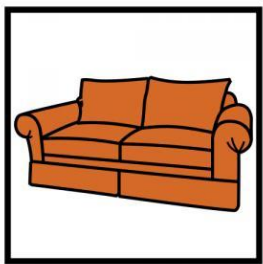


Sangue

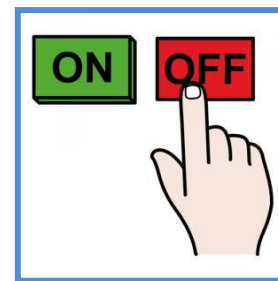


Enjoo

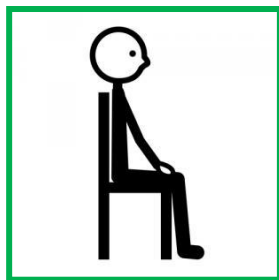
SALA DE JANTAR



Acender



Apagar



Sentar-me



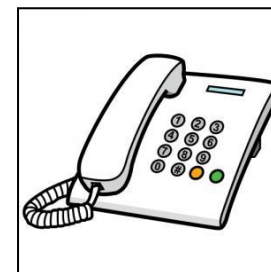
Levantar-me



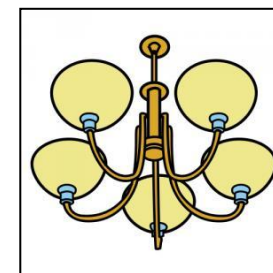
Televisão



Rádio



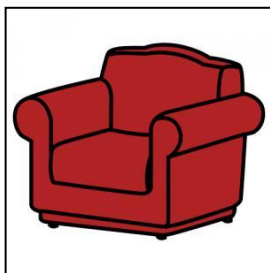
Telefone



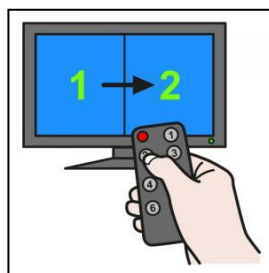
Lustre



Sofá

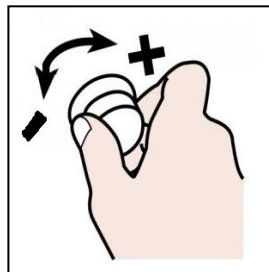
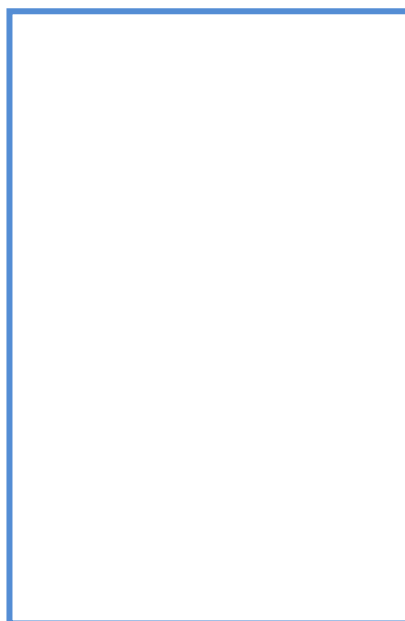


Poltrona

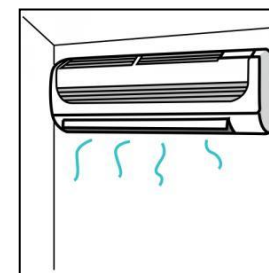


Mudar de canal

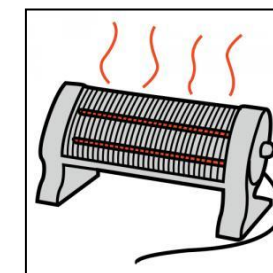
Meus canais/emissoras favoritos são



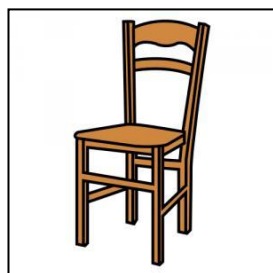
Aumentar/Abaixar o volume



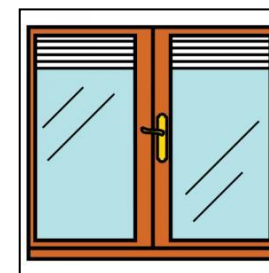
Ar condicionado



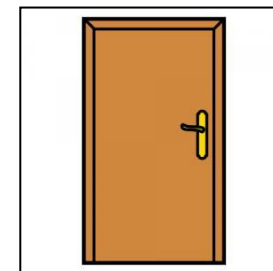
Calefação



Cadeira

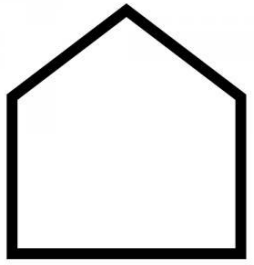


Janela



Porta

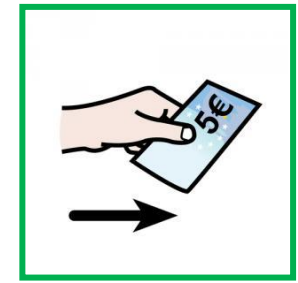
LUGARES



Comprar



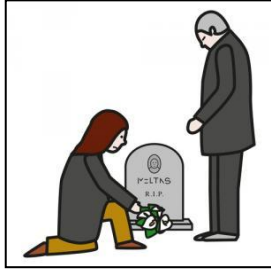
Dinheiro



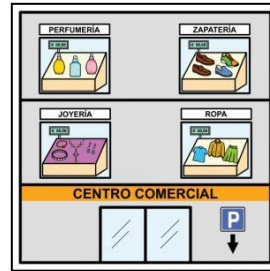
Pagar



Igreja



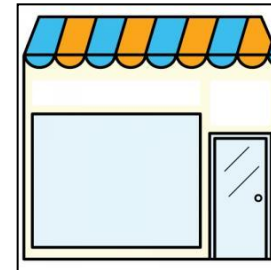
Cemitério



Centro comercial



Supermercado,
Feira



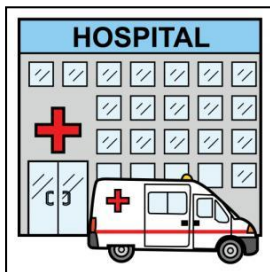
Loja



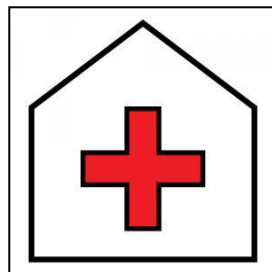
Salão de beleza



Banco



Hospital



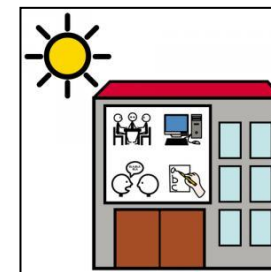
Centro de saúde



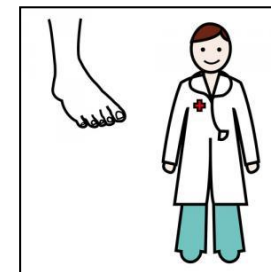
Farmácia



Reabilitação



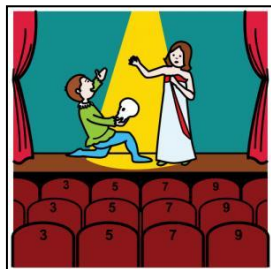
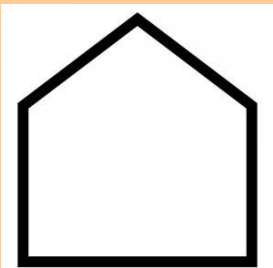
Centro-dia



Podólogo

LUGARES DE TEMPO

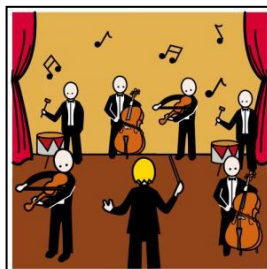
LIVRE



Teatro



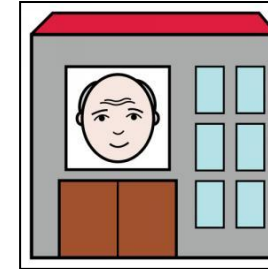
Cinema



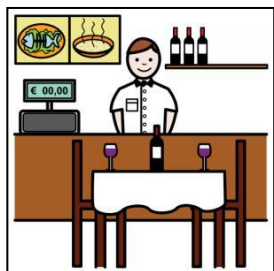
Concerto



Casa da Cultura



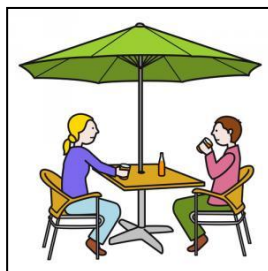
Centro de idosos



Restaurante



Bar
Cafeteria



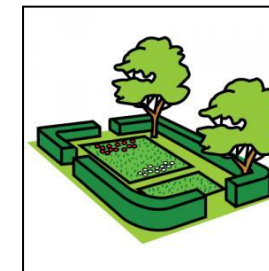
Terraço



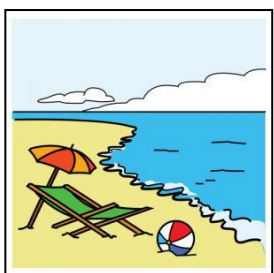
Visita a amigos,
familiares



Excursão



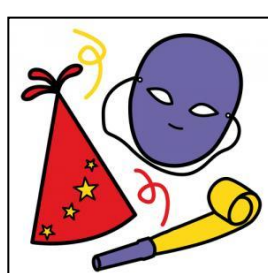
Parque,
jardim



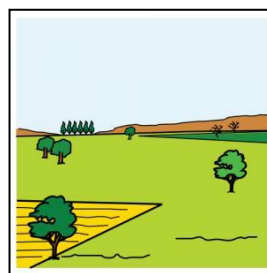
Praia



Festa regional



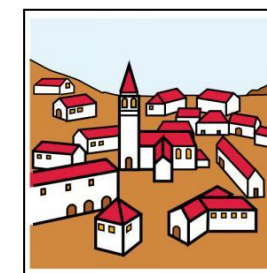
Festa



Campo

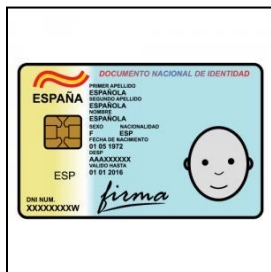
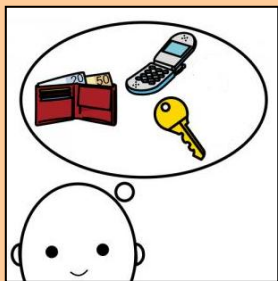


Cidade



Povoado

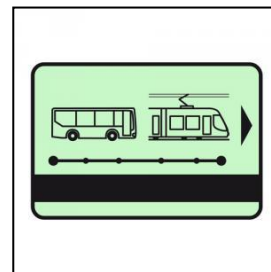
OBJETOS



Documento Nacional de
Identidade



Cartão de crédito



Cartão de transporte

Colocar foto do
modelo de Cartão
da Comunidade
Autônoma de
residencia

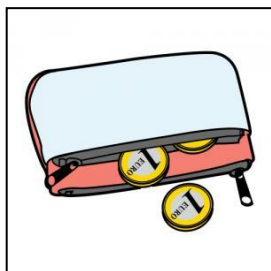
Cartão



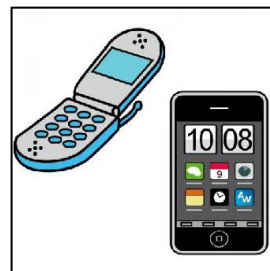
Bolsa



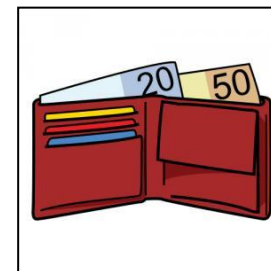
Chaves



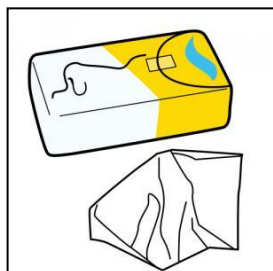
Porta-moedas



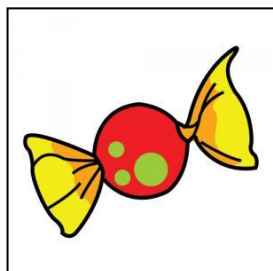
Celular



Carteira



Lenços de papel



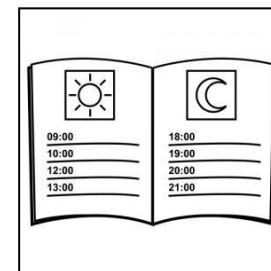
Bala



Sacola para
a compra



Música

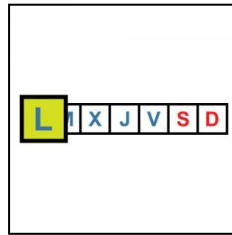


Agenda

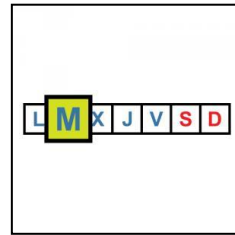
TEMPO



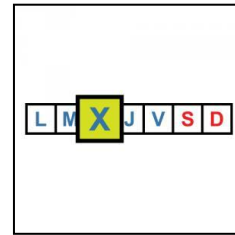
Dias da semana



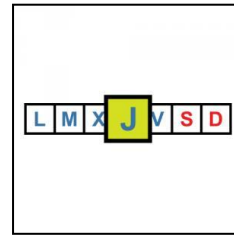
Segunda



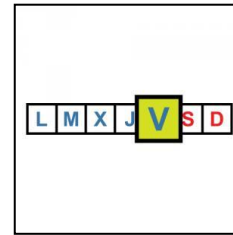
Terça



Quarta

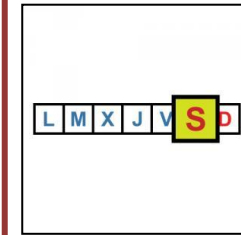


Quinta

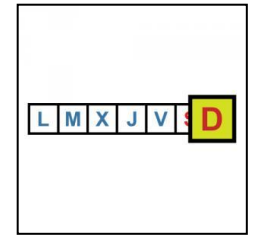


Sexta

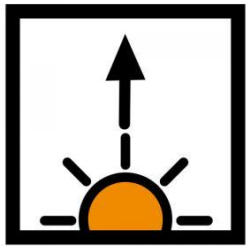
Fim de semana



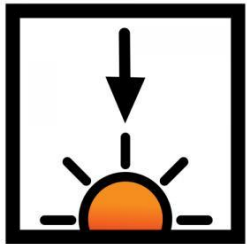
Sábado



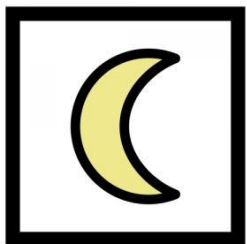
Domingo



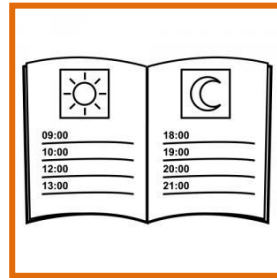
Pela manhã



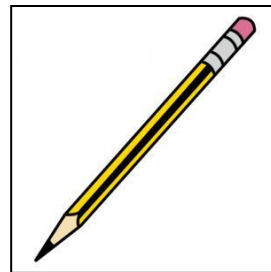
À tarde



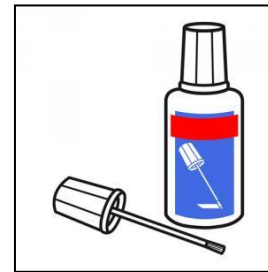
À noite



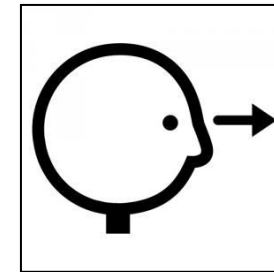
MINHA AGENDA DE COMPROMISSOS E ACONTECIMENTOS IMPORTANTES



Anotar na agenda



Apagar da agenda

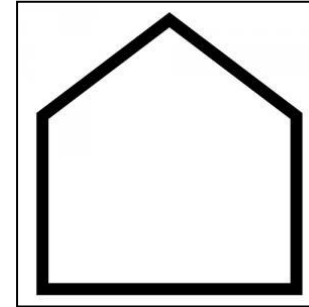


Olhar a agenda

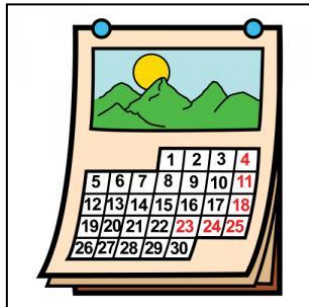
PERGUNTAS



Quem?



Onde?



Que mês?

Que dia?

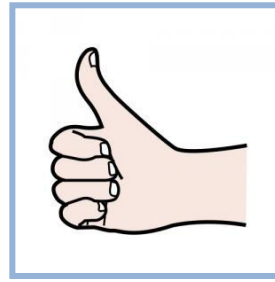
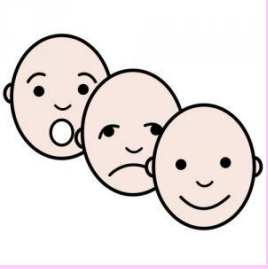


A que horas?

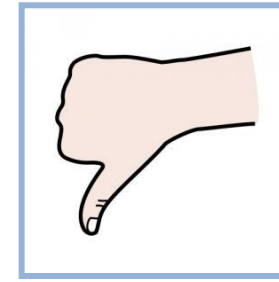


Por que?

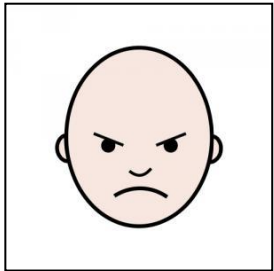
SENTIMENTOS



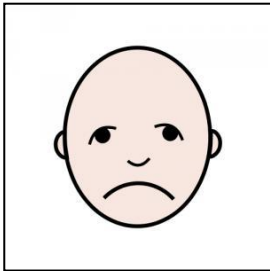
Bem



Mal



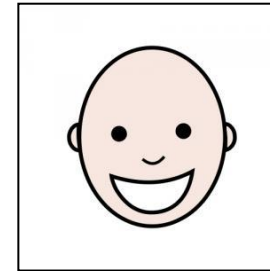
Aborrecimento



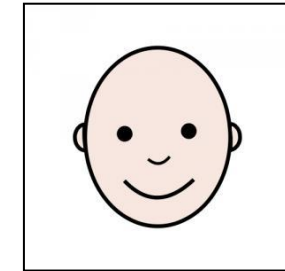
Tristeza



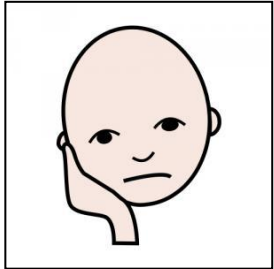
Preocupação



Diversão



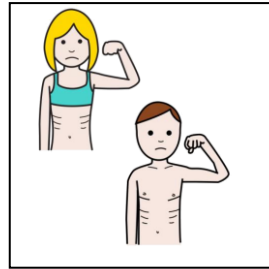
Alegria



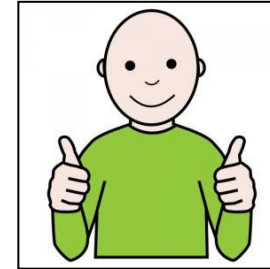
Tédio



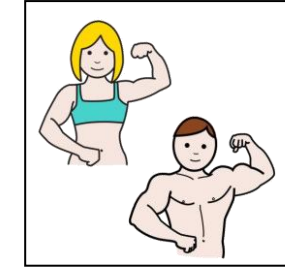
Medo



Fraqueza



Com ânimo



Forte

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Fim

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