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### Memorial office with a sources of phono-audiological approach: experience report

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#### ABSTRACT

Introduction: Aging is a physiological process that brings changes in several aspects, which reflects both physical changes and changes in the cognitive aspects related to attention, concentration and memory, being common the presence of deviations in communication skills due to the implications of senescence. The growth of the elderly population has been occurring in a significant way in several countries, a fact that should foment the development of strategies to promote greater autonomy, independence and social participation, providing the guarantee of an active and healthy aging. Objectives: To maximize the performance of mnemonic functions in the elderly with a focus on the speech-language approach aimed at promoting an adequate linguistic performance, aiming in a holistic way to favor a better quality of life for the elderly. Methods: This study describes activities developed in memory workshops for groups of elderly people belonging to the communities that receive the support of trainees in the public health service of the municipality of João Pessoa-PB. The methodology started from activities that included capacities of concentration, attention, memory and reasoning. The dynamics were: surprise box to stimulate the narration associated with the object name; colors in circles for logical sequence; game play music; sequence of motor and sensorial memory. Results: All the elderly actively participated in the proposals, showing interest during the dynamics and good interaction with the group, highlighting their individual differences that come from factors such as health condition, life history and socioeconomic and cultural structures. Conclusion: It is noteworthy the importance of strategies aimed at such population, as they favor a better performance in the daily, in the individual and social activities, allowing the active and healthy result of the physiological process of aging. It is worth highlighting the relevance of the speech-language pathology in this phase, since it provides the conformity of the linguistic abilities, favoring an efficient and satisfactory communication.

**Keywords:** Speech-Language Pathology; Aging; Experience; Memory.

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