

Editorial**Leisure activities and the elderly person**

On December 14, 1990, the United Nations General Assembly established the date of October 1 as the International Day of the elderly. This commemorative date marks awareness about different factors associated with the elderly population and the perspective of longevity.

Demographic transition and population ageing are important structural phenomena that have marked the Brazilian economy and society since the second half of the last century. This new perspective raises a concern of researchers and health professionals in relation to the conditions necessary to promote functionality, quality of life and ability to adapt to physical, psychological and social changes related to Longevity. Thus, with the increasing number of people reaching longer ages, there is a greater interest in deepening knowledge about factors related to healthy ageing.

What factors facilitate aging and are potential promoters of physical and cognitive performance over the years? What aspects favored healthy ageing? The search for answers to these questions and evidence that can improve the aging conditions are configured in a perspective of investigations aimed at promoting an active ageing.

In this context, the involvement in leisure activities stands out as an important factor for the maintenance of functional capacity and quality of life among the elderly. In general, leisure refers to the state of being happy and content after participation in specific activities performed in free time. The involvement in leisure activities and social participation in groups have positive consequences on the individual and the community, create networks, stimulate trust, influence the formation of values, support norms and culture and promote relationships and bonds Social.

Thus, it is necessary to provide opportunities for elderly people to perform more leisure activities or to stimulate their continued involvement in such activities. The protective action of involvement in leisure activities and social support resulting from the relationship with friends and family shows the importance of social and affective relationships for active ageing. Moreover, socializing with other people during interpersonal and leisure relationship activities provides fundamental relationships of cooperation and interactivity.

Currently, few studies specifically identify leisure activities in which elderly Brazilians are involved. It emerges the need for investigations that describe leisure activities as an accessible resource and with potential to contribute to the maintenance of functional capacity and quality of life among the elderly.

It is imperative to create a public agenda that articulates and integrates social and health services that support the elderly and their families, involving institutions of the third sector and presenting modalities and possibilities of involvement in leisure activities and recreation.

The scientific community should seek evidence that explores the potential of engaging in leisure activities to plan actions and programs to prevent disabilities and promote health and quality of life in the elderly population.

Good Reading!

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