

Increased longevity, an increasingly common reality in the most diverse societies, is related to issues of health, quality of life and well-being of the elderly population. For the World Health Organization (The WHOQOL group, 1998), the concept of quality of life is defined as the perception that the individual holds about his or her position in life, within the context of the individual's respective culture and value systems, and also as related to his or her own goals, expectations, standards and concerns.

Though the condition of the elderly does not represent a risk, it is a fact that an older individual will necessarily suffer from losses, since aging will either take place by natural processes (senescence) or pathological (senility) (Schaie & Willis, 2002). In the case of senescence, discrete changes in cognitive functions occur that do not significantly interfere in initiative and autonomy in daily life. However, in the case of senility, changes are intensified in both the cognitive sphere as well as in the affective-emotional dynamics, with important repercussions on social adaptation (Avila & Bottino, 2006; Shermon et al., 2015; Wang & Blazer, 2015).

In the literature related to the areas of Psychology, Neuropsychology and Psychiatry, there is a predominance of publications on cognitive aspects (attention, memory and executive functions), rehabilitation, violence, dementia, organic disorders, depressive disorder and quality of life. However, little is said about aging and civil capacity.

Political issues, in addition to cost considerations regarding social security and health care systems, demand that societies find means of social organization to improve the aging process. It should be emphasized that the psychological universe of the elderly goes beyond the biological spectrum (natural or pathological) to include individual capabilities (such as information processing, memory, cognitive performance, among others), as well as the in

activities to stimulate cognitive functions have become the norm and have

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