

## GRUPOS DE AJUDA MÚTUA COM CUIDADORES INFORMAIS DE PESSOAS COM DEMÊNCIA: EMPOWERMENT DO CUIDADO\*

Mutual help groups with informal caregivers of people with dementia: empowerment in the care

Grupos de ajuda mútua com cuidadores informais de pessoas com demência: empoderamento del cuidado

### Resumo

A demência representa atualmente um grande problema de saúde e social na esfera mundial, ao qual Portugal não está alheio. Cuidar de uma pessoa com demência é uma tarefa muito exigente em que o cuidador, ao assumir este papel, deixa de desempenhar as suas atividades cotidianas, enfrentando muitos desafios. O grupo de ajuda mútua (GAM) é um modelo de cuidado fundamentado na partilha e ajuda mútua dentro de um contexto social, emocional e de educação. Desenhamos um estudo qualitativo, descritivo e exploratório, com o objetivo de explorar e descrever as experiências dos cuidadores informais após seis meses de participação no GAM. Para análise de conteúdo, recorremos ao software *Web Qualitative Data Analysis* (WebQDA) para a contagem de referências e categorização dos temas. Este estudo foi desenvolvido na zona Norte de Portugal, e integra parte do Projeto CuiDem- Cuidados para a Demência. Participaram nove cuidadores informais de pessoas com demência e três profissionais de saúde de GAM. Após codificação e contagem de referências, foram integradas quatro categorias para análise: i) enfrentamento e a visão prospectiva do futuro; ii) construção de uma rede de apoio; iii) o resgate do quotidiano e a importância da gestão do tempo; e iv) promoção da competência de cuidado. Nossos resultados, confluem com os existentes na literatura e reforçam que os GAM para cuidadores informais de pessoas com demência aprimoram as competências pessoal e instrumental, incluindo o reconhecimento da importância do autocuidado e gestão do tempo, além de fomentar o *empowerment* no quotidiano do cuidado.

**Palavras-chave:** Cuidadores; Demência; Empoderamento; Grupos de Apoio.

### Abstract

Dementia currently represents a major health and social problem worldwide, to which Portugal is not unaware. Caring for a person with dementia is a very demanding task for the caregiver, to take on this role, it ceases to perform its daily activities, facing many challenges. The Mutual Help Group (MHG) is a care model based on sharing and helping each other within a social, emotional and educational context. We designed a qualitative, descriptive and exploratory study to explore and describe the experiences of informal caregivers after six months of participation in GAM. For content analysis, we used the *Web Qualitative Data Analysis software* (WebQDA) for reference counting and categorization of themes. This study was developed in the northern area of Portugal and is part of the Projeto CuiDem- Cuidados para a Demência. Nine informal caregivers of people with dementia and three GAM health professionals (facilitators) participated in the study. After coding and reference counting, four categories were integrated for analysis: i) coping and the prospective view of future ii) construction of a support network; iii) the rescue of daily life and the importance of time management; and iv) promotion of care competence. Our findings converge with those in the literature and reinforce that mutual help groups for informal carers of people with dementia enhance personal and instrumental skills, including recognizing the importance of self-care and time management, and fostering empowerment in daily life.

**Key words:** Caregivers; Dementia; Empowerment; Support Groups.

### Resumen

La demencia es actualmente un importante problema social y de salud en todo el mundo, del que Portugal no es ajeno. El cuidado de una persona con demencia es una tarea muy exigente para el cuidador, al asumir este rol, deja de realizar sus actividades diarias, frente a muchos desafíos. El Grupo de Ayuda Mutua (GAM) es un modelo de atención basado en compartir y ayudarse mutuamente dentro de un contexto social, emocional y educativo. Dibujamos un estudio cualitativo, descriptivo y exploratorio para explorar y describir las experiencias de los cuidadores informales después de seis meses de participación en GAM. Para el análisis de contenido, utilizamos el *software Web Qualitative Data Analysis* (WebQDA) para el recuento de referencia y la categorización de los temas. Este estudio se desarrolló en la zona norte de Portugal y forma parte del Proyecto CuiDem- Cuidados para a Demência. Participaron nueve cuidadores informales de personas con demencia y tres profesionales de salud de GAM (facilitadores). Después de la codificación y el recuento de referencias, se integraron cuatro categorías para el análisis: i) afrontamiento y la visión prospectiva futuras; ii) construcción de una red de apoyo; iii) el rescate de la vida cotidiana y la importancia de la gestión del tiempo; y iv) promoción de la competencia asistencial. Nuestros hallazgos están en línea con los de la literatura y refuerzan que los grupos de ayuda mutua para cuidadores informales de personas con demencia mejoran las habilidades personales e instrumentales, incluido el reconocimiento de la importancia del autocuidado y la gestión del tiempo, así como el fomento del empoderamiento en la vida diaria.

**Palabras clave:** Cuidadores; Demencia; Cuidadores; Empoderamiento; Grupos de apoyo.

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6D~GH

'H IRUPD D REWHU XPD YLVmR PDLV DPSOD GH WRGDV DV H[SHULr  
D SDUWLFLSDomR GRV FXLGDGRUHV QRV \*\$0 FRP UHFUXVR DR :HE4'\$  
GDGRV GDV IRQWHV FyGLJR iUYRUH 'HVWD IRUPD IRL SRVvtYHO HV  
SDODYUDV H IRUPDomR GDGRV GLVSRQLELOLJDGR QDV IRQWHV H DLQGD  
LQIRUPDomR FRP IOH[LELOLGDGH SDUD FRGLILFDU RV GDGRV GH IRUP  
FRP DV TXHVW}HV GH LQYHVWLJDomR SDUD VH SURFHGHU j FRQWDJHP  
IUHTXrQFLD GD RFRUUrQFLD GRV GDGRV EHP FRPR D FRQWDJHP GDV  
7DEHOD

7DEHOD&RQWDJHP GH UHIHUrQFLDV GRV GDGRV H IRQWHV

---

&yGLJR ÈUYRUH 5HIHUrQF )RQWHV  
(VSDoR GH SDUWLQKD  
\*HVWmR GR WHPSR  
2UJDQL]DomR GD URWLQD  
&RQVFLrQFLD GD GRHQoD  
([SHULrQFLD SRVLWLYD  
(VSDoR GH DSUHQGL]DJHP  
3DUWLFLSDomR GRV  
\*UXSRV GH \$QFLDQWU DV GLILFXOGDGHV  
0~WXD 5HVLVWrQFLD DR FXLGDGR  
6REUHFDUJD VHQLGD  
\$SRLR HPRFLRQDO  
6XSRUWH VRFLDO  
(VWLJPD  
([SUHVVmR GH  
VHQLPHQWRV

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\$ IDOD GH FDGD XP GHYH VHU YDORULJDGD VXD QDUUDWLYD SUH  
SHQVDPHQWR GRV RXWURV SRLV p WDPEpP UHYHODGRUD GR JUXSR H  
VHX WHPSR KLVWyULFR RQGH VXD VLQJXODULGDG HPRWD HDQWUDQKDG  
H[SHULrQFLDV SRVDP SDUHFHU ~QDVUHSRVLQGLDGHV GH WDLV H[S

QmR VXUJHP VRPHQWH GDV PHQWHV LQGLYLGXDLV (P DOJXPD PHGLG  
SURFHVVVRV VRFLDLV \$VVLP WHQGR FRPR EDVH RV FyGLJRV iUYRUHV  
LGHQWLILFDP RV TXDWUR FDWHJRULDV TXH IRUDP LQWHJUDGDV QD DQ  
L 2 HQIUHQWDPHQWR H D YLVmR SURVSHFWLYD GR IXWXUR UHGH GH D  
LL2 UHVJDWH GR TXRWLGLDQR H D LPSRUWkQFLD SRJmR GR GR WHP  
FRPSHWrQFLD QR FXLGDGR

7DEHOD&DWHJRULDV LQWHJUDGDV QD DQiOLVH GH FRQWH-GR

&DWHJRULDV	&yGLJRV iUYRUH
2 HQIUHQWDPHQWR H D YLVmR SURVSHFWLYD GR IXWXUR	(VSDoR GH DSUHQGL]DJHP (VWLJPD VSHFWLYD GR IXWXUR (QIUHQWDU DV GLILFXOGDGHV &RQVFLrQFLD GD GRHQoD
&RQVWUXomR GH XPD UHGH GH DS	([SUHVVmR GH VHQWLPHQWRV \$SRLR HPRFLRQDO RLR 6XSRUWH VRFLDO (VSDoR GH SDUWLQKD
2 UHVJDWH GR TXRWLGLDQR H D LPSRUWkQFLD SRJmR GR GR WHP	HJVWmR GR WHPSR 2UJDQL]DomR GD URWLQD
3URPRomR GD FRPSHWrQFLD QR FXLGDGR	([SHULrQFLD SRVLWLYD 5HVLQVrQFLD DR FXLGDGR 6REUHFDUJD VHQWLGD

2 HQIUHQWDPHQWR H D YLVmR SURVSHFWLYD GR IXWXUR

2 FXLGDGRU DVVXPH R FRPSURPLVVR RQGH WUDQVFHQGH D WURF  
FXLGDV VHP HVSHUDU UHWULEXLoM 2V SDUWLFLSDQWHV GH XP \*\$0  
FRPSDUWLQKDU VXDV H[SHULrQFLDV SHVVRDLV VREUH R FXLGDV H DW  
FRP DV VLWXDo}HV H HQIUHQWDP PHOKRU D VXD FRQGLoM GH FXLGD  
GDV LQWHUHQo}HV HP XP \*\$0 TXDVH WRGRV RV &, PHQFLRQDUDP D  
SDUWLFLSDomR DVVRFLDGD jV DSUHQGL]DJHQV SDUD OLGDU FRP D GR

3\$FKHL LQWHUHVVDQWH SDUWLFLSDU GR JUXSR SI  
DEVRYHU DV H[SHULrQFLDV GRV RXWURV PDV WD  
WUDQVPLWLU DV PLQKDV« FRQVHJXL DGTXLULU PD  
FRQKHFLPHQWR H LQIRUPDo}HV GD(TXLOR TXH Mi W



2V JDQKRV REWLGRV SHORV FXLGDGRUHV XOWUDSDVVDUDP RV HV  
SHOD IDOWD GH LQIRUPDomR GD GRHQoD FRPR UHODWD XPD & ,

<sup>3</sup>&RQKHFLD DOJXPDV SHVVRDV TXH SDUWLFLSDYDP  
PDV DSHVDU GD JHQWH VH FRQKHFHU QmR IDOiYD  
SHVVRDV TXH FXLGDPRV 1mR IDODPRV SRU YHUJR  
VDEHPRV VH IDODPRV RX QmR GDV VLWXDo}HV FRI  
MXOJDG(DV´

2 FRQKHFLPHQWR VREUHM XGRXHQ HD PUHQWDU OR GLD IXOGDGHV  
GL'D ( GH IRUPD RWLPLJDGD DSHUIHLORRX DOJXPDV HVWUDWpJLDV G  
FRPSRUWDPHQWDDV GHDQ3F' TXH QmR YDOH DOBHQD GHQSDWIRX QRV  
FXLGDGRUHLW HGHUJLD SDUD WHU PDLV FRUQJHP SDUD HQUIHQWDU´

\$R PHVPR WHPSR R WLSR GH HVWUDWpJLDV GH HQUIHQWDPHQWR  
SDUHFH LQIOXHQFLDU XPD YLVmR PDLV FRPSOH[D GR FXLGDU

<sup>3</sup>+i FRLVDV TXH DTXL VH IDOD TXH PDUFDP PXLWR  
GH YLGD HGRWXGDVDEHU YLYHU´ (

\$ FRPSOH[LGDGH GH FXLGDU GH XPD 3F' HQYROYH PXLWRV IDWRU  
FXPSULPHQWR GR SDSHO GH FXLGDGRU H[LJLQGR XP HVIRUoR SRU YH  
HFRQ{PLFR TXH LPSOLFD QD PRWLYDomR H SDUWLFLSDomR GDV UHXQ  
GLQDPLJDGRUD -S/UHRRFXSDPDQXWHQomR GR JUXSR

<sup>3</sup>2 JUXSR WHP DOWRV H EDL[RV PDQWHU R JUXSR  
QRVVD SDUWH e SUHFLVR XP FRQVBRWBSWYLR H  
JUXSR 2V FXLGDGRUHV VHQWHP HVVD QHFHVVLGD  
QmR p SULRULGDGH GD YLGD GHQHV SRLV D VXD S  
SHVVRD FRP GHPrQFLD H HP SULPHLUR OXJDU TXH  
UHVSrvwDV D HVVDV Q(HFHVVLGDGHV´

\$V FUHQoDV D Ip H D HVSLULWXDOLGDGH VmR SHUFHELGDV FRPR  
GH HQUIHQWDPHQWR GD UHVSrqvDELOLGDGH H VREUHFDUJD GR FXLG

<sup>3</sup>2 PDLRU EHQHItFLR p GRV PDQGDPHQWRV DPDU D  
FRPR D WL PHVPR« jV YH]HV HVWRX QR IXQGR GR S  
GHSRLV VXER XP GHJUDX´

2 HQUIHQWDPHQWR SURFHVVdGR DWUDYpV GR JUXSR <sup>3</sup>WURX[H HVS  
D OLGDUHP FRP D GRHQoD H HVWUDUHP PDLV SUHSDUDGRV SDUD R IXW  
SDUD TXH RV HYHQWRV VHMDP LQWHUSUHWDGRV GH IRUPD PDLV SRVL  
PDLV HILFD]

&RQVWUXomR GH XPD UHGH GH DSRLR

2 \*\$0 WHP XP YDORU VLJQLILFDWLYR SDUD RV &, TXH IRL HYLGHQ  
DWUDYpV GR GHVHQYROYLPHQWR GR UHVSHLWR P~WXR UHIOH[mR FU  
PHPEURV 2 JUXSR RIHUFHX DRV FXLGDGRUHV XP ROKDU SDUD TXH  
VR]LQKRV H-VHQWDPHQWGLBRVWD JHQWH TXH QmR FRPSUHHQGH R FXLG  
\$MXGRX D FRPEDWHU R LVRODPHQWR VRFLDO LQHUPHQWHLX B[SHULrQF  
VROLGmR SRUTXH ID]HPRV DPLJRV' (

1XPD IDVH LQLFLDO RV FXLGDGRUHV DFKDYDP TXH D VXD SDUWLF  
DEVROYHU R FRQKHFLPHQWR GRV SURILVVLRQDLV H FRORFDU HP SUI

32V FXLGDGRUHV DFKDYDP TXH YLQKDP DR \*\$0 H[S  
QHFHVVLGDGHV H TXH QyV FRPR SURILVVLRQDO G  
VROXomR 4XDQGR IDODYDP DV GLILFXOGDGHV Qm  
JUXSR - PHGLGD TXH IRL DYDQoDQGR FRPHoDUDP  
XQV FRP RV RXWURV H HVWDPRV'QR SDSHO GH DM

(VVH VHQWLPHQWR GH SHUWHQoD DR JUXSR SHUPLWLX DRV FXLGD  
SDSHO GR RXWUR H TXH DV VXDV TXHVW}HV SUREOHPDV H QHFHVVL  
LQGLYLGXDO

3\$TXL QDV UHXQL}HV HVWDPRV WRGRV D IDODU GR  
WHPRV DV PHVPDV VLWXDo}HV XPDV GLIHUHQWHV  
IDODPRV GR PHVPR' (

4XDVH WRGRV RV FXLGDGRUHV UHYHODUDP TXH RV \*\$0 GLPLQXtUD  
PDLRU FRHVmR GR JUXSR TXH IRUDP H[WHULRUL]DGDV HP RXWUDV UH  
XPD FXLGDGRUD HP TXH XWLOL]D DV UHGHV VRFLDLV FRP RXWURV PH

3\$V UHXQL}HV WURX[HUDP HVSHUDQoD HX VDLR GH  
PXLWR R PHX FRQWDWR VRFLDO 'LPLQXLX D VROL  
ID]HPRV DPLJRV«YDPRV DR )DFHERRN H PDQGDPRV  
PHQVDJHQV' (

\$OpP GR VHQWLGR GH SHUWHQoD DR JUXSR RV FXLGDGRUHV UHF  
LQVWUXPHQWDO EDVHDGR QRV FRQKHFLPHQWRV DGTXLULGRV FRP D  
DSRLR UHFtSURFR H HPRFLRQDO

32 TXH PH DMXGRX PHVPR IRL R DSRLR 7HQKR PX  
PDV QHP WRGRV HVWmR GLVSRVWRV D DMXGDU (X  
TXDQGR HX UHFRUUHU HX WHUHL HVVH DSRLR« \$T  
HPRFLRQDO p GLIHUHQWH p GLIHUHQWH GD IDPtOL  
TXH D JHQWH WDQWR SUHFLVD (

(VVH DSRLR IRL IXQGDPHQWDO WDPEpP QR SURFHVV R GH OXWR GH

32 \*\$0 WDPEpP DMXGD D XOWUDSDVVDU D PRUWH H  
TXDQGR DOJXP PRUWH YDL VHPSUH DOJXpP GR \*\$0  
R JUXSR« 2 DSRLR p IXQGDPHQWDO

2V JUXSRV SHTXHQRV FRPR R \*\$0 DMXGDP VH XV PHPEURV D QmR  
~QLFRV QRV VH XV SUREOHPDV 2V VH QWLPHQWRV DXWRQWLFRV H D V  
VmR UHIOHWLGDV QR FUHVFLPHQWR H DSUHQGL]DJHP LQWHUSHVVVRDO  
HPSRZHUPHQW

2 UHVJDWH GR FRWLGLDQR H D LPSRUWkQFLD GD JHVWmR GR WHP  
\$ IDOWD GH GLVSRQLELOLGDGH GH WHPSR SDUD VH GHGLFDU jV D  
DSRQWDGD FRPR XP GRV DVSHWRV PDLV HVWUHVVDQWHV GR FXLGDGR  
FRQVWLWXFLRQDO GR VXMHLWR D QHFHVVLGDGH GH DVVXPLU R FXLGD  
PRGLILFDU D VXD URWLQD FDXVDQGR PXGDQoDV LPSRUWDQWHV QHP  
RX GHVHMDGDV

1DV UHXQL}HV GR \*\$0 RV &, DGTXLUHP FRQILDQoD H SDUWLOKDP D  
H D IDOWD GH DSRLR QR PHLR IDPLOLDU

30HX PDULGR WHP PDLV WUrV ILOKRV GR SULPHLUR  
HOHV GL]HP TXH R SDL p SHUWHQoD PLQKD SRUTX  
H SRU LVVR WHQKR TXH FXLGDU 1mR SRVVR FKDP  
PH DMXGDU (VVH JU ~~SRP~~ ~~MWR~~ RX(

2 &, DVVXPH R FRPSURPLVVR RQGH WUDQVFHQGH D WURFD H VXU  
VHP HVSHUDU UHWULEXLomR 3RU H[HPSOR XPD FXLGDGRUD UHODWD  
SDSHO HP VXD YLGD H R VH QWLGR GH UHVSQRVDELOLGDGH FRP R VH  
WUDQVSHVVVRDO FRQRWD R FDP SR IHQRPHQROYJLFR OLEHUWDGR SRU  
DWHQWRV -~~DRV~~ ~~WB~~ GH FDGD SHVVRD

³(X QmR PH VLQWR VREUHFDDUUHJDGD D WRPDU FRQ  
PmH SRUTXH QLQJXpP PH SHGLX H p XPD SHVVRD  
PH VHQWLU PDO VH QmR ILJHVVH (X QmR HVWRX D  
GRHQWH PDV IDoR SUD VHQWLU EHP FRPLJR SUyS

2V \*\$0 FRQWULEXtUDP VLJQLILFDWLYDPHQWH QD JHVWmR GD URW  
FRPSOH[R GR FXLGDGR GD 3F' RQGH IRL IXQGDPHQWDO UHWHU DV LQ  
SURILVVLQRDLV H D SDUWLOKD GH H[SHULrQFLDV R TXH WRUQRX SRV  
HVWUDWpJLDV GH RUJDQL]DomR SDUD R DMXVWH GD YLGD IDPLOLDU  
DLQGD FRPSOHPHQWDGD FRP D LQWHJUDomR GH RXWURV UHFUVRV  
DVVLVWrQFLD WHQGR XPD PDLRU FRQVFLrQFLD GD GLVWULEXLomR GH  
GD IDPtOLD FRPR UHODWD XPD SDUWLFLSDQWH

³6RPRV WUrV ILOKRV H p WXGR GLYLGLGR QmR Ki  
QLQJXpP«QD VDOD Ki XPD HWLTXHWD TXH GL] OLJ  
SDUD IDFLOLWDU FHUWDV FRLVDV 7HPRV GHL[DGR  
VREUH FRQWUROH SRLV WHPRV GXDV FkPDUDV GL  
GRV ILOKRV H D TXDOTXHU PRPHQWR HVWDPRV Oi'

\$ DWLYLGDGH GH FXLGDU GH XPD 3F' UHTXHU WHPSR H GHGLFDom  
YiULDV KRUDV GR GLD VHMDP SDUD DMXGDU RX VXSHUYLVLRQDU QR  
WRPD GD PHGLFDomR H DFRPSDQKDU QDV FRQVXOWDV PpGLFDV \$ FR  
GR \*\$0 HOXFLGRX D LPSRUWkQFLD GH XP DPELHQWH VXVWHQWDGRU H  
ItVLFD PHQWDO H HVSLULWXDO GR & ,

³(X Mi WLQKD WXGR EHP HVWUXWXUDGR QD PLQKD  
DFDEHL GH DUUDQMDU XP SRXFR PDLV GH WHPSR  
PDLV HP PLP \$SUHQGL TXH WHQKR TXH WHU WHPS  
WRPDU XP FDip XP FKi' (

(P FRQWUDSDUWLGD IRL PHQFLRQDGR ³R WHPSR SHUGLGR' QD SU  
3F' RQGH R SHVR GD UHVSQRVDELOLGDGH DVVXPLGD GLILFXOWRX R  
SURFHVVR LQWHUSHVVRDO UHTXHU LQWHQomR YRQWDGH H Do}HV TX  
GHPSRZHUPHQW

³\$ FRLVD TXH WHQKR SHUGLGR p PHX WHPSR 1mR  
HX GL]HU LVVR WHU R QRVVR WHPSR SDUD DV QR  
GH ID]HU WXGR SUD PLP e WHU FXLGDGR FRP D PH  
D FRPLGD OHYDU D SDVVHDU R Pi[LPR SRVVtYHO S  
GLVWUDtGR' (

OHVPR DVVLP RV & , LGHQWLILFDUDP D LPSRUWkQFLD GD SDUWLFL  
\*\$0 FRPR XPD DWLYLGDGH GH DXWRFXLGDGR H PHOKRU FRQVFLrQFLD

³7HQKR PDLV WHPSR SDUD PLP H VHL TXH HVVH EF  
PLP 2 JUXSR PHOKRURX D PLQKD VD~GH H TXDQG  
PHX PDULGR HX Vy TXHULD ILFDU QR VLOrQFLR VR  
TXH QmR HUD VDXGiYHO PDV VHQWLD HVVD QHFHV  
GH YLU DR JUXSR Mi FRQVLJR ID]HU RXWUDV FRLVD

2 \*\$0 SURPRYHX XP PDLRU UHFRQKHFLPHQWR GD QHFHVVLGDGH G  
FRWLGLDQR GR FXLGDGRU FRP HVSHFLDO UHOHYR QD RUJDQL]DomR (C  
SUySULR &, LQFOXLQGR D SHUFHomR VREUH D LPSRUWkQFLD GDV DW  
OD]HU IXQGDPHQWDLV SDUD D VD~GH ItVLFD H PHQWDO GR & ,

3URPRomR GD FRPSHWrQFLD QR FXLGDGR

\$ H[SHULrQFLD GH SDUWLFLSDU GR \*\$0 IRL LPSRUWDQWH SDUD RV  
VHQVR GH FRPSHWrQFLD SHVVRDO 2V &, FRQFRUGDUDP TXH XP GRV D  
H[SHULrQFLD QR \*\$0 HUD D REWHQomR GH ³LQIRUPDo}HV QHFHVViULDV  
PHOKRU FRP DV GHPDQGDV GR FXLGDGR H GHVWDFDUDP D SDUWLFLSD  
SURILVVLQRDLV FRPR DVSHFWR -~~FRVWDQGLDQVSDYRDMXGR~~ FRQKHFLPHQWR  
QHFHVViULR SDUD GHVHPHQKDU R VHX SDSHO FRPR & ,

³4XDQGR DOJXP FXLGDGRU WHP QHFHVVLGDGH GH  
GHWHUPLQDGD WHPiWLFDFKDPDPRV XP SURILVVL  
TXH YDL WLUDU G~YLGDV HVFODUHFHU H VDHP G  
FRQKHFLPHQWR H FRPSHWrQFLDV SDUD SUHVWDU F  
FDSDFLWDomR SRUTXH KRXYH WUDQVPLVVmR GH LC  
SHVVRD TXH HVWi QD SUIWLFDFSRU LVVR KRXYH X  
HPSRGHUDPHQWR GH TXHP HVWi DR ODGR H TXH H  
PRPHQWR FRP GLILFXOGDGH KRXYH PXGDQoD GH  
FRPSRUWDPHQWR HP FDVD´ (

\$OpP GH ~~DOMXGR~~ GiD GHVHQYROYHU XPD VyOLGD EDVH GH FRQKHFLPHQWR  
SDUWLFLSDQWHV VHQWLUDP TXH VXDV KDELOLGDGHV GH UHVROXomR  
SRU PHLR GD SDUWLFLSDomR QR JUXSR (VSHFLILFDPHQWH HVVHV & ,  
DMXGRX D H[WHUQDOL]DU VHXY SU-~~FRVWDQGLDQVSDYRDMXGR~~ FRQKHFLPHQWR

³2 JUXSR WHP PH DMXGDGR D VHU PHQRV LPSXOVL  
\$R SULQFtSLR TXDQGR FRPHoRX D VXUJLU HVVH S  
QmR DFHLWDYD PXLWR EHP H VHQWL XPD UHYROWD  
DVVLP p GD GRHQoD´ (

1HP WRGRV RV PHPEURV GRV \*\$0 WLYHUDP R PHVPR LQYHVWLPHQ  
WLYHUDP H[SHULrQFLDV UHODFLRQDGDV TXH IRUDP FDSD]HV GH DMXG  
TXHVW}HV GH PDQHLUD PDLV REMHWLYD H D H[SORUDU HODFDV DOWH  
3DUD D PDLRULD GRV SDUWLFLSDQWHV ILFRX FODUR TXH R EHQHItFLR  
SHUVSHFWLYDV TXH OKHV SHUPLWLDP WRPDU GRFLD}MMQWUHBURFHV  
PDLV FRQILDQWHV HP VHX FRWLGLDQR SURPRYHQGR XP VHQVR GH FR

3)LTXHL D VHQWLU TXH WLQKD XP DSRLR 6H WLYH  
GLILFXOGDGH TXDOTXHU VDELD TXH WLQKD XP JU  
PH DFRQVHOKDU )DODPRV GH PXLWD FRLVD«HQUL  
FXLGDGRUD´ (

2V HVIRUoRV GD HQWUHDMXGD GRV FXLGDGRUHV SHUPLWLUDP UH  
VLWXD}HV TXH H[WUDSRODP R FRQKHFLPHQWR JHUDO H HVSHFtILFR  
D FRPSDL[mR FRPR UHIHUH (

3+RXYH XPD UHXQLmR PXLWR PDUFDQWH HP TXH XP  
IDORX TXH R PDULGR GH XP PRPHQWR SDUD R RXV  
VHU PXLWR DJUHVVLJR WLYH PXLWD SHQD« WHQW  
SRXFR GH DSRLR (X VHL TXH Ki HVVHV SUREOHPDV

1D YLVmR IHQRPHQROyJLFD D HVVrQFLD GR YDORU GH FXLGDU FR  
XOWUDSDVVRX D FRQVFLrQFLD GH FXLGDU DSHQDV GR RXWUR H HVW  
GDV H[SHULrQFLDV YLYLGDV QR \*\$0 GHVSROHWDUDP XPD YLVmR PDLV  
HVWUDWpJLDV GH FXLGDGR SDUD PHOKRUDU D VXD SUySULD TXDOLGD

34XDQGR YHQKR DR JUXSR DOpP GHPHSuHQGHU GL  
XP DOtYLR RXYLU H FRQPHHDXWR VHQWRXL  
DSUHQQGHQGR DOJXPD FRLVD FRP DV UHXQL}HV GR  
&RQVHJXL XVDU RXWUDV HVWUDWpJLDV H SURFXU  
SRVVtYHO \$MXGRX D HQIUHQWUDU DV GLILFXOGDGH  
PLQKD TXDOLGDGH GH YLGD )RL PXLWR SRVLWLYR

(PERUD R \*\$0 WHQKD VLGR SURPRWRU GH PXGDQoDV LQWHUSHVVR  
SURILVVLRQDLV GH VD~GH GLQDPL]DGRUHV UHFRQKHfHVVHP D LPSR  
yWLFd GLDOpWLFd GH FXLGDGR HX H R RXWUHP

30HOKRURX D PLQKD SUIWLFd SURILVVLRQDO FRQV  
PHOKRU R SRQWR GH YLVWD GR FXLGDGRU 2 FXLG  
R SURILVVLRQDO GH VD~GH GD PHVPD IRUPD TXH I

FXLGDGRU 3PHPLQWMLQGHU PHOKRU DOJXQV  
FRPSRUWDPHQWRV DOJXPDV SRVWXUDV H DOJXPD  
TXH HOHV WrP«e XP ERP PRGHOR GH LQWHUYHQom  
FXLGDGRU' (

3RU PHLR GR SURFHVVR GH JUXSR RV FXLGDGRUHV UHFHEHUDP P  
DWHQGHU jV VXDV SUySULDV QHFHVVLGDGHV (VVDV HVWUDWpJLDV DI  
PDLV FRQILDQWHV H PDLV FDSD]HV &RQWUDULDQGR D VXSRLomR FR  
QDWXUDOPHQWH VDEHP OLGDU FRP DV GHPDQGDV GR FXLGDGR LPSR  
GHVHPSHQKR LQHUHQWH D HVWH SDSHO FODUDPHQWH H[LJH XPD FRO  
FRPSHWrQFLDV VHMDP HODV HPRFLRQDLV UHVROXomR GH SUREOHP  
GRHQoD H JHVWmR GH WHPSR (VWDV FRPSHWrQFLDV WDPEpP UHIOHW  
SURILVLRQDLV GH VD~GH GLQDPL]DGRUHV FRP R UHFRQKHFLPHQWR  
FRPXQLFDomR PDLV WUDQVYHUVDO

'LVFXVVMR

2V \*\$0 FRQVWLWXHP XPD HVWUDWpJLD GH FXLGDGR JUXSDO HQYF  
H[SHULHQFLDP VLWXDo}HV GH YLGD VPHOKDQWHV FRP FRQGLo}HV F  
VLWXDo}HV FUtWLFDV GH OXWR H VXUJLPHQWRQGHU GHPVrQFLDmR QDPtO  
SDUWLOKD GH H[SHULrQFLDV GH LQIRUPDo}HV ~WHLV H GH HVWUDWp  
DV TXDLV WrP FRPR ILP ~OWLPR UHGX]LU R HVWUHVVH HPRFLRQDO QF  
jV IDPtOLDV H DRV &, SRU PHLR GH LQWHUYHQo}HV HP JUXSR VXUJLX  
SRGHURVD H LPSRUWDQWH SDUD HPRVRY D HFRQKHFLPHQWR GD LPSRU  
GDV QHFHVVLGDGHV GRV FXLGDGRUHV H[SRLXVDV D QtYHO ORFDO D I  
TXH DV GHPDQGDV GH SDSpLV SRQKDP HP~UHVFRUDGRV~&H DORFEIGH  
SURPRYHU R FXLGDGR FRQWLQXDGR 2 FXLGDGR SUHVWDGR SHOR &, p  
SVLFROYJLFR H HPRFLRQDO H D IDOWD GH FRQKHFLPHQWR VREUH D O  
YiULDV RFDVL}HV FRQIOLWR LQVDWLVIDomR LQVHJXUDQoD H VHQVD

\$ IHQRPHQRORJLD FRPR PpWRGR TXH VH SUHFRXSD HP UHVSRRGH  
LQWHUQDV DR SURFHVVR UHDOL]D XPD EXVFD SHOR VLJQLILFDGR IXG  
SUHFRXSD FRP R VHQWLGR D IRUPD GH H[SUHVMR GRV QGLYtGXRV  
&, DR GHVHPSHQKDU QRVRV SDSpLV H WDUHIDV DVVRFLDGDV DR FXL  
VHQWLPHQWR GH VREUHFDUJD H SUREOHPDV UHODFLRQDGRV j VXD VD  
H DQVLHGDGH PXLWDV YH]HV YLQFXODGRV DR\$ WHDWLPHQWRVGH FDWL  
FRPSRUWDPHQWDLV GD 3F' DVVRFLDGDV j UHVLVWrQFLD DR FXLGDGR  
UHODWLYDPHQWH FRXP SDUD &, H HVWD H[SRLomR WrP XPD DVVRF  
EHPHVWDU GRV FXLGDGRUHV[SHULrQFLDV QHJDWLYDV IRUDP FROPDW  
LQIRUPDo}HV H DSUHQGL]DJHQV DGYLQGDV GR \*\$0 RQGH IRL SRVvtYH  
HYROXomR GD GRHQoD H FRP DV UHXQL}HV DSUHQGHUDP D VHU PDLV

PHVPR WHPSR p JHUDGD XPD FDUJD HPRFLRQDO SURIXQGD HP TXH V  
DPELYDOHQWHV VXUJHP WHVWDQGR OLPLWHV H GHVDILDQGR SRVWXU  
2V WLSRV GH HVWUDWpJLDV GH HQIUHQWDPHQWR XVDGDV SHORV &, S  
LPSDFWR GR HVWUHVVH (P SDUWLFXODU DV HVWUDWpJLDV IRFDGDV  
GR LPSDFWR QHJDWLYR GR HVWUHVVH HQTxDQWR DV HVWUDWpJLDV  
&, PDLV VXVFHWtYHLV D HOH

+i XPD PXGDQoD QR FRWLGLDQR GR FXLGDGRU HP TXH DV DWLYLQ  
DXWRFXLGDGR YmR VHQGR VXEVLWXtGDV SHODV REULJDWyULDV UH  
SDUD VHU GHGLFDGR DVWHLGDGHV GLVFULFLRQiULDV TXH HQYROYHP  
OD]HU H D VRFLDELOLGDGH VmR DV SULPHLUDV D VHUHP SHUGLGDV S  
DR FXLGDGR JHUDQGR VHQVR GH SHUGD GH OLEHVWVGHVSLGLYOHV  
REULJDWyULDV GH FXLGDGR VmR DV TXH PDLV FRQVRPHP WHPSR JHU  
UHVWULomR GR WHPSR SDUD DWLYLGDGHV SHWRRIDW PDLV VWLFDV H  
DVVRFLDGDV D VLQWRPDV GHSUHVVLRYV H j DYDOLDomR GH HVFDVVH  
LQWHUYHQo}HV RV &, WRPDUDP PDLRU FRQVFLrQFLD GR XVR GR WHPS  
SRU XP PDLV ZHUPSDUD D SUHVWDomR GH FXLGDGRV

8P HVWXGR GH UPRWLWRX TXH RV \*\$0 TXDQWR DR WLSR GH VXSRL  
SUHVWDP SHUPLWHP DRV FXLGDGRUHV FRPSHQVDUHP DV GHILFLrQFL  
H FULDP XP FRQWH[WR FRPXLWiULR DR TXDO RV FXLGDGRUHV VH VH  
UHFRQKHFLGRV H YDORUL]DGRV QR VHX SDSHO 2V \*\$0 SRGHP HP FR  
VROGLLIFDU UGHV GH YL]LQKDQoD FDSDJHV GH JDUDQWLU DSRLRV  
EHP FRPR HVWUHLWDU UHODo}HV FRP RV SURILVVLRQDLV GH VD~GH H  
QHFHVVLGDGHV SRU FXLGDGRV &, PHQFLRQDUDP TXH VH XV FtUFXORV  
KDYLDP VH HVWUHLWDGR SRU FDXVD GH VXDV UHVSQRVDELOLGDGHV  
SHVVRDV SDVVDQGR SRU VLWXDo}HV VHPHOKDQWHV R SUySULR JUXS  
FDWDOLVDGRUD VREUH D VD SHUFHomR H H[SHULrQFLD YLYLGD QR FX  
QD IHQRPHQR PDLV QW\DOBLV D UHDOLGDGH SRGH VHU P~OWLSOD H  
XP PXQGR HP FRXP DSHVDU GRV PXLWRV PXQGRV GH FDGD XP

2V UHVXOWDGRV GHVWH HVWXGR QmR VmR SURSULDPHQWH QRYRV  
DRV GRV HVWXGRV GHVHQYRHOWDGRV SRU SRSXODomR FKLQHVD H RV GH  
.o.o.NJ.o.o.W DQD 7XUTXLD 2V HIHLWRV GDV LQWHUYHQo}HV UHYHODU  
\*\$0 SDUD RV &, GH 3F' FRPR GHVFULWUQLYRQFRPSWZHGPHQW ORGHO  
&(0 3DUD DOJXQV &, DV GHPDQGDV GR FXLGDGR VmR FODUDPHQWH  
IDWRUHV HVWUHVVVDQWHV FRP WRGDV DV FRQVHTXrQFLDV GD H[SRVL  
ODV DSHVDU GLVVR RV &, UHODWDUDP TXH VXDV KDELOLGDGHV H FR  
PHOKRUDUDP H SUHVSDUDP IXWXUR )RUDP PXLWRV RV JDQKRV UHO  
FRPR H[SUHVVDU VH XV VHQWLPHQWRV UHGXomR GR VWUHVV KDEL  
WHUHP D RSRUWXQLGDGH GH GDU H UHFHEHU DSRLR HPRFLRQDO 2X  
PHOKRULDV QR FXLGDGR HVVDV PHOKRULDMHVWUmRXIEWHFRFLYDFGR DR



FXLGDGRUR &(0 VX-JVHUH TXDQGR FHUWVRV UHFXUVRV HVWmR GLVSRQtYHL  
SURYDYHOPHQWH DYDOLDUI DV GHPDQGDV FRPR GHVDILRV VLJQLILFD  
R FUHVFLPHQWR SHVVRDO FRQILJXUDQGR F-3R QWXG BDR HQWRRR GWDVHU  
VH DSUHVHQWDR FRQVWH[WR GD H[SHULrQFLD

\$SHVDU GD VREUHFDUJD VHQWLGD H WRGDV DV H[LJrQHFLDV QR FX  
PHOKRU SRUTXH KDYLD XPD FRQH[mR GH JUXSR H SRU LVVR FRQVHJX  
RV VHQWLPHQWRV FRP XPD PDLRU VHQVDomR GH DOtYLR DR FRPSDUV  
JUXSRV GH DSRLR SDUWLFXODUPHQWH RV \*\$0 SURSRUFLRQDP XP DP  
FRPSDUWLOKDPHQWR GH HPRo}HV H DQVLHGDGHV GLPLQXLQGR RV Qt  
FXLGDGRU DOLYLDQGR D GHSUHVmR HYLWDQGR VHQWLPHQWRV GH  
VXDV KDELQLGdGHV GH HQIUVWDPHQWRV RQEGH GH YLGD

2 FXLGDGR p SHUPHDGR SRU VHQWLPHQWRV TXH VH FRQWUDS}HP  
VmR GHILQLGRV FRPR DJUDGiYHLV H HP RXWURV FRPR GHVDJUDGiYHL  
GH UHDo}HV 1HVWH VHQWLGR D IHQRQWQROR JLD PPHSDHFR FRQVWUX  
FRQKHFLPHQWR D SDUWLU GRXVHQROR HQWLVHIXVXEMHWLYLGDGH  
UHYHOD R VHQWLGR TXH WUDQVSDUHFH QD LQWHUVHFomR GDV H[SHU  
XPD DPELJXLGDGH TXDQGR VH WUDWD GD H[SHULrQHFLD SBBHSHWLYD  
XPD 3F' FRQVWLWXL XP ROKDU HP TXH LQWHUFDPELD PDXP VHQWLU H X  
SHUVSHWLYD DPELYDOHQWH GH 0HUOHDX 3RQW\ SRU XP ODGR WHPR  
SRVVLELOLGDGH GH FXLGDU GRV-ORXVHQROR XPDDVDDHID HYROXWLY  
YDORU PRUDO H pWLFRR SRU RX-WHRXPD FXWLPORVULWRORVLDV GD SUHV  
FXLGDGRV

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SUREOHPDV H VLWXDo}HV DGYLQGDV GR FXLGDGR IRUQHfHQGR DV KI  
QHfHVViULDV SDUD OLGDU FRP D 3F' 3DUWLFLSDU GH XP \*\$0 IRL IXQ  
XPD UHGH GH DSRLR VRFLDO PLQLPL]DQGR R VHQWLPHQWR GH VROLG  
LQYLVLELOLGDGH &RPELQDGDV DV HVWUDWpJLDV GH HQIUHQWDPHQW  
FXLGDGRUHV WLYHUDP XPD PHOKRU SHUFHomR VREUH D RUJDQL]DomF  
LPSRUWkQFLD GH UHVJDWDU DV VXDV DWLYLGDGHV LQFOXtGR DV GH  
GHL[DUDP GH ID]HU SRU WHUHP DVVXPLGR R SDSHO GH FXLGDGRU \$V  
LPSRUWDQWH IHUUDPHQWD GH LQWHUYHQomR H XP 3ERP PRGHOR GH  
PHPEUR XVXIUXL GR GLUHLWR H GD SRVVLELOLGDGH GH VH VHQWLU E  
GHVFREULU DV VXDV SUySULDV FDSDFLGDGHV FRQVWLWXLU XPD UHG  
HVSHUDQoD WUDR\$RZDVQRVFXLGDGRU &RQWXG RTXVHDLVWGDH  
RXWURV PpWRGRV GH LQWHUYHQomR HP JUXSR QHFHVVLWDP GH PDLR  
HQTxDQWR HVWUDWpJLD GH FXLGDGR JUXSDO

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6FKDOO0DU6Q8YFPLGW 9 6HW]HU 0 .RQG\ODNLV + \*ULHEHO / 6HG  
.RORPLQ5DNDV 3/ 8VHIXOQHVV RIKDNDMLURUFHGRU LQIRUPDO FDUHJLY  
SURIHVVLRQDOV LQ WKH GHPHQWLD WUHDWPHQW DQG FDUH VHWWLQJ  
3RUWDQ5 UHVHDFK SURWRFROH KWWSV GRL RUJ UHVSURW

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(XURSH &RPLVLRQ ,QIRUPDO FDUH LQ (XURSH ([SORULQJ )RUPDOL  
4XDOLW\ /X[HPERXUJ 3XEOLFDWLRQV 2IILFH RI WKH (XURSHDQ 8QLRQ  
KWWS FLWH JRY SW SW GHVWDTXH FRPSOHPHQWRV'HVWTV ,QIRUP

\_+DPSVRQ & 6PLWK 6- +HOSLQJ RFFXSDWLRQDO SHUIRUPDQFH WKU  
YLFH HYDOXDWLRQ RI D SURJUDPPH IRU LQIRUPDO FULLWLR RI SKIR SOH  
QDO RI 2FFXSDWLRQDO 7KHUDS\ KWWSV  
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/HWKLQ & +DOOEHUJ ,5 .DUOVDPQ6FDUHJLYHH[SHULHQFHV RI  
FDUH ZKHQ FDULQJ IRU SHUVRQV ZLWK GHPHQWLD WKURXJK WKH SUR  
HDV6FDQGLQDYLDQ -RXUQDO RI &DULQJ 6FLHQ KWWSV  
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&DUYDOKR 3\$/ GD 6LOYD 6HQD (/ GRV 6DQWRV 6RX]D 9 2 (PSRZHU  
GH FXLGDGR j IDPtOLD GH SHVVRDV H2DGHUQRMCWDPHQWLDQ GH 6D  
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SDUWLFLLSDWLQJ LQ IDPLO6RFLDSSRUWUZLXSV \*URXSV -  
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JUDPV 8VLQJ KXPDLVWLF DSSURDFKHV WR (GYFDXVLRQSO RJDUP HIH  
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3HUOLQH 102\* )D&RL\$00 GH SHVVRD LQFDSDFLWDGD SRU DFLGHQV  
FHUHEUDO QR GRPLFtOLR R ID]HU5GR FXEQQGRUPIDPL0DU -  
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\*DXJOHU -( 'DYH\ \$ 3HDUOLQ /, =DULW 6+ 0RGHOLQJ FDUHJ  
WLPH WKH ORQJLWXGLQDO LPSDFW RI EHKDYLRU SUREOHPV 3V\FKRC  
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GDLO\ OLYLQVWLRQWLRQDOLJHG SHUVRQV ZLWK GHPHQWLD \$VVRFL  
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ZHEDHLQJ DQG GHSUHVVLVH DQDQ\SLPHWSDULVRQ \$JLQJ DQG OHQW  
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\$ FRQWULEXLomR p RULJLQDO H LQpGLWD H QmR HWi D VHU DYDOLDGR SDUD SXEOLF  
DSUHVHQWDGR HP FRQJUHVVVRV VHPLQiULRV VLPSyVLRV RX VLPLODUHV 7RGRV RV SU  
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&RQWULEXLomR)HV GDV DXWRFDXWRWURUDV H DXWRU UHGLJLUDP H UHYLVDUDP FULW  
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6XEPHWLGR HP  
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