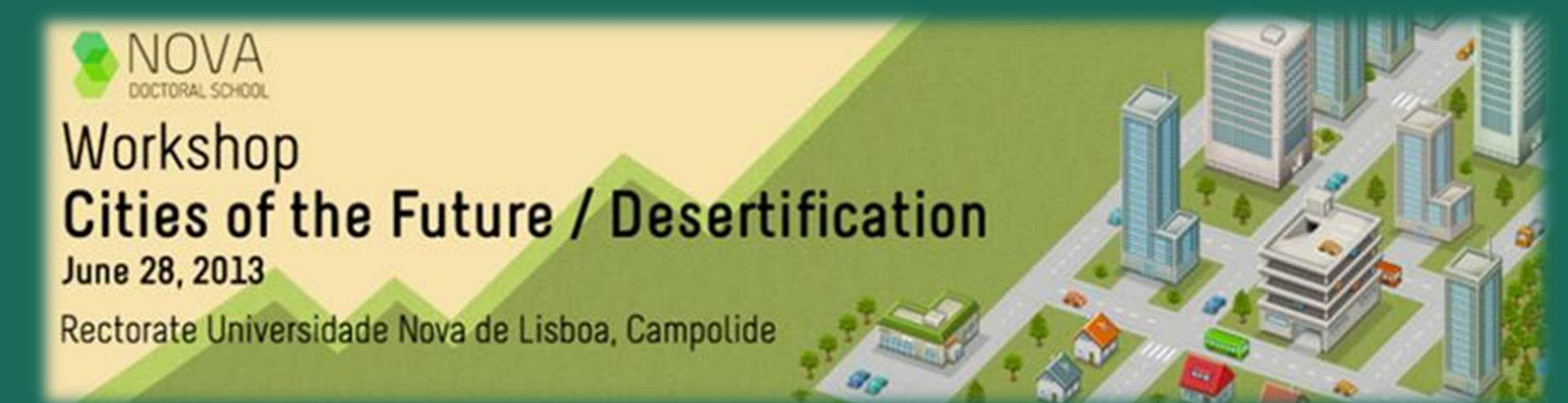


Health and Safety in residents of Elderly Care Centers in Lisbon and Oporto – GERIA Study: Indications for future projections?

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Background

According to United Nations, 70% of the world's population will be living in urban areas by 2050. Portuguese projections for the elderly population at that time are of 32% and many of them will be ≥80 years old. Will these very old people stay in care centers?

At present about 5% of the elderly live in care centers and they have challenging social and health characteristics.

Their self-rated health and safety worth to be taken into account in what matters public policy, namely for elderly ageing in cities.

Aim

To characterize the respondent population, resident in elderly care centers in Lisbon and Porto, from sociodemographic, health and safety points of view.

Methods

- We report a cross-sectional analysis of the first wave of the longitudinal GERIA study.
- Through the Social Charter, 33 Lisbon and 20 Oporto elderly care centers were randomized.
- Their residents, who consented to participate and were able to respond to a questionnaire, were evaluated.
- Self-rated health was assessed according to the National Health Survey, and the factor that most contributed to health registered.
- Self-rated safety was evaluated with the question of the WHOQoL-BREF.

Results

The study took place in September 2012-March 2013.

The sample was of 777 subjects, from a universe of 2110, 88% (687) from Lisboa, 77% (599) were women and mean age was 84,1 (SD 7,1) years (65-102 years).

Marital status with no partner was present in 82% (642), first level or none schooling in 67% (525) and migration in 62% (484) – Figure 1.

Health was considered favorable in 28% (215) and safety in 71% (549) – Figure 2.

The factor that most contributed to health was no pain in 25% (197), well-being in 23% (180), autonomy in 21% (164%), sleep in 12% (93), vitality in 10% (77) elderly and 8% (62) mentioned others factors – Figure 3.

Figure 1. Sociodemographic Data (%)

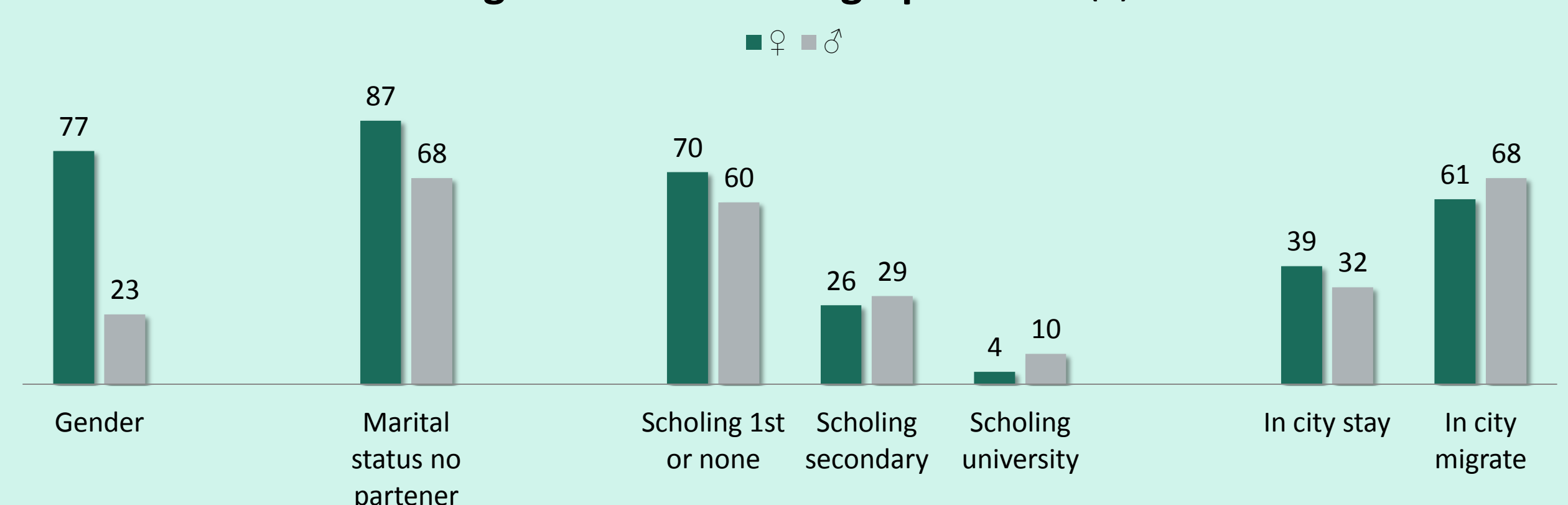


Figure 2. Health and Safety Data (%)

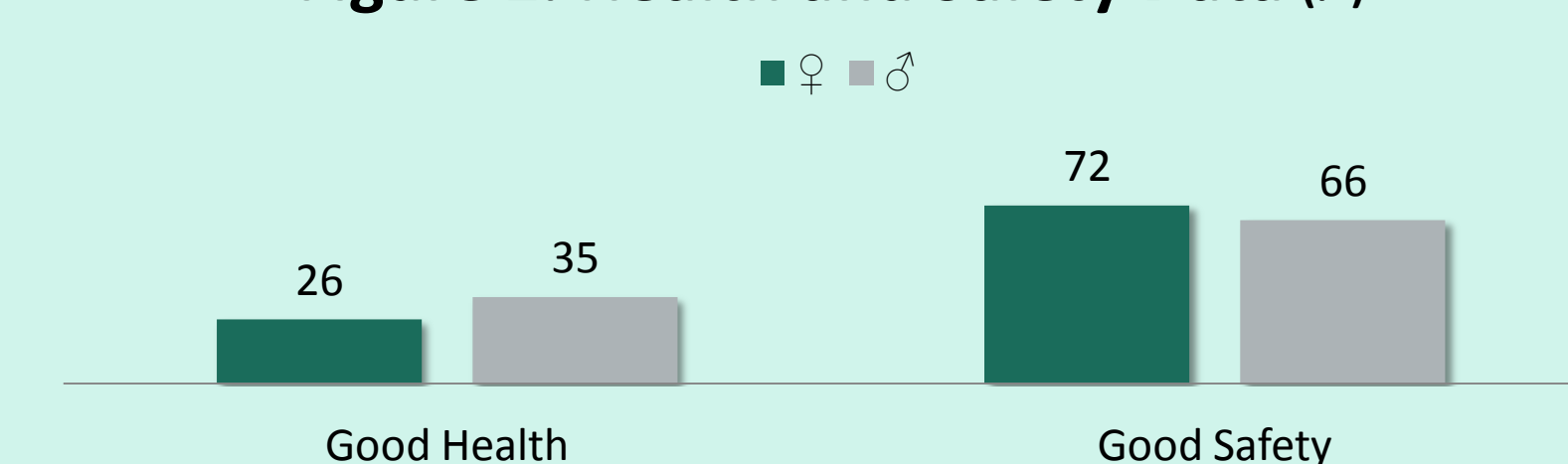
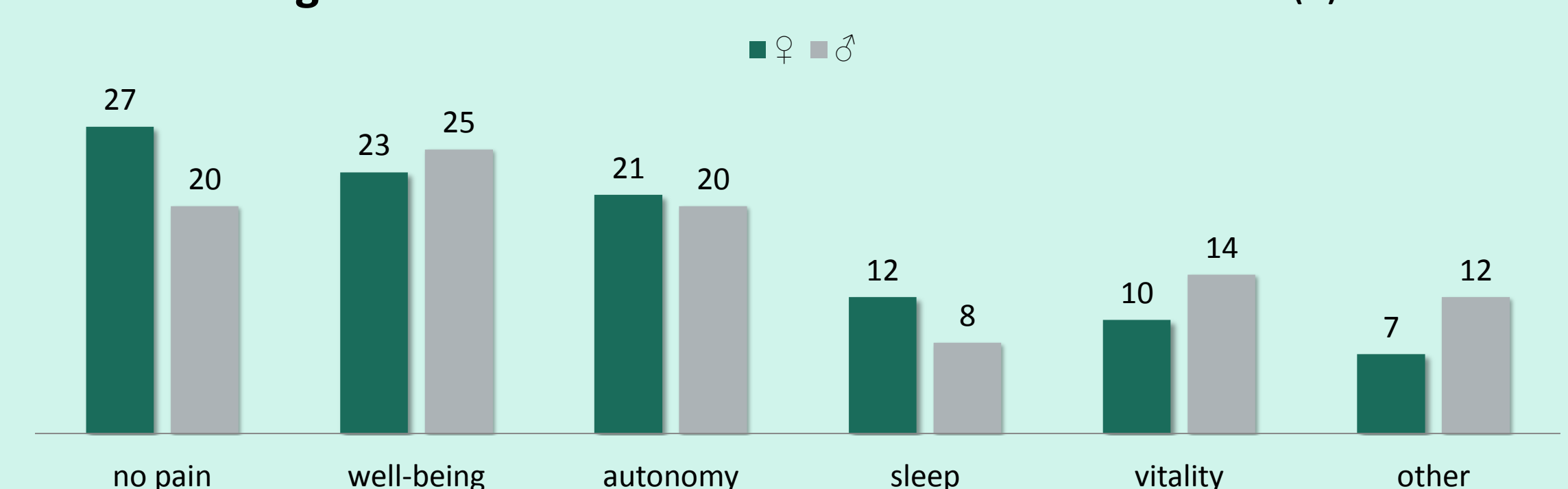


Figure 3. Factor that Most Contributed to Health (%)



Conclusion

Most respondents of the elderly care centers in Lisboa and Oporto were women, with more than 80 years old, had no partner, scarce schooling and had migrate to cities. Their self-rated health was unfavorable or not defined. The chief health contributors were no pain, well-being and autonomy. The majority considered safety as good. These data might constitute useful indication for future decision in respect of the health and safety of the residents in elderly care centers that living in cities.

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