

SENESCENCE- BRIGHTENING THOSE SUNSET YEARS (QUALITY OF LIFE OF OLDER PEOPLE)

Prof. Ani Grace Kalailamthi. S. M.SC (N), PhD.
Principal, Miot College of Nursing, Chennai.

INTRODUCTION

An ageing is a natural & irreversible process. Geriatric services in India have become essential. QOL of older people is much importance today. The present paper endeavors to compare the QOL of older people in old age home & living in own houses.

OBJECTIVES

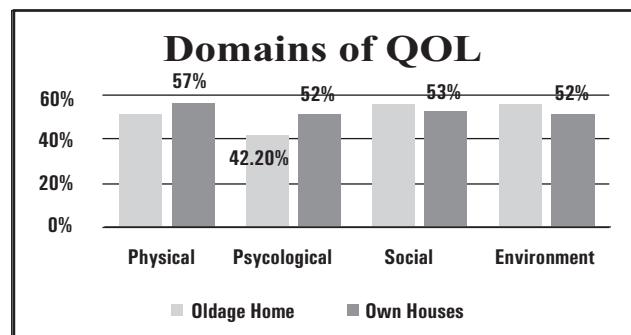
1. To assess the QOL of life of elderly people living at old age home and elderly people living in their houses.
2. To compare the QOL between two areas of living.

METHODOLOGY

- Approach - Quantitative approach
Design - Descriptive design.
Setting - People living in Old age home and own houses
Sample - 60 people above 60 yrs

Methods: All residents completed the WHO QOL- BREF by interviews. It has 4 domains- Physical, Psychological, Social & Environment.

RESULTS



Comparison of QOL in Old age Homes & Own Houses

Living Area	Chi square	
Old age home	$\chi^2=0.0102$ ($p=0.919$)	$\chi^2=0.4296$ ($p=0.512$)
Own houses	$\chi^2=0.1120$ ($p=0.737$)	

MAJOR FINDINGS

Age range-60-80 yrs; 55% were females; 15% unmarried; 58% illiterate; 70% unemployed.

Elderly people living at own houses have better physical QOL than in old age home residents.

Social & Environmental health is better in old age home residents than living in their own houses.

CONCLUSION

Quality of life has become increasingly important as an outcome in medical research. The influence of all dimensions is often emphasized. In order to improve quality of life, there is a need to know what people themselves consider important to their perception of quality of life.

This study was selected for the presentation at "International Nursing Conference", National University of Singapore and the author presented the paper at the conference on 28.11.2011 at Singapore