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Quality of life of elderly

Adriano A Pedrosa, E Santos, A Pedrosa

Universidade Federal de Alagoas, Faculdade de Medicina, Maceió, Brazil

Corresponding author: Professor Adriano Pedrosa, Universidade Federal de Alagoas (UFAL), Faculdade de Medicina (FAMED), Maceió, Brazil. E-mail: driapedrosa@gmail.com

Background & Aim: Facing the reality of demographic change is perceived that there is a growing elderly population, highlights the importance of ensuring not only the elderly to live longer but also a quality of life better. Quality of life goes beyond it's healthy, involves self-esteem, emotional, social interaction, cultural values, functional ability, socio-economic status, social and religious, daily activities and family environment. This study aimed to analyze the quality of life in old age.

Method: We used two questionnaires, the first was to enroll families in the community to have some data to know which will work and the second was that each course of perceived community need and work with that one focus.

Results: Aging brings progressive changes for individuals, both in functional aspects, both motor, psychological and social. These changes vary from one individual to another and are influenced by both lifestyle and genetic factors. Among the changes from aging stands the functional impairment of the individual caused mainly by mental and physical disuse. The elderly on active duty, the sedentary is closely related to the onset of chronic-degenerative disorders. The practice of physical activity oriented (PAO) acts as a form of prevention and rehabilitation of the elderly, strengthening the elements of physical fitness (resistance, flexibility, strength, balance and body composition). The authors believe also that this improvement is directly associated with the independence and autonomy.

Conclusions: We noted that the physical activities stand out significantly in terms of developing healthy habits to bio-psycho-social health of the elderly.