

Commentary on: Some aspects of rehabilitation of the disabled elderly at the present stage

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According to the United Nations, to date the number and proportion of elderly grows much faster than in other age groups. The increase in the total number of elderly persons in the population of the globe makes the actual problems of social and economic consequences of population ageing. The issue of ensuring the quality of life of older people becomes an important and urgent task of the state [1].

At the present stage the majority of the elderly difficult to adapt themselves to new conditions, therefore requires a range of measures of social support from the state [2].

Special attention is paid to the problems of elderly people with various disabilities in which a significant role played by public policy [3,4].

At the present stage as a result of medical advances, a growing number of chronically ill and disabled, including the elderly and the elderly. At the same time great attention at the present stage is paid to the concept of "Quality of life", which is an integral characteristic that determines the physical, social and psychological functioning of the patient [5,6].

Of fundamental importance for the persons of elderly and senile age with different disabilities is rehabilitation, which involves the attainment of optimal physical, intellectual, mental and social levels of human activity [7,8].

We conducted a survey of 184 people with disabilities elderly by conducting their survey through specially developed questionnaires. Most of the survey participants were men 138 (75%), and women 46 people (25%). The main age group was represented by age from 75 to 89-129 (70.1 per cent), other age groups were represented in the following quantities: from 60 to 74 years 44 people (23.9%) and older than 90 years 11 persons (6%).

It is important to note that the majority of respondents 169 people (about 91.8%) had a second disability group - resistant functional disorders of the body due to disease or trauma, 8 (4.4%) had the first group of disability-persistent significantly pronounced disorder of functions of organism and only 7 people (3.8 percent) had the third group of disability-moderately resistant functional disorders in the body. Thus, most of the studied contingent - 177 people (96.2%) had persistent pronounced and significantly expressed disturbances of body functions caused by diseases, consequences of injuries and defects, which indicates the higher need for this category of persons in various measures of social support from the state.

The survey found that 176 people (95.6%) of those studied persons guilty of the problems of older and disabled people believe the government proposes to change the state policy in the field of health and social protection.

The level of education of the studied contingent was as follows:

Primary education – 25 people (13.5%)

Secondary (special) education – 76 persons (41.3%)

Higher education – 3 people (1.7%)

Higher education – 80 people (43.5%) that is, the greater part were persons with secondary special and higher education – 156 people (84.8%).

Of particular relevance to the elderly have the technical means of rehabilitation, allowing you to achieve a certain independence from others and self-serve them. From among the investigated persons 112 persons (60,8%) needed technical means of rehabilitation, the majority of them are needed simultaneously in several technical means of rehabilitation, in particular in crutches, and support canes needed 92 of a man in orthopedic shoes - 63 people in corsets - 58 people in bandages, the knee pads are 47 people in the hearing AIDS - 28 people, in ocular prosthetics - 3, room wheelchairs 2 persons, in medical thermometers and tonometers with a speech exit-2. According to the needs for technical means of rehabilitation, most individuals among the studied contingent take place by the expressed violations of function to support and walk.

It is important to note the attitude of respondents to the state of his health. How “Good” it rated only 4 (2.2 percent), “Satisfactory” - 105 people (57%), ‘Bad’ - 68 people (36,9%), “Very bad” - 7 persons (3.9 percent). The survey shows that more than half of those - 105 (57%) rate their health as “Fair”, moreover 4 (2.2%) rated it as “Good”, then there are 109 people (59.2%) do not require a significant investment to maintain your health at a certain satisfactory level, at the same time, 55 people (40.8%) who rated their health as “Poor” and “Very bad”, need a detailed medical examination and selection of adequate therapy in order to stabilize health and maintain a certain level of life of this category of persons.

The solution to the problems of elderly persons with disabilities should be comprehensive, including not only medical and social aspect, but also political and economic components, with the involvement of the public and volunteers.

Based on the foregoing we can draw the following conclusions:

- to the changing demographic situation in the world in General and the increase in life expectancy of the population the number of persons of elderly and senile age in the world will steadily increase;

- persons of elderly and senile age one of the most vulnerable groups of the population; most of the disabled elderly in need of health in the technical means of rehabilitation;

- to improve the quality of life of elderly and senile age with different disabilities, it is necessary to improve the state policy in respect of this category of persons with attraction of wide layers of the public and volunteers.

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