

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**KAKOVOST ŽIVLJENJA STAROSTNIKA V DOMU STAREJŠIH
OBČANOV**

QUALITY OF LIFE OF ELDERLY NURSING HOME RESIDENTS

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IZVLEČEK

Uvod: V diplomskem delu smo predstavili aktivnosti, ki jih izvajajo v domovih starejših za kakovostno preživljanje jeseni življenja starostnikov.

Namen: Namen diplomskega dela je predstaviti celostno obravnavo starostnika v domu starejših občanov in aktivnosti, s katerimi želijo povečati kakovost življenja stanovalcev.

Metode dela: V raziskavi smo uporabili deskriptivno metodo dela s študijem domače in tuje literature. Izvedli smo anonimno anketo, ki je vsebovala 15 vprašanj pretežno zaprtega tipa. Anketa je bila izvedena v Domu upokojencev Šmarje pri Jelšah in Domu ob Savinji Celje. V vsaki ustanovi je anketni vprašalnik izpolnilo 50 stanovalcev. Podatke smo pridobili s pomočjo statistične metode analize anketnih vprašalnikov in jih prikazali s stolpčnimi grafi. Dobljene podatke smo uredili s pomočjo računalniškega programa Microsoft Excel.

Rezultati: Rezultati raziskave so nam pokazali, da so stanovalci s storitvami, ne glede na umeščenost doma starostnikov, zadovoljni in so kakovostne. Različne želje smo zasledili le pri izboljšavah, kjer si stanovalci v domu na podeželju želijo večjega povezovanja z družino in prijatelji, medtem ko si v domu, umeščenem v mestnem okolju, želijo boljšo osnovno oskrbo.

Razprava in sklep: Nove generacije starostnikov imajo bistveno drugačne poglede na kakovost življenja od predhodnih generacij. Kakovostno življenje v starosti pogojujejo dobri medosebni odnosi, pomoč in podpora bližnjih, zdravje, mobilnost in samostojnost. Za stenami domov starejših se prepletajo pričakovanja stanovalcev, svojcev in zaposlenih. Potreben je holističen pristop k obravnavi starostnika ter upoštevanje njihovih potreb in želja. Spodbujanje stanovalcev k vključevanju v aktivnosti, ohranjanju samostojnosti in neodvisnosti je zelo pomembno, saj lahko v tem najdejo smisel življenja v starosti, čeprav jo preživljajo v domu starostnikov.

Ključne besede: Kakovost življenja, starostnik, dom starejših občanov.

ABSTRACT

Introduction: In the thesis we presented activities, carried out in retirement homes for quality of life of the elderly in their autumn years.

Purpose: The purpose of the thesis is to present the holistic treatment of the elderly in the retirement home and activities with which they try to increase the quality of life of the elderly.

Work methods: In the research we used the work method of studying domestic and foreign literature. We carried out an anonymous survey, which consisted of 15 particularly closed type questions. The survey was performed in the Retirement home Šmarje pri Jelšah and the Retirement home at Savinja Celje. In each institution we questioned 50 residents. We gained the data with the statistical method of analyzing questionnaires and presented them with graphical charts. We edited the data with the help of the computer program Microsoft Excel.

Results: The results of the research showed that residents are satisfied with the services, regardless of the home's location, and that the services have quality. Different wishes were only noticeable regarding improvements, where residents in the country want greater integration with the family and friends, while residents in the urban environment want better basic care.

Discussion and conclusion: New generations of the elderly have significantly different views on the quality of life than previous generations. They condition it with good mutual relationships, help and support of the closest, health, mobility and independence. Behind the walls of retirements homes the expectations of the residents, relatives and employees are intertwining. A holistic approach towards the treatment of the elderly and meeting of their needs and wishes is needed. It is very important to encourage residents to participate in activities, pursue their independence and autonomy, since they can find the meaning of life in old age in it, although they spend it in the retirement home.

Key words: quality of life, elderly, retirement home.