

QUALITY OF LIFE AND SOCIAL INCLUSION OF ELDERLY LIVING IN RESTING HOME

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Purpose: The first aim of this study was to provide social inclusion through participation in cultural and social activities of elderly. The second aim was to increase the quality of life through meaningful activities of elderly.

Material and method: This study is a part of the "Total Quality Project in two Resting Home" supported by State Planning Organisation in Turkey. The 80 elderly people who live in two resting home (Süleyman Demirel Resting Home and Akyurt Resting Home) in Ankara participated to the study. Social Isolation Questionnaire and Nottingham Health profile were used to assess social isolation and health related quality of life respectively. The semi-structured interview was used to assess occupational performance, interest and needs of the elderly people. According to their interest, the different projects groups were constituted (Repair workshop project, web page created by elderly, intercultural communication project, wooden toys project, creating music group and reading days for elderly). The elderly people in different activity groups presented and demonstrated their projects at the community meeting.

Results: The results of this study demonstrated that social isolation decreased and quality of life improved after meaningful activity participation ($p < 0.05$).

Conclusion: This meaningful occupation has promoted their health, understood as physical well-being, social well being and a psychological well-being. This study has the effect of empowerment and the social inclusion has been promoted.