

## Needs and Preferences of Community-Dwelling Slovenian Older People

KATARINA GALOF

*University of Ljubljana, Faculty of Health Sciences, Occupational Therapy Department, Ljubljana, Slovenia*

**Introduction:** The Eurostat Dissemination Database, which provides official statistics for the European Union member states, estimates that by the end of 2020, 23.7% of the Slovenian population will be 65 years or older. The Act of Long Duration Treatment, Insurance for Long Duration Treatment and Personal Assistance has been in preparation since 2002.

**Objectives:** The aim of our study was to better understand the current needs and the nature of assistance provided to older people in Slovenia with Activities of daily living (ADL) and with Instrumental activities of daily living (IADL). We were interested to know how older people assess their independence in ADL and IADL and who did they want as their caregivers.

**Methods:** The questionnaire was presented to 635 older people in Slovenia. The inclusion criteria for our quantitative study were they were over 65 years old and living at home. The questionnaire consisted of 16 closed-ended questions (demographic characteristics, performing activities independence, assistance received, assistive devices, evaluation of the home environment).

**Results:** 76.7% of the participants reported that they had no assistance with their everyday activities. 15.5% reported that they used unpaid helpers and 7.8% used paid assistance. A chi-square test was performed to examine the relation between current and preferred provider of care.

**Conclusion:** Our study suggests that older home-dwelling Slovenian people are more independent in ADL than IADL. The results imply that older people's choices are not necessarily guided by what is available in the market, but what they are familiar and comfortable with.