Needs and Preferences of Community-dwelling Slovenian Older People

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Introduction
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- The Eurostat Dissemination Database estimates that by the end of 2020, 23.7% of the Slovenian population will be 65 years or older.
Objectives

• The aim of our study was:

➢ To better understand the current needs and the nature of assistance provided with ADL, IADL.
➢ To know how older people assessed their independence in ADL, IADL.
➢ To know who they wanted as their caregivers.
Methods

- Cross-sectional study.
- Community-dwelling adults over the age of 65.
- The questionnaire was presented to 635 people (358 agreed to participate voluntarily).

- The questionnaire consisted of:
  - demographic characteristics;
  - the level of independence in performing ADLs, IADLs;
  - the assistance received with everyday activities.
Results

![Graph showing Independent ADL](chart1)

![Graph showing Independent IADL](chart2)
Results

Present Provider of Assistance

Preferred Provider of Assistance
Conclusion

• Community-dwelling older Slovenians are more independent in their basic activities of daily living compared to instrumental activities of daily living (toilet, feeding).

• The majority of our participants did not use assistance for everyday activities.

• Those who had assistance used predominantly unpaid helpers, mostly their family members.
Thank you
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