LEISURE ACTIVITIES FOR ELDERLY PEOPLE IN SLOVENIA NURSING HOMES

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Abstract:

Research background: The population is getting older. Different challenges are associated with aging since the elderly can be more mentally and physically active. Living at home enables leisure activities. The elderly in nursing homes are typically more limited in mobility. Sometimes, this is a consequence of financial capacity, health or their motor disability.

Purpose: The purpose of the research was to determine the positions of the management of nursing homes and of the occupants on the offer and the interest for participation in leisure activities.

Methods of approach: A desk and field research was used. In addition to the literature study, statistical data of the Statistical Office of the Republic of Slovenia were analyzed. A field research in Slovenian nursing homes was conducted to obtain the positions. Randomly chosen elderly and management were included. A survey was used as a method for obtaining data. SPSS 20 was used for data processing. In the survey, there were 202 older people, of which 122 women and 80 men. The survey was conducted from October 15 to November 12, 2017.

Results: We have found that nursing homes are organized and elderly are interested in leisure activities. Given the trends in natural movement and the prolongation of the old age and the growing number of active population, this need will be even more pronounced in the future.

Conclusions: The providers of nursing homes and programmes will also have to adapt to the elderly who want active aging and can afford leisure activities. Infrastructure will have to adapt accordingly.

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