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# بسم الله الرحمن الرحيم

مركز الشبكات وتكنولوجيا المعلومات

قسم التوثيق الإلكتروني



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# جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

## قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها  
على هذه الأقراص المدمجة قد أعدت دون أية تغييرات



Salwa Akl



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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# QUALITY OF LIFE FOR INSTITUTIONALIZED ELDERS

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For Master Degree of  
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*Faithfully Dedicated to*

*My family*



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# Introduction

## **INTRODUCTION**

Adding life to years, not years to life, is the current philosophy for productive and successful aging. <sup>(1)</sup> Policies and programs on aging increasingly focus on identifying ways to improve the quality of life for elders rather than just extending their life span. This is particularly true for those who are dependent, with acute or chronic diseases and who are residing in institutions. <sup>(2)</sup>

Growing old is not easy. Various changes; physical, psychological and social; during the aging process demand multiple adjustment that require stamina, ability and flexibility. For the elders, life is complex and complicated. They must face retirement, reduced income, possible housing changes, frequent losses and a declining ability to function. <sup>(3)</sup> Moreover, The incidence of chronic illnesses affects the ability of the elder to perform activities of daily living (ADLs) in varying degrees. Reduced income affects their ability to purchase foods and drugs. Decreased social roles may result in loneliness and the feeling of being unwanted. Stereotypes are damaging to the elders and affects family caregivers, professionals and nurses. <sup>(4)</sup> Loneliness, widowhood, dependence, depression, unavailability of a house and loss of meaningful roles are commonly affecting the elders. For these reasons, elders resort to institutions where all their needs are expected to be met. <sup>(5)</sup>

The successful management of the multiple changes associated with aging and the achievement of satisfaction and wellbeing during later life is attained by developing strategies to ensure the availability and provision of comprehensive and holistic health care to the elders. One of the adapted principles of action to enhance people to achieve a high level of wellness is the quality of life. <sup>(6)</sup>