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**BOOK OF ABSTRACTS AND
CERTAIN ARTICLES AS A WHOLE**

EDUKACIJA ZA AKTIVNO STARENJ

EDUCATION FOR ACTIVE AGEING



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ASSESSMENT OF FUNCTIONAL ABILITY IN ELDERLY PLACED IN A NURSING HOME IN BITOLA

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Objectives: The aim of this article is to assess the disability of active living and its relationship to health condition in participants placed in nursing homes

Materials and methods: A cross- sectional study was conducted over 84 elderly placed in a nursing home Sue Ryder in Bitola. As for the assessment of disability of active day living Katz ADL index is used and a questionnaire for the presence of common diseases.

Resultats: As of the total number of participants 40 % were independent, 1 % were dependent at all 6 functions and 2% of participants were dependent at five and independent at one function. According to the health status of the respondents most common diseases are the musculoskeletal and cardiovascular.

Conclusion: The presented study indicates that the functional disorders in elderly are multi factorial and the interventions should be focused on improving physical activity primarily in the improvement of muscle strength.

Key words: elderly, Katz ADL index, nursing home