# Quality of Life in Elderly People - A Comparative Study in Different Elderly Homes of Kathmandu (2004)

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**Background**

In Nepal elderly population has always been considered passive recipients of support. Their choices, their satisfaction and their subjective perception towards their quality of life, their psychological problems etc have always been undermined. This study was carried out to identify the factors affecting the quality of life and the level of satisfaction in the inmates of one government run, one community operated and one private housing for the elderly in Kathmandu.

**Methods**

The design is of a cross-sectional comparative study. 30% of the inmates from each housing were taken by stratified systematic sampling. The tools of data collection included observation using a checklist and photography, interviewing the caretakers and management staff with an interview guide and structured interview of the inmates with a performed questionnaire. No statistical test of significance was performed due to the extremely small number of sampling frame.

**Results**

The respondents felt very good or at least better than at home in all the 3 housing facilities. 7 out of 24 responding males and 8 of 37 females at Pashupati and 2 of 8 inmates at Matatirtha found their room to be very congested and very cold in winter, and rightly so. Only 3 males and 6 females at Pashupati found the environment to be unhygienic, else most found it satisfactory though none found it excellent. When asked about outing, most inmates at Pashupati and Matatirtha used to go out once in more than 3 months while 4 of 24 males, 8 of 37 females and 3 of 5 inmates at Koteshwor said that they never do go out for outing. Almost none used to go out more than once in a month. Only 6 male (of 24 who responded) inmates at Pashupati replied that they are engaged in household activities. The females, including 8(of 37) at Pashupati and 6(of 8) at Matatirtha were involved in making wicks for traditional lights. Many inmates in Pashupati used to have regular contact with the nurse for minor ailments. But there was no provision of regular periodic health checkup as such in place Only 2 males and 2 females in Pashupati and 2 at Matatirtha expressed dissatisfaction with the services. In Koteshwor, an inmate was complaining that they rarely get any checkup and only when the inmates got moribund were the managerial members called.

**Conclusions**

Community run elderly housing charity committees in as many village development committees as possible is needed to address the problem of homeless and abandoned elderly people.

**Keywords:** elderly people; factors; problems; quality of life; satisfaction level.