

Active aging: 85 +

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ABSTRACT

BACKGROUND: Average life expectancy and aging rate have registered annual increases. Currently, about 20% of the portuguese population is elderly and it is estimated that in 2080 this number almost duplicates (Nunes, 2017)^[1]. A recent study from the National Institute of Statistics (2018)^[2] shows that almost half of the portuguese population will be over 65 in the next 60 years. The World Health Organization (WHO) has classified Portugal as the *bottom-down* Europe country, in what concerns to elderly treatment. **OBJECTIVE:** The purpose of this 24-month duration project is to make a diagnosis of the elderly health situation in Viseu county of the influence area of the Viseu Community Care Unit, aged 85 or over, and to develop a community intervention plan focused on the identified problems, in order to improve the life quality of the population group and promote active aging. **METHODS:** Data collection (Phase 1 – January to October 2019) along with the target population through a survey, which includes socio-demographic factors and evaluation of the Basic and Instrumental Activities of Daily Living (Katz Index and Barthel Scale); the life quality (Flanagan Life Quality Scale); the risk of falling (Morse Scale) and the confusion (NECHAM Confusion Scale, translated and tested in the portuguese population). **RESULTS:** Statistical analysis to identify real and/or potential problems of the studied population and results discussion (Phase 2 – November to December 2019). Community Intervention Plan design and dissemination to the community partners (Phase 3 – January to May 2020) and implementation (Phase 4 – May to November 2020) in articulation with the social network, health units and families, based on the National Strategy for the Active and Healthy Aging 2017 – 2025 from the Health General Direction^[3], which contributes to elderly well-being, autonomy and independence; as well as increasing levels of education and literacy for the health of the user, family and formal/informal caregivers; promote self-care and improve the elderly life quality. **CONCLUSIONS:**

According to WHO^[2] and in the aging context, the term “active” refers to the “continuing participation in social, economic, cultural, spiritual and civic life” going “much beyond the possibility of being physically and professionally active”. In this sense, the Care Unit team in the Viseu Community, attentive to the needs and having knowledge in the gerontological/geriatric care area, becomes fundamental in the promotion of this group health and well-being. The strategies to be implemented are based on the primary prevention through the risk factors reduction; on secondary prevention through early diagnosis and appropriate treatment; in tertiary prevention, reducing the complications impact, and in quaternary prevention, minimizing unnecessary medical intervention.

Keywords: Aging; Health; Autonomy; Intervention

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