ACTIVE AGEING OF THE ELDERLY IN RESIDENTIAL LONG TERM CARE
(Lithuania)

LINA SPIRGIENE
KAUNAS UNIVERSITY OF MEDICINE, CLINIC OF GERIATRICS
LITHUANIA

2008 April, Jurmala
LITHUANIA
KAUNAS UNIVERSITY OF MEDICINE
(LITHUANIA)
LITHUANIA

- Population 3.4 mln
- Area 65 301 sq.km
- Population over 65 yrs of age – 15.4 % from total population
- Life expectancy:
  - Women 77.4 yrs
  - Men 65.4 yrs
- Total 71.3 yrs
MAIN CAUSES OF DEATH IN THE ELDERLY

Male
1. Cardiovascular system (59.4 %)
2. Malignant neoplasms (22.3 %)
   - prostate
   - lung
   - urinary
3. Respiratory system (5.9 %)

Female
1. Cardiovascular system (73.0 %)
2. Malignant neoplasms (14.9 %)
   - breast
   - skin
   - corpus uteri
3. Others (4.3 %)

Lithuanian Health Information Centre. Health Statistics of Lithuania 2005
Like many other countries Lithuania faces a challenge of **ageing population**. The percentage of Lithuanians aged 65 years and above is estimated to reach 35% by 2050.

The need for long-term social care remains in Lithuania at present. Many older persons who are quite independent physically and mentally search for possibilities to get accommodation in stationary care institutions.
Social Services:  
- of General Interest  
- Special Social Services

Social services of general interest shall be provided to a person (family) whose abilities to independently care for his private (family) life and to participate in society may be developed or compensated for by the specific services provided without permanent assistance by specialists.

Information, counselling, mediation and representation, social and cultural services, organisation of transportation, organisation of catering, provision of necessary clothes and footwear as well as other services shall be regarded as social services of general interest.
SOCIAL SERVICES  SPECIAL

Special social services shall be provided to a person (family) in respect whereof social services of general interest are insufficient to develop or to compensate for the abilities to independently care for his private (family) life and to participate in society.

The following services shall be regarded as special services:

**social attendance** *(priežiūra)*
- Social attendance shall mean the totality of the services aimed at providing to a person (family) complex assistance not requiring permanent attendance by specialists.
- Assistance at home, development and maintenance of social skills, temporary lodging as well as other services shall be regarded as social attendance.

**social care** *(globa)*
- Social care shall mean the totality of the services aimed at providing to a person (family) complex assistance requiring permanent attendance by specialists.
- Social care shall, according to its duration, be divided into day, short-term and long-term care.
DEFINITIONS

- **Elder person** shall mean a person who has attained the pensionable age and who, by reason of his age, has partially or completely lost the abilities to independently care for his private (family) life and to participate in society.

- **Social care establishment** shall mean an undertaking authorised to provide social care in accordance with the procedure laid down by this Law (public limited liability company, private limited liability company, individual enterprise), an establishment (public establishment, budgetary institution) or a social family.
An undertaking, establishment or social family may be issued licences of the following types (for adults):

- institutional (long-term, short-term) social care for adults with a disability
- institutional (day) social care for elderly people
- institutional (long-term, short-term) social care for elderly people
- institutional (short-term) social care for adults at social risk
- social care for adults with a disability or elderly people at home
PRINCIPLES OF MANAGEMENT, GRANTING AND PROVISION OF SOCIAL SERVICES

Social services shall be managed, granted and provided on the basis of the following principles:

1. co-operation
2. participation
3. complexity
4. accessibility
5. social justice
6. relevance
7. efficiency
8. comprehensiveness
Long term care institutions for elderly and number of residents (Lithuania)

<table>
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<th>Long term care institutions/number of residents</th>
<th>2000</th>
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<tr>
<td>number of residents</td>
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<td>number of residents</td>
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<td>1785</td>
<td>1955</td>
<td>2069</td>
<td>2089</td>
<td>2158</td>
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<td>3</td>
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<td>2</td>
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<tr>
<td>number of residents</td>
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<td>300</td>
<td>320</td>
<td>333</td>
<td>326</td>
<td>200</td>
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<td>30</td>
<td>30</td>
<td>30</td>
<td>32</td>
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<td>number of residents</td>
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<td>583</td>
<td>672</td>
<td>723</td>
<td>738</td>
<td>805</td>
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<td>94</td>
<td>94</td>
<td>95</td>
<td>97</td>
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<td>TOTAL number of residents</td>
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<td>4761</td>
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Resource: Statistical Department at the Government of the Republic of Lithuania
## Employees in counties care homes for the elderly
(January, 2006)

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<tr>
<th>REGION</th>
<th>Number of residents</th>
<th>Number of personnel</th>
<th>Number of Therapists</th>
<th>Teachers, Psychologists</th>
<th>Social workers</th>
<th>Assistants to social workers</th>
<th>Doctors</th>
<th>Nurses</th>
<th>Other health care specialist</th>
<th>Volunteers</th>
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<tr>
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<td>8</td>
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<td>32</td>
<td>85</td>
<td>3</td>
<td>21</td>
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<tr>
<td>Total:</td>
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<td>821</td>
<td>2</td>
<td>2</td>
<td>87</td>
<td>294</td>
<td>14</td>
<td>72</td>
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<td>10,6</td>
<td>35,8</td>
<td>1,7</td>
<td>8,8</td>
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Recourse: The Care Institutions Provision Centre at the Ministry of Social Security and Labour, Lithuania
Volunteerism not very popular philosophy in Lithuania

"Volunteers don’t necessarily have the time, but they have the heart."
RESULTS

The need of the elderly for nursing and social services in the community of Kaunas districts. L. Hitaite, L. Spirgiene. Medicina (Kaunas) 2007; 43(11) http://medicina.kmu.lt

The elderly living in Kaunas district preferred to be cared
- 79.2 % at their own home
- 17.4 % in nursing homes
- 2.8 % in long term care facility

When the elderly needed home nursing, they were cared for by:
- 69.7 % family members
- 10.0 % neighbors
- 7.7 % community nurses
- 3.8 % persons who were paid

The majority of the elderly living in Kaunas district preferred to be cared for at their own home
The goal of healthy aging is to achieve three key characteristics: low risk of disease and disease related disability, high mental and physical function, and active engagement with life (Dr. Bill Dalziel, Chief, Regional Geriatric Assessment Program)

Only 30% of aging is related to genetics. Approximately 70% of physical and mental decline accompanying aging is felt to be due to lifestyle, not age. Therefore my concept of healthy aging is doing the best you can by practicing optimal health promotional behavior with the “hand of cards” that you have been dealt, based on your genetics and those diseases you have” (The MacArthur Study on Aging)
ACTIVE LIVING

Is a way of life in which physical, social, mental, emotional and spiritual activities are valued and are integrated into daily living

Residents are actively involved in various type of activities in long term care facilities
PHYSICAL ACTIVITY

- depending on residents needs and potentiality
- groups and individual programs
- exercises with trainers
- wellness days, sports contest
- billiards, checkers, chess
NURSING AND REHABILITATION

- Taking medications
- Procedures
- Prevention (pressure sores, falls, sleep disorders and other)
- Teaching
- Consultation
- Rehabilitation (rehabilitation programs were developed for frail elderly, adapted to the specific needs)

- Occupational therapists evaluate, treat, and consult with individuals whose abilities to cope with the tasks of everyday living are threatened or impaired by physical illness or injury, psychosocial disability
- Non traditional methods (aromatherapy, physiotherapy, hydrotherapy and other)
SOCIAL ACTIVITY
LEISURE AND DAY ACTIVITY

- concerts
- meetings
- lectures
- exhibitions
- competitions
- talks
- disputes (by residents needs, enjoyment)

- tours of the towns in Lithuania and other countries
- activities (drama, needlework, knitting, carver, florist, poet and other)
- work therapy
- watching films
EDUCATION AND TRAINING

- computer class
- since 1999 year some of residents attended The Third Age University
- libraries, new books
- subscription publication
- various lectures
THE THIRD AGE UNIVERSITY

- Established in 1995 year
- Initiator and founder the Institute of Experimental and Clinical Medicine at Vilnius University
- About 5000 students
- Faculties (health, spiritual perfection, choral singing, foreign languages, religions, regional studies, tourism, folk, household, literature)
- Ten affiliates over Lithuania

Available from Internet
http://www.3au.lt
Individually say one’s prayers, chant rosary, main religious feasts are celebrated with priest, priest visits
RESIDENTIAL LONG TERM CARE INSTITUTIONS COLLABORATE

- health care specialists
- folk artists
- kinder gardens
- singers
- photographers
- priests
- Red Cross society
- artist schools

Each home organizes a lively programs of activities; residents are involved in planning, so the programme varies according to their wishes.

The daily care is organized as a response to residents’ individual and combined needs.
EXAMPLES OF SUCCESSFUL MODELS

"Adding life to the years" and "getting satisfaction from life", Havighurst (1961)

A comprehensive definition of successful aging "would combine survival (longevity), health (lack of disability), and life satisfaction (happiness) ", Palmore (1995)

Terms of multiple physiological and psychosocial variables, Rowe and Kahn (1987)
THE FEATURES OF SUCCESSFUL AGING

- physical health
- financial security
- productivity and employment
- independence
- coping well and an optimistic outlook
- staying involved in activities and with people who bring meaning and support
As possible active and healthy ageing is one of the most important tasks in residential long term care institutions.

The social, health, emotional needs for residents positively improved by interdisciplinary team - physicians, teachers, psychologists, social workers, assistants of social workers, nurses and other specialists.
Enjoy spring in Jurmala!