

# **Need for Rehabilitation Services for Elderly living in Selected Old Aged Homes in Nepal**

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## **Abstract**

**Purpose:** To find out unmet needs of rehabilitation services for elderly living in old aged homes

**Objectives:** Study objectives were to identify types and percentage of disability among the elderly living in selected old aged homes and to find type, challenges and gaps to introduce rehabilitation services in selected old age homes in Nepal.

**Methodology:** Study was cross-sectional study. Ten old aged homes were selected and purposive sampling was used to select 200 respondents for data collection. Well-structured questionnaire was used for data collection and semi structured questionnaire was used for key informant interview.

**Results:** Among 200 respondents, mean age was 76.89 years ranging from 60-103 years with SD 9.27. It was found majority of the elderly were suffering from some level of physical disability with 95.5% (n=191), 72.5% (n=145) have sensory impairments and 76% (n=152) have some mental illness. Rehabilitation awareness was very low with 16.5% (n=33). For accessible environment, 24% (n=48) respondents thought environment was not accessible for them and 76% (n=152) were unsure about environmental accessibility. Key informants were concerned about the financial burden of rehabilitation services but were open about options like volunteers and donors for those services.

**Conclusion:** Study found that most of elderly livings in old aged homes are suffering from physical and mental disability. This may be the result of inactivity that was commonly seen in elderly. Elderly are yet to get treatment measures they deserve. Further studies need to be done to find appropriate measure to improvised health status and prepare guidelines for complex disease combination seen in elderly living in old aged homes.

**Keywords:** Geriatrics, Disability, Health status