



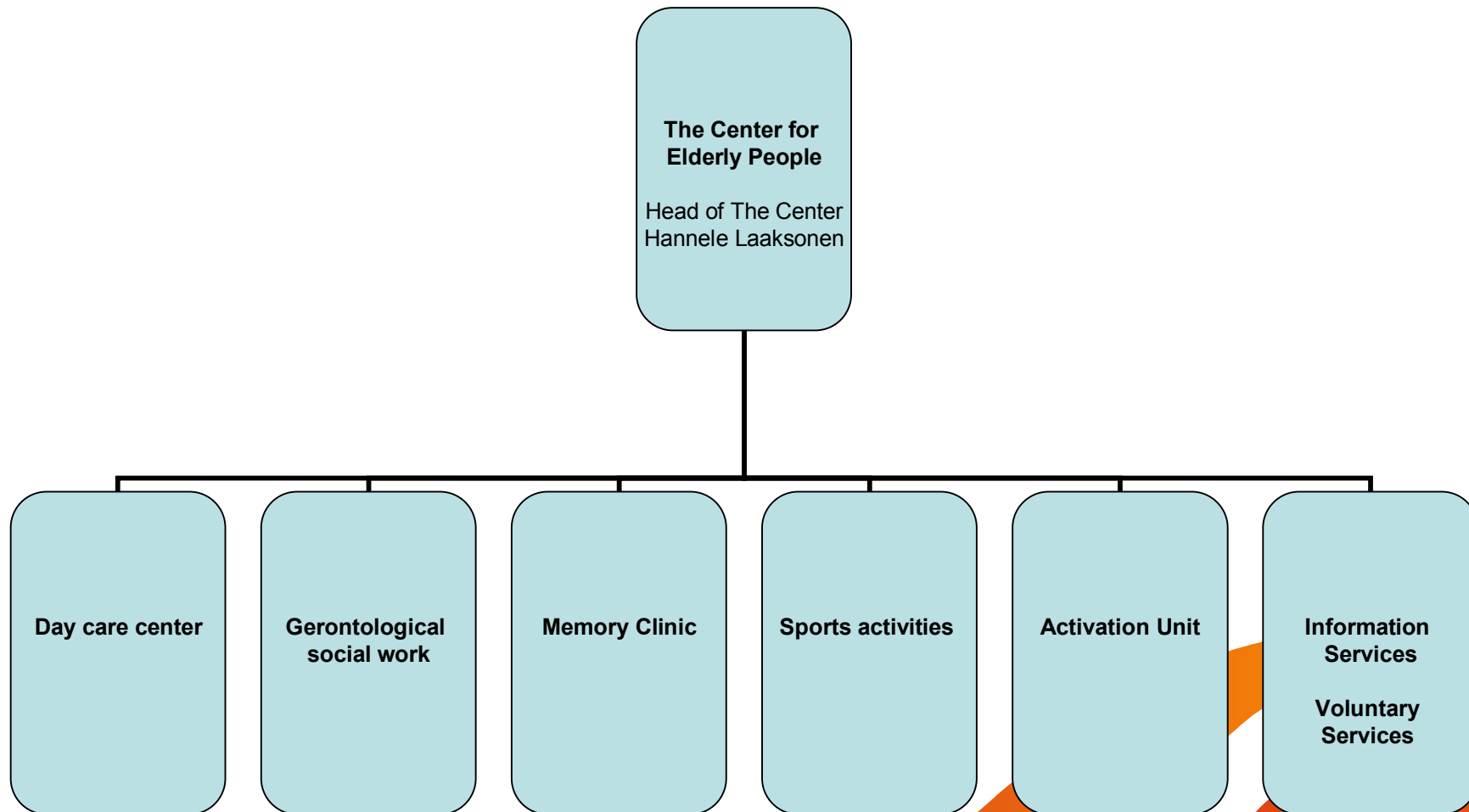
Empowerment of Aging People

MEETING OF THE UBC COMMISSION
ON HEALTH AND SOCIAL AFFAIRS

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The Centre for Elderly People



We need empowerment!



- Our target is to support elderly people living at home or in service homes and their ability to live independently for as long as possible
- Those who are living alone are in the high-risk group
 - They may feel lonely
 - They may become socially excluded
 - They may become depressed
 - Their physical, social or mental ability to function may decline





What is empowerment?

Our targets at the Center for Elderly People are the following:

- to strengthen elderly people's own identity
- to strengthen elderly people's own resources, so that they are capable of...
- to help elderly people to realise their own abilities, maintain them and increase them

Resources

- encouragement to participate in activities outside the home
- support and motivation to act
- create opportunities for empowerment by activation
- some of the services are free of charge (sports activities, hobbies)
- highly skilled employees

How has physical training increased the empowerment of elderly people?



- The city of Vaasa has two gym facilities for elderly people where we organized this research during 2010-2012

Study group: all over 70-year-olds who wanted to train two times a week were accepted (N=97)

- The average age of the research group was 76
- Female 65%

Control group: over 70-year-olds who were living at home and who did not train at a gym (N=75)

- The average age of the control group was 78
- Female 56%





Indicators used in this research

1. Quality of Life 15 D
2. GDS, Depression test
3. Social interaction and participation
4. Physical tests:
 - >Balance
 - >Walking speed
 - >Getting up from a chair
 - >Hand grip strength

Tests for the control group

Tests for the study group



Implementation of physical training

- Training method: interval training with two groups with one group training for 2.5 months in the gym, taking a break of 2.5 months, training for 2.5 months... The other group trained while the first one took a break.
- Training 2 x week
- Research duration: 15 months
- Both groups trained 3 x 2.5 months at the gym
- One training session took 50 minutes and there were 2 of them per week

Considerations:

- No one had their own individual training programme, instead everyone's efforts were supported by motivating, encouraging and inspiring them
- Weights and repetitions were increased gradually



The key results

Results of the study group, six months

The ability to move improved *

The ability to sleep improved **

Grip strength in the left and right hand improved ***

The ability to get up from a chair improved ***

Results of the study group, one year

Urination and stomach functions improved **

Daily living activities improved *

Depression decreased ***

Anxiety decreased ***

The ability to get up from a chair improved ***

Significance of the
results statistically

* Almost significant

** Significant

*** Highly significant



The key results of the control group over one year

- Among the control group (n=67) there were none of the positive results described above
- Among the control group there were two negative results:
 - Mental orientation got worse *
 - Social interaction decreased *



Finally

- These results show statistically very significant empowerment among the elderly members of the study group, especially in mental and physical performance
- By physical training, it is possible to
 - strengthen elderly people's own identity
 - strengthen elderly people's own resources and
 - strengthen elderly people's use of their own abilities

In the city of Vaasa, we are expanding our services in this field and perhaps next year we will open our third gym for elderly people.

Thank you for your attention!

