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The effects of therapeutic intervention on quality of life and use of optical devices for older individuals

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Introduction: The growth of the elderly population led to interest in studies of aging and the quality of life. Aging well depends on the balance between the limitations and potential of the individual who selects priority areas in this stage of life and have different motivations and abilities. Among the limitations that occur as age advances, those related to vision and importance are regarded as priorities.

Aim: Aim of this study is to evaluate the quality of life of elderly with visual impairment focusing on optical aids and routine activities through the LVQOL and VFQ-25 questionnaires.

Method: Two questionnaires on quality of life, LVQOL and VFQ-25 were applied before and after therapeutic intervention within thrice-monthly meetings.

Results: 52 subjects of both sexes were studied, 41% aged between 60 and 70 years; 38% between 71 and 80 years and 21% over 80 years. The main causes of low vision found were macular degeneration (38%), cataract (38%), glaucoma (20%), diabetic retinopathy (10%), and optic nerve atrophy (5%). Regarding the use of optical aid before the intervention, 37 subjects (61%) were using the aid, and after the intervention these figures rose to 45 subjects (86%).

Conclusions: After participating in the therapeutic intervention, the elderly were prone to improvement in performing not only the daily activities, but also using of optical aids, as well as in reading and writing activities, leading to a better quality of life.

Biography

Mayla Myrina Bianchim Monteiro is a Speech Therapist, Post-doctoral student in Health Interdisciplinary and Rehabilitation at State University of Campinas, School of Medical Sciences. She has knowledge in the areas of language and visual impairment.

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