ACTIVE AND PRODUCTIVE AGING FROM THE PERSPECTIVE OF AGED INDIVIDUALS AND ITS RELATIONSHIP WITH FUNCTIONAL INDEPENDENCE AND WORK

Authors:
Juliana Almeida Marques Lubenow
Olívia Galvão Lucena Ferreira
Maria Adelaide Silva Paredes Moreira
Luis Fernando Rangel Tura
Jordana de Almeida Nogueira
Lenilde Duarte de Sá
Antonia Oliveira Silva
Growth in Brazilian elderly population (6th elderly population in 2025) → Need to learn to deal with the many specificities of aged people
INTRODUCTION

Aging = progressive decrease of functional capacity

Varies from one elderly to the other according to conditions of life and work
The challenge is...

Preservate the independence and autonomy of elderly individuals.
OBJECTIVES

1. To learn the SR about active/productive aging by elderly people functionally independent
2. To analyze factors determining healthy aging from the degree of functional independence of elderly individuals
3. To identify the meanings associated with work by seniors that work
4. To highlight relevant aspects of these possible inter-relationships
Method

Exploratory and qualitative study

- 100 aged individuals
- Health Family Unit
- João Pessoa-PB, Brazil
- Research Project of Ministry of Health
- National Committee for Ethics in Research
METHOD

Three investigation axes

Socio-demographic questionnaire

Functional Independence Measure by MH – evaluate functional capacity

Analysis according to SR Theory (data were processed using ALCESTE)
RESULTS AND DISCUSSION

Socio-demographic questionnaire

- 60 – 93 years old
- 73% female
- Non-institutionalized and functionally independent
- 40% illiterate
- 79% with pathology hypertension
FUNCTIONAL INDEPENDENCE MEASURE

58% > 65 years old

7% > 85 years old

100% functionally independent

They did not require help to perform Activities of Daily Living
ALCESTE constructed four classes:

- **Class 1:** Active elderly and leisure
- **Class 2:** Active elderly and housework
- **Class 3:** Active elderly and physical activities
- **Class 4:** The life of the elderly: general aspects
CLASS 1 – Active elderly and leisure

“The aged person is joyful, goes to parties, has drinks, goes out, is nice [...]”

• The active aged person was associated to leisure activities
CLASS 2 – Active elderly and housework

“The active person is hardworking, takes care of the house, solves their problems, does their own shopping, looks after their grandchildren [...]”

• The active aged person was associated with someone who does the house chores
CLASS 3 – Active elderly and physical activities

“[...] the active aged person rides bikes, exercises, has a job, has sex, goes for walks [...]”

• This class showed that aged people engage in physical activity and that is associated with health
“the individual has a disease, receive retirement pension, has grandchildren, has a weak memory and is close to death [...]”

• In this class, aging was associated with negative terms (when not associated with the word “active”)
1. **SR of active aging**
   a. **Positive contents:** domestic activities, leisure, physical activities
   b. **Negative content:** when not associated with the word *active*

2. **Active aging should be encouraged**
   a. Support from political and social institutions, family and friends
   b. Combat discrimination against aging
This study highlights the importance of:

• actions directed to the elderly population seeking primary care and

• professionals concerned with humanized and conscious care aimed to the importance of active and healthy aging