

**Abstract**

**Original Paper**

**The Determination of Functional Independence and Quality of Life of Older Adults in a Nursing Home**

**Ülker Bozkurt, PhD,RN**

Izmir Katip Celebi University, Health Science Faculty, Nursing Department, Izmir, Turkey

**Medine Yılmaz RN**

Selçuk State Hospital, Selçuk, Izmir, Turkey

**Correspondence:** Medine Yılmaz, RN, PhD, Assoc. Prof.; Department of Public Health Nursing , Faculty of Health Sciences, Izmir Katip Celebi University, Izmir, Turkey  
E-mail: medine1974@hotmail.com

**Abstract**

**Background:** In the population aging process, age-related physiological changes bring with them a reduction in functional capabilities. Declining functional capacities bring about problems with self-care, activities of daily life and psychosocial problems.

**Aims:** The aim of this descriptive study was to determine the functional independence and quality of life of the aged 65 and over of an older adults in nursing home.

**Methodology:** The sample was consisted of 81 older adults (over 65 years old) living in a nursing homes. The Functional Autonomy Measurement System (SMAF) and SF-36 quality of life scale were used in data collection.

**Results:** A statistically significant difference was determined between the functional autonomy and quality of life subscales ( $p<0.05$ ). It was also determined that quality of life scores decreased with increasing age, SMAF scores decreased with pain. The Physical Functionality and Physical Role Difficulty scores were lower, General Health Perception scores were higher of older adults with chronic illnesses. A statistically significant correlation was found between the presence of chronic illness and SMAF.

**Conclusions:** The results of the study show that support of physical functions in older adults can be important in increasing quality of life and functional independence. Also a holistic viewpoint the need for cognitive and emotional support is as important as that for solving medical health problems.

**Key Words;** Functionally-Impaired Elders, Geriatric Nursing, quality of life