

Salud +60
Programme

Presentation by
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HOW IS CYPRUS TAKING CARE OF ITS ELDERLY?

IMPORTANT INFORMATION ABOUT CYPRUS

- Island South-East of Europe
 - Aprox. 900,000 people
 - 240,000 of the above are 60+ years old
 - (Knoema, 2020)
- Life expectancy around 79.9 years of age
 - (United Nations, 2016)
- 18.66% of population are 60+ years old
 - One of the lowest percentages in EU
 - (Republic of Cyprus, Statistical Service, 2019)



Ageing population

- Spike in diseases more common in elderly

(Diaplasis, 2021)

Research shows that retirement affects the mental and physical health of people.

- 1/3 of retirees have difficulty in adjusting to aspects of retirement

(Kaplan and Berkman, 2021)

- 5-16% increase in mobility and ADL difficulties
- 5-6% increase in illnesses
- 6-9% decline in mental health

(Dave, Rashad and Spasojevic, 2006)



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KNOWLEDGE
UNTIL NOW

Pandemic effects:

- Complications to health
- Disruption to daily routines
- Limited access to technology

(Vahia, Jeste and Reynolds III, 2020)

Limited knowledge in technology



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Social isolation:

- 50% of individuals aged over 60 y/o are at risk
- 1/3 of individuals aged over 60 y/o will experience loneliness

(Fakoya, McCorry and Donnelly, 2020)

Factors increasing risk of loneliness:

- Living alone
- Loss of family members or friends
- Chronic illnesses
- Hearing loss

(Centre of Disease Control and Prevention, 2021)



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SERVICES PROVIDED

DESCRIPTION OF SERVICES PROVIDED

- The General Healthcare System (GHS)
 - Established in 2020
 - Offers equal access to healthcare services for all citizens
 - (General Health System, 2021)

DESCRIPTION OF SERVICES PROVIDED

Free Covid-19 vaccines by the government to every citizen

3rd dose provided to all citizens above 60 y/o

Flu vaccine

DESCRIPTION OF SERVICES PROVIDED



- The Mental Health Services in Cyprus:
 - provide numerous treatment, rehabilitation and prevention services
 - focusing on mental health, Dementia and Parkinson's Disease.
 - (Republic of Cyprus, Ministry of Health , 2021)
 - services are provided by Psychiatrists, Psychologists and Occupational Therapists
 - promoting mental health for all ages in the fields of diagnostic evaluation, therapeutic interventions and actions aimed at rehabilitation.
 - (Mental Health Services | State Health Services Organisation, 2021)

DESCRIPTION OF SERVICES PROVIDED

- Ministry of Health
 - National Dementia Committee
 - National Committee for the Elderly
 - Technical Committee
 - Strategic planning and suggestions for innovative interventions



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH



DESCRIPTION OF SERVICES PROVIDED

- The Department of Social Inclusion of Persons with Disabilities
 - Ministry of Labour, Welfare and Social Insurance
- Offers assessment and funding for appropriate equipment needed to be provided to the patient
 - (Republic of Cyprus, Ministry of Labour, Welfare and Social Insurance, 2021)



DESCRIPTION OF SERVICES PROVIDED

- **Adult Education Centres**
 - Provided by the Ministry of Education
 - Organises special group sessions in institutions, adult shelters, elderly care centres etc.
 - Free of charge
 - Offers an array of classes to all adult individuals
 - Languages, computers, musical instruments, cooking, gymnastics, dance
- (Cyprus Ministry of Education, Culture, Sport and Youth, 2021)



THE CYPRUS INSTITUTE OF NEUROLOGY & GENETICS

DESCRIPTION OF SERVICES PROVIDED

- The Cyprus Institute of Neurology and Genetics (CING)
 - Dedicated to lessening the suffering and preventing diseases through patient care, research and educational programs
 - Services are provided to individuals with genetic conditions and neurological conditions from Neurologists, Physiotherapists and Speech and Language Therapists
 - (The Cyprus Institute of Neurology and Genetics, 2021)

DESCRIPTION OF SERVICES PROVIDED

- ITHAKI Association
 - Non profitable charity organisation
 - Educates about prevention and treatment of Dementia
 - Operates a unit of half-day stay, therapeutic care and support
 - Supports patients with Dementia, mental function difficulties, behavioural disorders and to those who have a reduction in daily functioning
 - (Ithaki, 2021)



ΙΘΑΚΗ
ΦΙΛΑΝΘΡΩΠΙΚΟΣ ΣΥΝΔΕΣΜΟΣ
ΣΤΗΡΙΞΗΣ ΑΤΟΜΩΝ ΜΕ ΑΝΟΙΑ

WHO IS RESPONSIBLE?

- Family
 - Close geographically and emotionally
- Mental Health Services line of work
 - Weekly meeting with all professionals included in patients care
- External professionals
 - Independent coordination and communication with each professional





ACTION PLAN..?



Prevention



Training



Support at home

- Due to ADLs being affected
- Bathing
- Dressing
- Toileting
- Eating
- Transfers

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