

Elder Abuse Among Malaysian Older Persons Residing in The Community

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ABSTRACT

INTRODUCTION: Elder abuse is a known public health and social problem with serious consequences. The objectives of this study are to estimate its prevalence and correlates using data from a national level study. **METHODS:** A total of 3,977 older persons aged ≥ 60 years residing in the community nationwide were interviewed face-to-face by trained interviewers. Screening of 3,466 older persons for elder abuse utilising a validated tool from the National Irish Prevalence Survey on Elder Abuse was done after excluding those with probable cognitive impairment and needing assistance to answer. Those who screened positive in any one domain from psychological, financial, physical, sexual abuse or neglect, in the past 12 months, were categorised as overall elder abuse. The stratified cluster sampling design ensured national representativeness, with complex sampling analyses done. **RESULTS:** An estimated 9.0% of older persons in Malaysia screened positive for elder abuse. There was no significant difference by sex and strata (urban or rural). Those with poorer social support (AOR 5.0, 95%CI: 2.25, 11.22), dependency in performing Activities of Daily Living (ADL) (AOR 2.1, 95%CI: 1.23, 3.44) and prior history of abuse (AOR 10.1, 95%CI: 4.50, 22.86) had higher odds of experiencing elder abuse. Neglect was the commonest (7.5%, 95%CI: 5.54, 10.07). Multiple domains of abuse were reported by almost 5% of abused older persons. None however reported this to health providers, and only one to a social worker, out of the 19.3% who did report this to authorities. **DISCUSSION:** Elder abuse prevalence was found similar other local studies (4.5% to 9.7%), but lower than global estimates (12.8 to 19.3%). Community based programs to improve social support should be emphasized to decrease social isolation among older persons. Those with higher dependency in ADL have higher risk of experiencing elder abuse, thus supporting caregivers is an important measure to prevent elder abuse. A previous history of abuse should flag the older person for detection of elder abuse.

KEYWORDS: older persons, elder abuse, neglect, National Health and Morbidity Survey (NHMS), Malaysia

Quality of Life Among the Elderly and Related Factors in Malaysia

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ABSTRACT

INTRODUCTION: Elderly people is susceptible to poor health outcomes that impair their quality of life (QoL). QoL among the elderly provides information on potential modifiable risk factors that affects later life well-being. This study aims to describe the QoL and related factors of older persons in Malaysia. **METHODS:** We used a validated instrument of the 19-item Control, Autonomy, Self-realization and Pleasure (CASP-19) scale that measures psychological well-being related to QoL in older persons. Scores range from 0 to 57, and higher scores indicate better QoL. We included potential variables that influence QoL such as sociodemographic, food security, functional limitation, depression scores, social networking and self-reported abuse. Data were analysed in account of sample weights using STATA 15. Linear regression analysis was used to identify psychosocial factors which influence QoL. **RESULTS:** 3,444 individuals aged 60 years and above completed all CASP-19 items. The estimated mean QoL score was 47.01 (95%CI: 46.30, 47.72). Adjusted for covariates, QoL continued to deteriorate with lower education, probable depression (-1.042, 95%CI: -1.212, -0.871) and food insecurity (-0.815, 95%CI: -1.083, -0.548). QoL continued to improve with improved ADL score (0.302, 95%CI: 0.052, 0.552), IADL score (0.646, 95%CI: 0.382, 0.909) and better social support (0.308, 95%CI: 0.187, 0.429). **DISCUSSION:** Factors that influence QoL in older Malaysian include Education, depression, food insecurity, functional status and social support. Accessibility to mental health services, active participation in social activities and food banks should be evaluated as potential interventions to enhance QoL.

KEYWORDS: CASP-19, Elderly, Factors, Quality of life