

## Effects of dementia on the autonomy and quality of life on aging

**Aim:** Longevity increasing some concepts as autonomy, quality of life (QoL) starts to be argued in an intensive way by worldwide scientists. This study about autonomy, QoL on the aging may disclose realities, that can lead to better understanding of dementia in aged, in a way that actions might be taken to promote, to those patients and their family, a more healthful and pleasant aging.

**Methods:** The research participants were chosen amongst old people (age  $72.17 \pm 0.61$ ;  $n=24$ ). They were classified by their level of dementia (mild to moderate severity), less than 4 years of diagnosis, not living in home care, institutionalized and attended by specialized caregivers in the ambulatory of the Center of Geriatric and Gerontology, at the Universidade Federal Fluminense (UFF), Rio de Janeiro state, Brazil. The data were analyzed by statistical test considering  $\alpha=p<0.05$  and  $10\%<\beta<20\%$  through software Statgraphic 5.1. Mini-Mental State Study, Clinical Dementia Rating and WHOQOL-100 were used in this study.

**Results:** The data shows significance at  $p<0.05$  in all-important items of the tests. The variables compared indicated a possibility of some disability. The MMSE and CDR showed light dementia scores, compatible with the 4 years of the DA.

**Conclusion:** This research concluded that the advanced dementia degree causes a negative impact on the functional autonomy on the ADLs and, also, on the levels of QoL of the aging population. Some recommendations should be proposed to contribute in aging studies and practices, considering old age, specifically in the area of dementias, purposing to improve the functional autonomy and QoL of aged, is objective.

### Biography

Helena Figueira completed her PhD in Biosciences at the State University of Rio de Janeiro UNIRIO, PhD in Sports Medicine at the Euro-American Network of Human Motricity, MSc Master in Human Motricity Sciences at the Castelo Branco University / RJ, Brahmani in International Society for Krishna Consciousness. Graduated in Psychology, in Physical Education, in Physiotherapy and in Economic Sciences. Specialist in Cognitive Behavioral Therapy, Global Postural Reeducation, Acupuncture, Didactics of Higher Education, Proficiency Level English and Yoga. Coordinator of Yogatherapy and Ayurveda Massage courses at ABACO/Sohaku-in (2003-10). Pedagogical Director and Teacher of the Yoga Instructor Training Course at ReservaZen (2018-). Vedic Scripture at the International Society for Krishna Consciousness (1988, -). English-Portuguese translator and literary reviewer. Several works published in indexed journals and presented at national and international conferences, especially research in the area of quality of life through aging.