

# Older Adult Self-care and Related Factors at Primary Health Care Centers

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## ABSTRACT

**Background:** The capability for self-care has been viewed as a means of lowering the high costs of medical services and enhancing older individuals' quality of life. The World Health Organization advises encouraging self-care and managing illnesses.

**Objectives:** The study aims to investigate self-care abilities for elderly and associated factors in Kerbala, Iraq. **Methods:** In this cross-sectional study, 260 participants over 60 years old were assessed through a questionnaire that included demographic information and the Self-care Ability Scale for the Elderly. Older people visiting primary health care centers in the Karbala sector in 2023 were chosen by convenience sampling for the study. The descriptive (Frequency, Mean of Score) and inferential method (Independent Sample t-test) was used to analyze the results by SPSS 23.

**Results:** 168 elderly people (64.6%) had unsatisfactory and 19 (7.3%) good ability for self-care. While, married ( $P=0.003$ ) had high significant with self-care ability compared to single, divorced and widowed people. Self-care capacity is much lower for the least educated (0.000). Therefore, the results showed that the elderly who suffer from diseases (0.000) have a low level of self-care.

**Conclusion:** Ability of older persons with chronic conditions to care for themselves was found to be inadequate, making the planning and execution of programs to improve self-care for them necessary. The ability of senior people to take care of themselves can be improved by setting up workshops based on identifying age-specific challenges and coming up with solutions to deal with them.

**Keywords:** Older Adult, Self-care, Chronic Diseases

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