

CARE FOR ELDERLY WOMEN WITH CANCER AT THE CENTER FOR PSYCHOLOGICAL SUPPORT EVERYTHING FOR HER



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Background

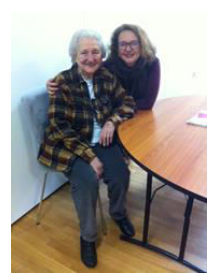
- Ageing is a great challenge for every person, but additionally being diagnosed with cancer creates stressful environment that reduces adaptive capacity of affected person and her family and friends
- Mental health is greatly affected in cancer patients, especially in ageing women
- Many women participating in Centre's programs are above 60 years old

Material & Methods

- A qualitative analysis of the data from the Centre for psychological support Everything for her was performed
- Variables analysed were: gender and age of Centre's programme participants and type of programme they are mainly participating at

Results

- Analysis showed that 38% of participants in Centre's programmes are women aged 60 or more and 25% of participants are women aged 65 or more
- Programmes elderly women usually attend are expert lectures different topics such as what to expect on oncology treatment, side-effects, specialized psychoeducational programs and many other.
- They participate in either individual or group psychotherapy and psychological counselling
- Elderly women are less likely to participate in programmes such as dancing, stage improvisation and dance movement psychotherapy (DMP)



Conclusion

- Elderly women have much less information about disease and treatment and therefore they need greater psychological support and education
- They tend to be more socially distanced and alone and that is the reason they seek help from support groups and group and individual psychotherapy
- Overall physical and mental health is poorer and often they suffer from anxiety and depression which is the reason they need individual psychological support.
- According to the feedback received from the participants, Centre's programmes improve their quality of life