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Association EVERYTHING for HER

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