

THE EVALUATION OF HEALTH AND QUALITY OF LIFE OF PEOPLE WITH DISABILITIES LIVING IN SOCIAL SUPPORT CENTERS

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Abstract

The article is dedicated to reviewing the issue of assessing the health and quality of life of people with disabilities living in social support centers. It discusses the key components that influence the health and well-being of this group, including physical condition, psycho-emotional health, social integration, and level of independence. Health assessment includes monitoring diseases, accessibility to medical care and rehabilitation, as well as support for psycho-emotional well-being. Quality of life, in turn, depends on living conditions, social activity, life satisfaction, and degree of involvement in public life. The article analyzes methods for assessing health and quality of life, including the use of questionnaires, medical examinations, and social research. It also examines key factors that affect the lives of people with disabilities in social support institutions and suggests ways to improve existing conditions to enhance their well-being. The conclusions aim to improve approaches to social services for people with disabilities, support their independence, and promote their social integration in society.

Keywords: Health assessment, quality of life, people with disabilities, social support centers, social adaptation, medical care, rehabilitation, psycho-emotional health, independence, social support, living conditions.

Introduction

People with disabilities living in social support centers face unique problems and needs that require a comprehensive approach to medical care, social integration, and quality of life provision. In these institutions, it is important not only to ensure physical well-being but also to support psychological health and create conditions for improving the quality of life. The assessment of health and quality of life for these individuals is an important part of social policy and practice aimed at improving their living conditions and social adaptation [2, 8, 9].

The Importance of Health and Quality of Life Assessment

Assessing the health and quality of life of people with disabilities helps understand how effectively social support centers are functioning and which aspects need improvement. Health in this context is viewed not only as the absence of disease but as a comprehensive state of physical, psycho-emotional, and social well-being. Quality of life is determined not only by physical condition but





also by social activity, level of involvement in public life, and satisfaction with existing conditions [3, 11].

Components of Health Assessment Physical Health

One important aspect of health assessment is monitoring the physical condition of residents in social support centers. People with disabilities may have various chronic conditions that require ongoing medical supervision and specialized treatment. These conditions may result from the disability itself or from additional problems arising due to limited mobility, sedentary lifestyle, or other factors.

Another crucial aspect is ensuring access to medical services, which includes both regular check-ups and emergency measures in case of disease exacerbation. Ideally, centers should have qualified medical staff and collaborate with external medical institutions for comprehensive treatment.

Psycho-emotional State

The psychological state of people with disabilities plays just as significant a role as physical health. Living in a social support center can both improve and worsen psycho-emotional well-being due to isolation, limited opportunities for self-expression, and participation in social life. The presence of qualified psychologists and social workers, along with programs aimed at supporting psychological well-being, can significantly improve the condition of residents [1, 7].

Availability of Medical Services and Rehabilitation

For a complete health assessment, it is essential to consider not only disease treatment but also access to rehabilitation, specialized services, and assistive devices. In some cases, the availability of special rehabilitation programs, therapeutic exercises, and the use of assistive technologies (such as prosthetics or wheelchairs) can significantly enhance the quality of life of people with disabilities [5].

Quality of Life

Social Support and Integration

Quality of life also includes aspects of social adaptation and involvement in public processes. People with disabilities living in social support centers are often limited in their ability to actively participate in social life, which can lead to feelings of isolation. It is crucial to create conditions for communication, exchange of experiences, and participation in cultural and educational events. Social support centers that develop social and cultural programs help strengthen the sense of belonging and reduce social isolation [4, 6, 8, 10].

Living. Conditions

Living conditions in social support centers also play a significant role in quality of life. This includes not only physical comfort (cleanliness, accessibility of housing) but also the emotional atmosphere within the institution. Conditions that promote social activity and independence, such as modern and comfortable living spaces, leisure programs, and access to cultural events, greatly improve quality of life [4, 6, 12].





Methods of Health and Quality of Life Assessment

Health and quality of life assessments for people with disabilities can be carried out using various methods:

Questionnaires and surveys: There are specially designed tools, such as health scales (e.g., SF-36), that help assess the physical, psychological, and social condition of people with disabilities.

Monitoring and analyzing medical data: A system of regular medical check-ups and tests helps track health status and detect potential problems at an early stage.

Interviews and observations: Direct communication with residents of centers and observing their daily life helps assess satisfaction levels and identify hidden issues [6, 10, 13].

Conclusion

The assessment of health and quality of life for people with disabilities living in social support centers is a necessary tool for improving their living conditions. A comprehensive approach, including medical care, psychological support, creating conditions for social activity, and enhancing independence, not only improves physical health but also enhances overall quality of life. This approach not only increases satisfaction among residents of social support centers but also integrates them into society, providing opportunities for full existence.

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