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Sociodemographic Profile of People Aged 65 or Over in Long-Term Care in Portugal: Analysis of a Big Data

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Abstract

Aim: To know the sociodemographic profile of people aged 65 or over who use the Continuing Care Network in Portugal, between 2010 and 2017, of the Convalescence Units, Medium Duration and Rehabilitation Unit and Long Term and Convalescence Unit.

Methods: Retrospective and cross-sectional study, based the analysis on the big data, produced by the National Network of Integrated Continuing Care in Portugal. Were analyze electronic health records of the status of older people.

Results: Most people dominant characteristics are: age group of 75 and 84 years old, female, married, with low level of education and professional level. Social isolation is greater in women, they are the ones who most live alone and spend the most time without company. In both sexes, it is people aged 85 and over who live most alone.

Conclusions: Knowing the sociodemographic characteristics of the elderly, with dependence on self-care, will allow in the next stages of the study to outline bundles of health interventions more adjusted to their needs

Keywords

Elderly   **Long-term care**

Sociodemographic profile

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