

TÍTULO DA TESE EM INGLÊS: Representations of the people with 65 or more years about their quality of life: an exploratory study

ABSTRACT

Aims: This study aimed to identify and understand the older people (age of 65 or more) representations about their quality of life (QoL) and ways of improvement. More specifically, it aimed to explore their concepts of QoL, the dimensions that contribute the most for a good and bad QoL, the most valued QoL dimensions and what might contribute for QoL improvement. **Method:** The sample was constituted by 64 individuals with 65 or more years. The methods used in the study were focus group, interviews and sociodemographic questionnaires with overall personal-QoL scale. **Results:** Health, social relationships, psychological well-being and social roles/activities were associated to the meanings of QoL. For a good QoL, older people identified social relationships, social roles/activities, psychological well-being, beliefs/values/practices and health as key dimensions. About the poor QoL it was mentioned the psychological well-being, lack of health, lack of contact/quality of social relationships and reduced finances. The most important QoL dimensions were health and social relationships. To improve individual QoL health and social relationships were the most mentioned and to improve the QoL of others of the same age the most predominant domain were services and infrastructures.

Palavras Chave: Quality of life, Older People, Aging, Social Gerontology, Social Representations.