

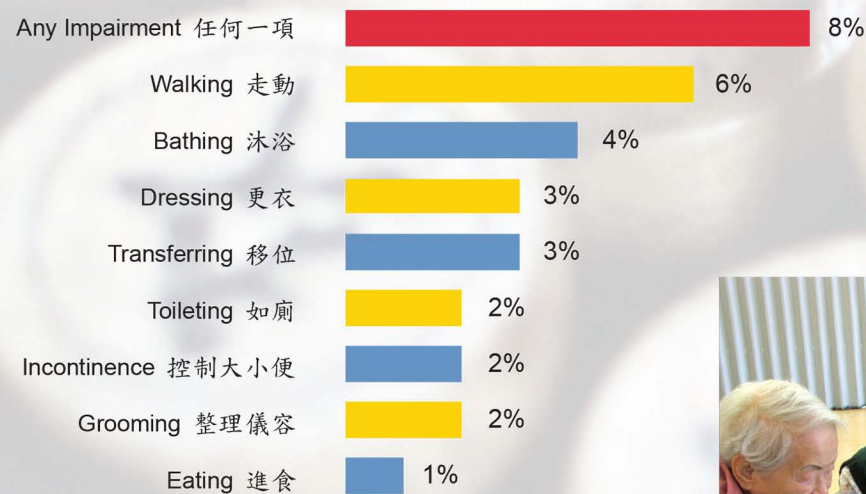


BACKGROUND Physical function is an important indicator in one's ability to live independently, and relates closely to overall quality of life. Changes in physical function or physical disability have important implications for policies on work, retirement, and long-term care needs. Functional impairment may occur due to medical conditions or chronic disease when people age. In America's older population, 41% reported a functional limitation in activities of daily living (ADL) or instrumental activities of daily living (IADL). ADL refers to the basic tasks of everyday life, such as eating, bathing, dressing, using the toilet. IADL, on the other hand, captures the full range of complex activities necessary for independent living in the community setting, such as managing money, preparing meals, shopping, and doing housework.

STUDY RESULTS

ADL Among study participants, 8% reported at least one ADL limitation. With respect to specific ADL limitations, 6% reported difficulty with walking, 4% reported challenges in bathing, and 3% reported difficulty with dressing and transferring.

ADL Limitation 日常功能受限



背景 身體功能狀態是衡量個人獨立生活能力的重要指標，也與生活質量相關。身體功能的變化對制定工作，退休以及長期護理等政策有重要影響。老化及慢性疾病可能造成身體機能減弱。41%美國老人日常功能受限或者工具性日常功能受限。日常功能是指進行基本日常生活的活動，比如吃飯，洗澡，穿衣以及使用廁所等。工具性日常功能主要涉及一系列能夠在社區獨立生活的複雜活動，如管理錢財，準備三餐，做家務，洗衣，用電話等。

研究結果

日常功能 8%受訪者至少有一項日常功能限制。6%受訪者行走困難，4%受訪者有沐浴的困難，同時還有3%的受訪者有穿衣以及移位的困難。如廁、控制大小便、整理儀容和進食也對一部份的受訪者而言成為挑戰，需要靠他人幫忙才能完成。



IADL With respect to self-reported IADL, over half of the participants (51%) described at least one difficulty. One in three older adults (33%) reported difficulty with shopping, and one in four (26%) reported difficulty with housework.

工具性日常活動 在工具性日常功能方面，大約一半的受訪者表示至少有一項困難。三分之一的受訪者有購物的困難，四分之一的受訪者有做家務的困難。23%有洗衣服的困難，18%自己準備三餐有困難，17%覺得自己有管理金錢的困難，十分之一有自己獨自出門的困難。

IADL Limitation 工具性日常功能受限



CONCLUSION Impairment in physical function is prevalent in this population. Based on ADL and IADL measures, the level of impairment among Chinese older adults was higher than national estimates. Over half of Chinese seniors reported a limitation in either ADL or IADL performance. The high proportion of older adults with disabilities also indicates a growing need for health care services. Policy programs should evolve towards becoming more flexible for meeting the disabled seniors' diverse needs for long-term care, increasing opportunities for minority older adults about where, when and how services will be provided.

結論 受訪者普遍有身體障礙的情況。根據日常和工具性功能的衡量，華裔老人身體功能受限程度高於國家平均，超過一半的華裔耆老有日常功能或工具性日常功能的受限。高比例的功能受限反映華裔老人對醫療服務需求的增加。政策項目應滿足華裔老人長期護理的需求，並提供充分利用醫療資源的機會。