



BACKGROUND Elder self-neglect is the term used to describe situations in which an older person refuses or fails to attend to his/her most basic needs and self-care. Seniors who self neglect are vulnerable to increasing risks of morbidity and mortality. In addition, self-neglected elderly may be at higher risks of being abused by others who may think that the senior is not able to protect himself/herself. The estimated prevalence of self-neglect is 9% in American older adults.

STUDY RESULTS We examined self-neglect phenotypes by personal and environmental observations. After in-home interviews, trained interviewers performed observations based on the following domains: hoarding, poor personal hygiene, house in need of repair, unsanitary conditions, and inadequate utilities. Results show personal and environmental hazards were present in 12% of participants.

背景 自我忽視意指老人拒絕或者無法照顧自己以及滿足基本生活需要。自我忽視的老人有更高的病發率及死亡率，同時老人往往被認為沒能保護自己，從而遭受更高的被虐風險。研究表明全美有9%的老人自我忽視。

研究結果 自我忽視可通過個人或者周圍環境觀察來判定。訪談人員在家訪後觀察受訪者家中是否存在囤積物，衛生條件差，個人衛生習慣差或房子待修等狀況。12%的受訪者存在個人或者環境不潔的情形。

Self-Neglecting Behaviors 自我忽視



CONCLUSION Self-neglect in older adults and specific personal and environmental hazards were common in the Chinese community. Chinese older adults can fall victim to self-neglect for a number of reasons, including burden of medical comorbidities, physical and cognitive impairment, poverty, depression, and social isolation. Social support by family, community members, and social services providers is very important in helping vulnerable Chinese older adults remain safely in the community.

結論 老人自我忽視以及個人和環境不潔在華人社區中為普遍情形。由於疾病負擔，貧窮，抑鬱，身體和認知障礙以及社會隔離等原因，華人老人更可能自我忽視。家庭，社區成員以及社工提供的支持對華人的健康以及安全有重要的作用。