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## **SOCIOECONOMIC FACTORS OF FRAILITY**

### **Abstract:**

Frailty is a risk factor for morbidity and mortality in older people. About 4-17% of elderly people living at home are frail, about 3-7% of elderly in age group 65-74 years and about 32% in age group 90 years. About 33-51% of elderly people in hospital care are frail. Several studies reported association between socioeconomic factors and health status. The social factors as risk factors for the development of frailty should be assessed and taken into account when evaluating elderly person's prevention and treatment programs. In medical context the social factors are often ignored.

Social frailty can be measured through the Tilburg Indicator. There are three criteria: living alone, lack of contacts and lack of support. If someone meets at least two of these three criteria, they are taken as socially frail.

EAKAS study in Estonia reported that 63% of elderly in elderly home were living alone before getting to institutional care. 23% of elderly in elderly homes feels alone. Strong and supportive relations with family are in 50% of elderly in institutional care. About 27% of elderly in institutional care would like to go back to their homes or family.

Socioeconomic factors such as education, income, relations, neighbourhood and etc influence on frailty and its outcomes such as mortality and disability- Frailty persons are at higher risk of hospitalization, institutional care and mortality.

### **Keywords:**

Frailty, elderly, health, socioeconomic status