Factors Relating to Depression of the Elderly Needing Support and Care

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Introduction:
This study was conducted to elucidate the factors relating to depression of the elderly needing support and care, and utilizing caregiving services based on the Long-Term Care Insurance Law.

Methods:
The subjects were the elderly (65 years old or more) living at one rural city located in the middle part of Hokkaido, Japan. They needed supports and care for daily life, and utilized services based on the Long-Term Care Insurance Law. Interviews with questionnaire were performed. The questionnaire consisted of the 5-item version of Geriatric Depression Scale (GDS-5), the 8-item version of MOS-SF (SF-8), the 3-item version of Sense of Coherence (SOC-3), the Social Relation Indicator (SRI), and the questions for their attributes and conditions. Out of 130 persons utilizing caregiving services more than 3 months, 72 persons utilizing day service and 33 persons utilizing home help service were analyzed. Multiple linear regression analyses (backward elimination method) were performed using GDS-5 as a response variable.

Results and Discussion:
Proportion of depression of the elderly utilizing home help service was significantly higher than that of day service users. Spearman rank correlation coefficients of GDS-5 against 2 summary scores of SF-8, SOC-3, and 5 subscales of SRI were less than the order of 0.5 in both types of service users. The coefficients between every pair of SF-8 summary scores, SOC-3 and SRI subscales were less than the order of 0.5 in both types of service users. Multiple linear regression analyses revealed that GDS-5 of the day service users was influenced negatively by ‘Concern about Society’ subscale of SRI and SOC. GDS-5 of the home help service users was influenced negatively by Physical Component Summary and Mental Component Summary Score of SF-8 and ‘Security in Life’ subscale of SRI.
These results suggest that different factors are related to the depression of the elderly utilizing the types of caregiving services.

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