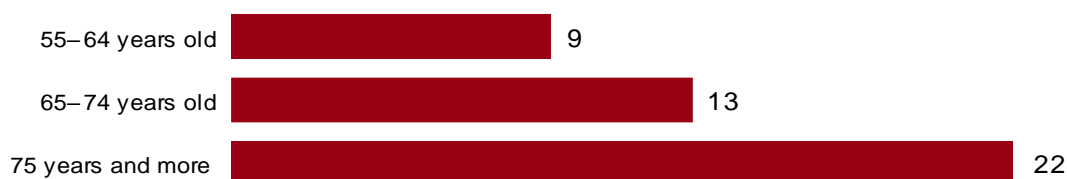


Support for the elderly

Nearly half of Poles personally know someone elderly who has problems with carrying out some of their daily activities themselves, and 6% claim to be in such a situation themselves. Limitations due to age intensify after the age of 75: one in five respondents (22%) in this age group declares having difficulties in carrying out daily activities.

**Many people, after reaching a certain age, have difficulties in carrying out some of their daily activities on their own, such as: dealing with institutions, shopping, cleaning, preparing meals, dressing, personal hygiene. Are you in such a situation yourself?
Percentage of affirmative answers among respondents aged:**

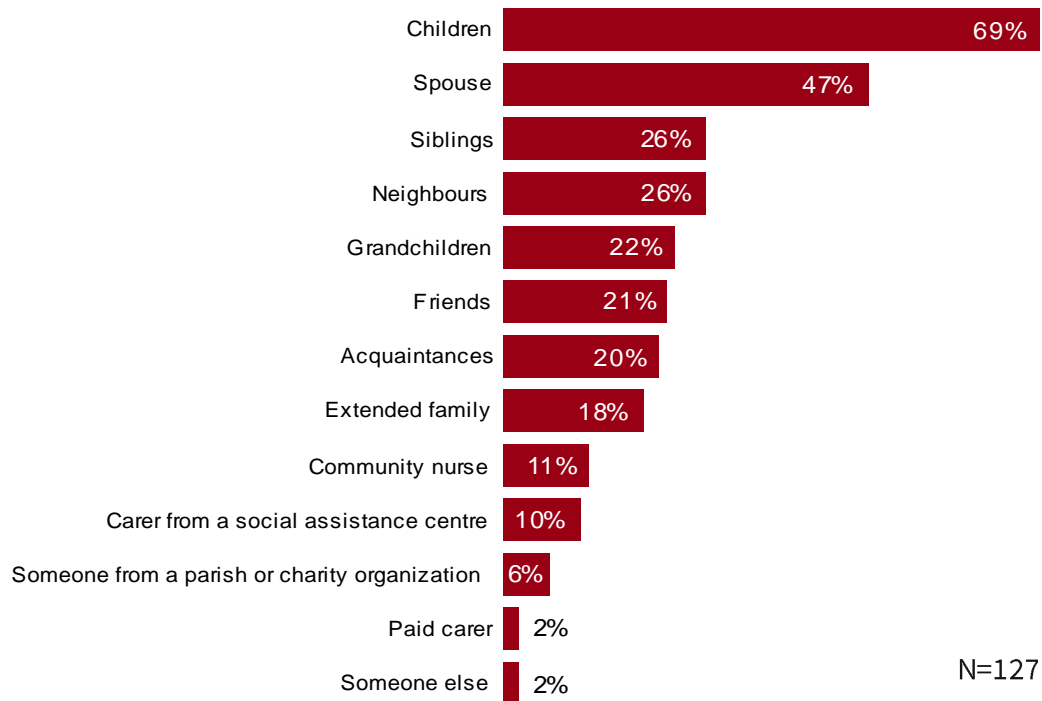


People who have difficulties in performing certain tasks independently most often declare that they need financial support (64%), followed by help in running a household (59%), dealing with a doctor, office, bank, etc. (59%) and being in need of advice (57%). A significant proportion of respondents requiring support would like someone to keep them company, e.g. at home, on a walk, in church (45%), or to help care for them during illness (40%). Less frequently, they need help in personal hygiene activities (17%). Every ninth

person (11%) who does not cope with daily activities needs a different type of support: legal aid, 24-hour care or other forms of support were mentioned in general terms.

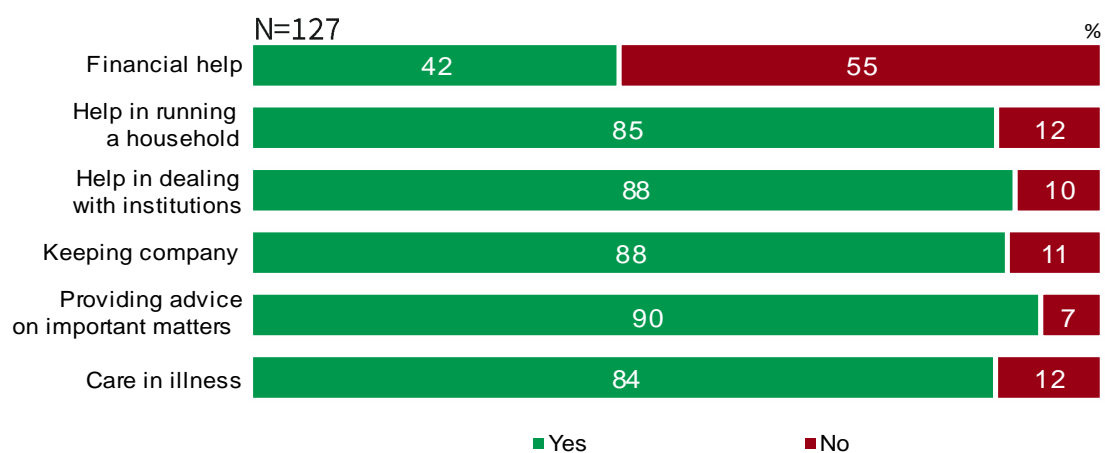
Elderly people who need help are most often supported by the family, mostly by children, less often by spouses, siblings, grandchildren and extended family. Overall, 94% of older people who cannot cope with daily activities can count on the help of near or distant family. Neighbours, friends and acquaintances also help the elderly relatively often. Institutional forms of support, such as a community nurse, a carer from a social assistance centre, a paid carer or help from a parish or charity organization, are used less often.

Who usually helps you?



Comparing the declarations regarding needs with assistance received, the vast majority of those in need receive the necessary support. The only area where most people do not receive the necessary help are financial issues, where the greatest needs are reported. Over half of respondents (55%) in need financial support do not receive such assistance.

What help do you need? / Do you receive it?



More information about this topic can be found in CBOS report in Polish: "What Kind of Help Do Older People Need and Who Provides It?", September 2019. Fieldwork for national sample: July 2019, N=1077 and August 2019, N=974. The random address sample is representative for adult population of Poland.