

**PSYCHOLOGICAL  
ASPECTS OF THE  
ELDERLY RESIDING  
IN THE LONG-STAY  
INSTITUTION: “LAR  
DE ACOLHIMENTO AO  
IDOSO LIÇÃO DE VIDA”**

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*Ana Júlia Cunha Cardoso*

University de Uberaba  
Medicine course student

*Alexandre Barbosa Faleiros*

University de Uberaba  
Medicine course student

*Sylas Scussel Junior*

Professor of the Medical course da University  
de Uberaba e Psychiatric doctor

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**Abstract: Introduction:** By definition, Long Stay Institutions for the Elderly are collective residences for people over 60, with or without family support. In this context, the institution: “Lar de Acolhimento ao Idoso Lição de Vida” was founded in 2003 and has a partnership with the Velho Amigo Program. This Institution’s principle is to ensure an environment with dignity, freedom, security and citizenship for institutionalized people. However, although this home uses interventions to ensure the mental and physical health of the elderly, it is clear that the former ends up being compromised. The objective of this work is to understand which are the main problems that can negatively influence the mental health of the elderly and to investigate which mental illnesses affect them the most. **Method:** To this end, dialogues were held with the elderly, to understand which points they deserve more attention. In addition, the nursing home staff also participated in this conversation to collect personal and professional opinions regarding the processes with these patients. And the medical records of the elderly were read, in order to understand the possible mental pathologies present in these. **Development:** The Home has 50 elderly people, 24 women and 26 men. activities that, in the past, provided them with pleasure. In this sense, even though loneliness and lack of motivation are common feelings in old age, they are even more potentiated for those who live at home. These factors can be explained by the distancing of family members, combined with physical and intellectual limitations, such as loss of memory and autonomy, which compromise the mental health of the elderly. In addition, employees complained about the lack of financial resources in the institution, which limits the hiring of specialized psychologists. from Uberaba. In addition, the elderly receive a monthly visit from a doctor who, when necessary, refers the patient with

diagnosed or observed mental disorders to a psychiatrist. Thus, by reading the medical records, which mental illnesses are most recurrent in the home were identified, they are: Depression, Anxiety Disorder, Bipolar Disorder, Dementia, Schizophrenia and Obsessive-Compulsive Disorder. However, most of those who do not have a mental illness have not had the necessary follow-up to identify and diagnose these possible illnesses. **Expected results:** Therefore, the home faces some financial problems that compromise the hiring of professionals specialized in mental health... Even with the lack of resources, the patients are assisted by a team composed of doctors, nurses, nursing technicians, and nutritionists. This makes it possible for old age to be treated with all the respect and dignity that they deserve.

**Keywords:** Elderly; mind; health; ILPS.