

MEDICAL AND SOCIAL NEEDS OF OLDER ADULTS IN KAZAKHSTAN: IMPLICATIONS FOR DEMENTIA-SENSITIVE CARE

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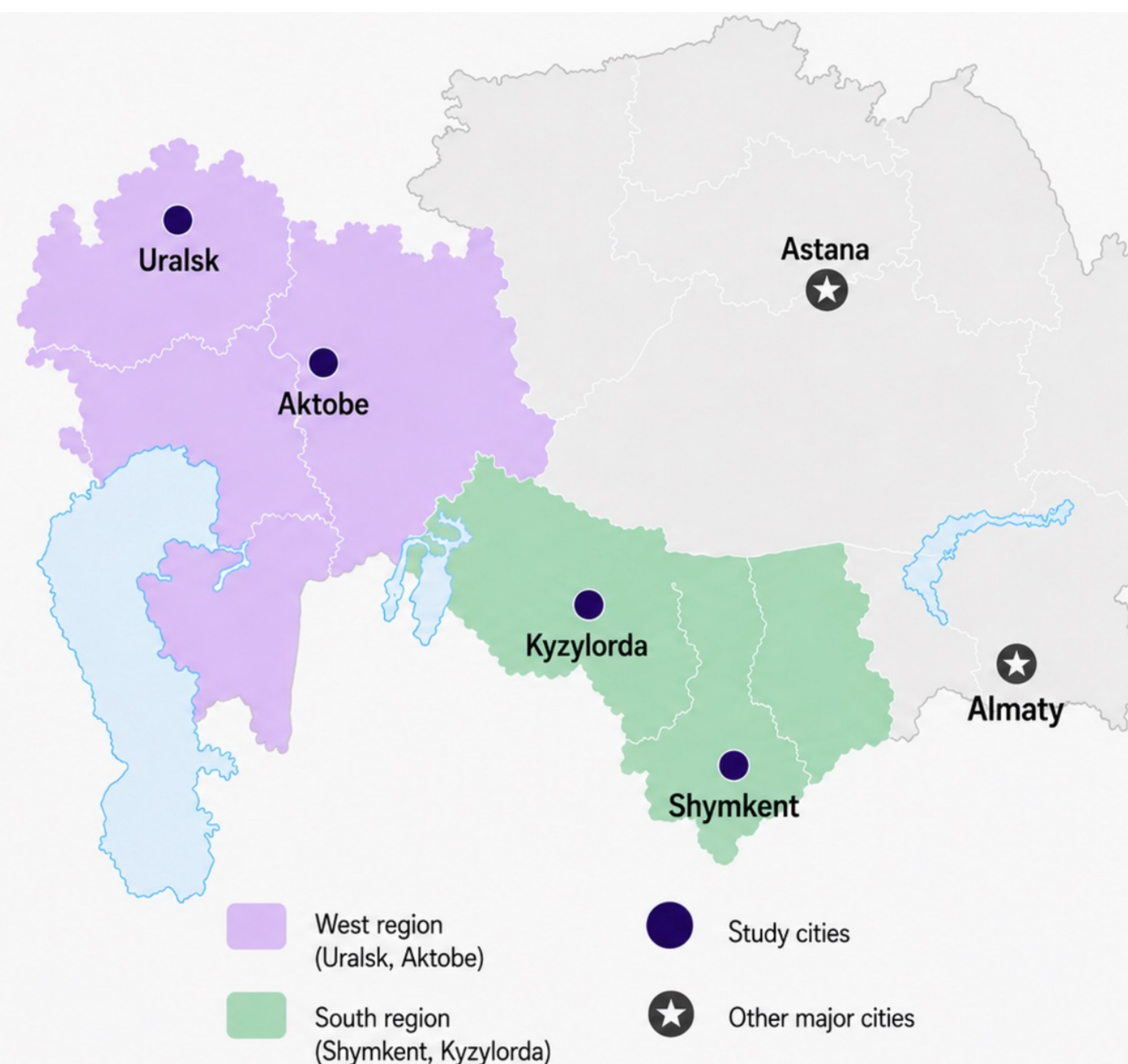
INTRODUCTION

Population ageing is accelerating in Kazakhstan. However, the specific needs of older adults for specialized care, intervention, and prevention remain insufficiently understood. This study examines functional, psychosocial, and cognitive vulnerabilities in this population.

METHODS

- **Cross-sectional study**
- **N = 1,000**
community-dwelling
adults aged ≥ 65 years
- **Two regions and four cities**
of Kazakhstan
- **Validated Kazakh** and
Russian versions of
EASYCare Standard 2010
- **Outcomes:** Independence Score,
Risk of Falls, Risk of Breakdown
in Care, and memory concerns
- **Multivariable logistic regression**
assessed factors associated
with all outcomes

Variables significant in univariable analysis ($p < 0.05$) were entered into multivariable logistic regression models. Candidate variables included age, sex, residence area, marital status, living arrangements, education, financial situation, caregiver status, family support, language, and geographic region.



RESULTS

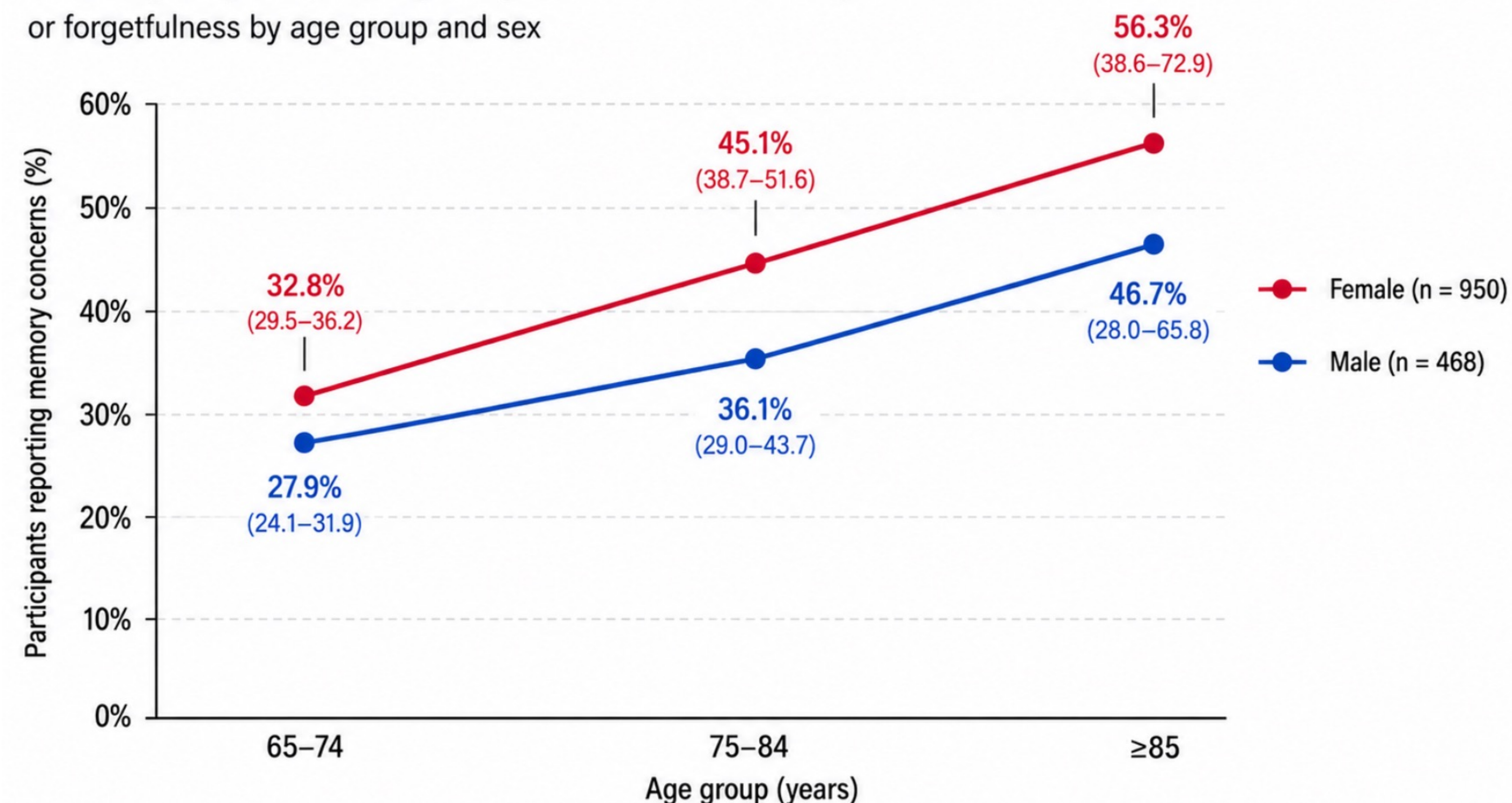
Most participants remained functionally independent, with low mean scores for Independence Score (11.3 ± 13.1), Risk of Breakdown in Care (2.9 ± 2.3), and Risk of Falls (1.9 ± 1.7). One-third of participants reported memory concerns that increased with age in both sexes, reaching 46.7% in men and 56.3% in women aged ≥ 85 years. Sleep problems (OR=2.24) and mood symptoms (OR=3.43) were independently associated with memory concerns.

CONCLUSION

Older adults in Kazakhstan aged 65-90 years were largely functionally independent, but many reported psychosocial and cognitive concerns, including memory problems. Early identification of these vulnerabilities may support dementia-sensitive primary care and inform intervention strategies in Kazakhstan and other low- and middle-income countries.

Memory concerns increase with age in both sexes

Percentage of participants reporting concerns about memory loss or forgetfulness by age group and sex



Values are percentages with 95% confidence intervals in parentheses.

Factors associated with key geriatric outcomes in older adults in Kazakhstan

