

UPOTREBA KOHLMANOVE PROCJENE ŽIVOTNIH VJEŠTINA U SLOVENIJI

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Sažetak: Kohlman Evaluation of Living Skills (KELS) je evaluacija radne terapije. Dizajniran je da odredi sposobnost osobe da funkcionira u osnovnim životnim vještinama i pomaže u identifikaciji područja u kojima osoba može djelovati i onih u kojima je osobama potrebna pomoć. Sedamnaest životnih vještina testira se u pet oblasti: briga o sebi, sigurnost i zdravlje, upravljanje novcem, transport i telefon i rad i slobodno vrijeme. Svrha našeg istraživanja bila je identificirati područja u kojima je osobama s mentalnim poremećajima i starijim osobama potrebna pomoć. U prvom istraživanju, 2013. godine, uporedili smo dvije grupe učesnika starosti između 25 i 65 godina: grupa 1 je bila 120 učesnika bez dijagnoze duševnih bolesti, grupa 90 učesnika sa dugotrajnom dijagnostikom u duševnom zdravlju. U dve druge, 2016. u 2020., smo ocjenjivali svakodnevne aktivnosti među 84 starijih sudionika. Svi duševno zdravi sudionici u prvim istraživanjima tako da su bili ocijenjeni kao »neovisni«, jednako ocijenjeno je bilo samo 48 osoba iz grupe koje su smetnjama u duševnom zdravlju. Mann-Whitney U test u ovom istraživanju otkriva da postoje značajne razlike u izvođenju svih aktivnosti između grupe 1 i grupe 2. Prema rezultatima dobijenim kod starijih sudionika javljaju se problemi u poznavanju brojeva za hitne slučajeve, prepoznavanju opasnih situacija, rukovanju novcem, mobilnost i sudjelovanje u slobodnim aktivnostima. KELS se može koristiti za procjenu potrebnih svakodnevnih životnih vještina i za brzi pregled funkcioniranja starije osobe. To je od velike pomoći multidisciplinarnom timu u planiranju radno-terapijskog tretmana i pronalaženju načina da ostane nakon otpusta iz bolnice. Stručna pomoć ima smisla samo u individualnom okruženju osobe.

Ključne riječi: životne vještine, procjena, funkcionisanje, nivo pomoći, okruženje

APPLYING THE KOHLMAN EVALUATION OF LIVING SKILLS IN SLOVENIA

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Abstract: Kohlman Evaluation of Living Skills (KELS) is an occupational therapy evaluation. It is designed to determine a person's ability to function in basic living skills and helps identify the areas in which a person can perform and those in which the persons need assistance. Seventeen living skills are tested under five areas: Self-Care, Safety and Health, Money Management, Transportation and Telephone and Work and Leisure. The purpose of our researches were to identify areas in which people with mental health disorders and elderly need assistance. In the first research, 2013, we compared two groups of participants, aged between 25 and 65: group 1 were 120 participants with no diagnosis of mental health disability, group 2 90 participants with diagnosed long-term mental health disability. Another two researches, 2016 and 2020, we evaluated the everyday activities among 84 older participants. All mentally healthy subjects in the first research were assessed as "Independent" and only 48 subjects from group with mental health disability were assessed as "Independent. Mann-Whitney U test in this research states that there are significant differences in the execution of all activities between the group 1 and group 2. According to the obtained results from older participants problems occur in knowing emergency numbers, identifying dangerous situations, handling money, mobility and participation in leisure activities. KELS can be used to assess the daily living skills needed and to provide a quick overview of the older person's functioning. It is a great help to the multi-disciplinary team in planning occupational therapy treatment and finding a way to stay after discharge from hospital. Professional help is only reasonable in the individual's own environment.

Keywords: living skills, assessment, functioning, level of assistance, environment