

Well-being among older adults requiring mild levels of care

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The importance of well-being has been recognized in various fields of practice and policy. However, well-being is not adequately evaluated in the long-term care insurance system. This study aimed to obtain basic information, such as the distribution and missing data, on well-being among older adults requiring mild levels of care certified from support needs level 1 to care needs level 1, as well as to examine the association between care services and well-being. Questionnaires were sent to 1,479 older adults and 601 (40.6%) agreed to respond to the mail survey. Well-being was measured using the WHO-5-J, the 11-point life satisfaction scale, and the 4-point life satisfaction scale. The mean age of the respondents was 81.62 ± 6.29 (65-97). Among the three well-being scales, scales with fewer points and fewer items had fewer missing data. After inputting data from the remaining questionnaires and processing data on care services, we will further examine the association between care services and well-being.