

# BÖLÜM 12

## Yaşlılarda İntihar

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### YAŞLILIK VE YAŞLILIKLA İLGİLİ TEMEL KAVRAMLAR

Yaşlılık, henüz sağlık profesyonellerinin bile üzerinde netleşebildiği bir şekilde tanımlanamamıştır. Hatta İngilizce terminolojide bile karışıklıklar mevcuttur. Zaman zaman “old adults”, “elderly people” ve “advanced ages” gibi farklı terimlerle ifade edildiği görülebilmektedir. Türkçede de daha çok yaşlılık ifadesini kullansak da zaman zaman “ileri yaş” olarak da tanımlama yapılmaktadır. Hatta zaman zaman, “genç yaşlılar” ve “ileri yaşlı yaşlılar”, “uzun yaşayanlar” gibi tanımlamalar da görülmektedir (1).

“Yaşlı” ile daha çok 65 yaş ve üzeri insanlar kastedilirken, bugün refah düzeyi yüksek ülkelerde 65-74 yaş arası nüfusun da daha genç erişkinlerle benzer hayat kalitesine sahip olduğu görülebilmektedir. Ekonomik Kalkınma ve İşbirliği Örgütü (OECD) verilerinde artık hem 65 yaş ve üzeri, hem de 80 yaş ve üzeri istatistikler ayrı ayrı yer almaktadır (2-5).

Tanımlamalardan anlaşılacağı ve beklendiği gibi, her coğrafyada ortalama bir yaşlının yaşam kalitesi farklı olmaktadır. Bu nedenle “Yaşlı Yetişkinlerin İnsan Hakları” çerçevesi geliştirilerek, yaşlıların sahip olması gereken asgari haklar ortaya konmaya çalışılmaktadır (4). İngilizce’de “ageism” olarak bilinen “**Yaş ayırmıcılığı**” nedeniyle yaşlıların sahip olduğu bazı sorunlar normalleştirilmektedir.

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önem kazanmaktadır. Diğer uzmanlık dallarındaki geriatri kavrayışlarına intiharla ilgili bilgiler kazandırmak da önleyici olabilir.

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