**Title:** Assessment of function training needs to improve the HRQOL in among middle aged and older blind war survivors.

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**Abstract:** Objective To find the training needs to improve the HRQOL in according to ADL among middle aged and older blind war survivors.

Methods A cross sectional study conducted on a representative sample of 312 blind war survivors aged over 40-year attended a recreational program in Mashlad, Iran in 2008. HRQOL, ADL and instrumental ADL measured using SF36, Barthel and Lawton-Bordy respectively.

Results 312 blind war survivors (mean age of 47.3±6.71) participated in this study. The HRQOL score differences between 40-49 and over 50 were statistically significant while they were not significant between 50-59 and over 60. There was significant correlation between moving on uneven surfaces and stepping with PCS in the 40-49 age group whereas just stepping stayed in the model among over 50. Bed or chair transfer and stepping had a significant correlation with MCS in the first group, but stepping remained in the model among over 50 year.

Conclusion As the blind war survivors became older, HRQOL scores decreased and they were more likely to be dependent in ADL and IADL. The results show considerable decreased HRQOL and independency in ADL which may start earlier among blind war survivors (age 50) compared with the normal population. Some functional training and education in daily activities can make them more active and improve their HRQOL. They need different training and education courses in terms of function at different age groups. The blind war survivors in the age of 40-49 years need to be trained for moving on uneven surfaces and stepping. The blind war survivors, who are over 50 years old, need some training on bed or chair transfer.

Health related quality of life, activities of daily living, blind, training

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