



## Morar Sozinho (Portuguese Edition)

*Marilia Viana Berzins et al*

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Os dados das pesquisas demonstram que o brasileiro está vivendo mais e com mais saúde e vigor. Segundo o Instituto Brasileiro de Geografia e Estatística (IBGE), a expectativa de vida do brasileiro é de 74,6 anos. Cada vez mais gente mora sozinha e isso também acontece com os idosos brasileiros.

Há um mito e que morar sozinho seja sinônimo de solidão e abandono. Isso não é verdade. É conquista, é sinal de liberdade, de escolha e, na maioria das situações, é o exercício da autonomia e privacidade das pessoas idosas.

O número de pessoas idosas que moram sozinhas no Brasil atesta a conquista. Ele triplicou nos últimos anos, passando de 1,1 milhão em 1992 para 3,7 milhões em 2012. É um aumento bastante expressivo e quem tem chamado a atenção da sociedade, da família e, ainda muito timidamente, do Estado. De cada 100 pessoas idosas que moram sozinhas, 65 são mulheres. Há muitos idosos que têm filhos ou outros parentes que moram na mesma cidade mas optaram por morar sozinhos para garantirem a sua liberdade e independência, bem como a sua privacidade. É, portanto, uma opção, um estilo de vida.

Junto do direito e da escolha de morar sozinha, há a necessidade de a pessoa idosa ficar atenta aos desafios que isso traz à sua vida e saber avaliar quando as possibilidades não mais permitirem que ela continue a morar sozinha.

Neste Guia Morar Sozinho damos algumas sugestões e recomendações que consideramos importantes para pessoas idosas que moram sozinhas e desejam continuar a exercer o direito de assim permanecerem.

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