

## Special Issue

# Impact of Lifestyle, Health Conditions and Medical and Family Care on the Quality of Life of the 80+

### Message from the Guest Editor

High standards of usual care and appropriate treatment can prevent/delay the impact of ageing and are in part responsible for the increase in life expectancy. As a result, it is being redefined chronologically what is an 'older person'. Now, an elderly person is a person that is over 75 and over 90 years old, the oldest-old. Nevertheless, old age remains associated with a high prevalence of chronic comorbidities, which are related to cognitive impairment and dependency, significantly affecting quality of life. Therefore, the current focus is on successful or resilient ageing, that even when suffering from illnesses, it is possible to resist cognitively and with autonomy in daily life. The aim of this Special Issue is to know the situation of older people, and we welcome high-quality original papers or comprehensive reviews. Researchers may include their studies on matters concerning health status, lifestyle, family, and primary healthcare and their impact on the cognitive sphere, autonomy in daily life, and lifespan expectancy. We look forward to receiving your contributions.

---

### Guest Editor

Dr. Carmen Gómez

Department of Biochemistry and Molecular Biology, Faculty of Medicine, University of Cádiz, 11009 Cádiz, Spain

---

### Deadline for manuscript submissions

31 March 2026



## Healthcare

---

an Open Access Journal  
by MDPI

---

**Impact Factor 2.7**  
**CiteScore 4.7**  
**Indexed in PubMed**

[mdpi.com/si/237309](https://mdpi.com/si/237309)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

---

### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
(Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).