



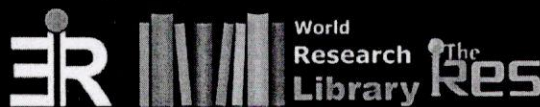
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# COMMUNITY ELDERLY CARE MODEL

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**Abstract-** Thailand had become an aging society since 2004 and will have one third of its population as elderly. Therefore, elder care management is an increasing important topic. The objective of this paper was to study the model of elderly care in Tumbon Salaya, Nokornpratom Province, Thailand. There were 15 communities and about 11,000 people in the area. This paper utilized the participation action research and qualitative research method by using focus group through the storytelling and in-depth interview. The technique of story-telling was an important technique to gain trust and to elicit insight information from the elderly. The results of this study revealed the elderly had participated with government elderly care program and very satisfied and there were six important areas: community capacity, local knowledge from elder, health public policy for elder, elderly demand, social and economy of community, and community knowledge.

**Keywords-** Elderly care, Community, Model.

## I. INTRODUCTION

Thailand is currently ranked the third most rapidly ageing population in the world (Bloomberg, 2014) In fact, Thailand became an ageing society in 2004 when more than 10% of its population was older than 60 and in 2005 increase to 11% (Institute for Population and Social Research, Mahidol University, 2014).

In the next 30 years, United Nations (UN) estimates that Thailand will be older persons up to 30% or more One-third of entire population. However, there is currently no elderly care model explicit and appropriate to Thailand. In the past, the model of elderly care management is restricted only family caregivers and public health taking care of the elderly to reduce the cost on elderly health care, which appear to be dependency and indignity. Social norms in Thailand, the children has been taught to express their gratitude to the family, resulting in the elderly receive the love and warmth or receive support from family. The elderly were left alone usually happens in poor families because their lineage need to work to make money for support their families. This could be a problem for the elderly, mental and physical abuse by their lineage. This shows that elderly care management is a sensitive issue. It can not be the same required format of model for the elderly in every household in the community.

So it is essential that Thailand has to be prepared on this issue. The model of elderly care management by using the community as a main of priority, including promote the families roles and communities to take care of the elderly, which is appropriate and necessary with the principle of self-reliance, social, culture and traditions of Thailand. As well as the involvement and strengthening the local communities in conjunction with health services, community organizations and other organizations. So the government has a role in Support and provisioning for problems and impacts that will occur in the future.

Suan Sunandha Rajabhat University has campuses located in municipality Salaya. The researcher focuses to study the elderly care model by collaborative learning and pass on the lessons to find the right model for develop the quality life of elderly in municipality Salaya community.

### Objectives of Research

1. To study general condition and elderly care management in the municipality Salaya.
2. Create the model of elderly care management in the communities.

### Scope of the Research

1. Content Scope: Researcher using Participatory Action Research By the researchers, communities, and community leader participation in collaborative learning based on citizen center.
  2. Target group Scope
    - 1) Knowledge creation and use StoryTelling By the invited experts such as representatives from the Ministry of Health, representative of the leader of elderly in the community, experts in nutrition, experts in the field of drugs for the elderly and other organizations involved with seniors.
    - 2) Train the Trainer for the elderly group leaders.
    - 3) Ranges from 1 May to 30 September 2015.

## II. LITERATURE REVIEW

### 2.1 Concepts and Theories

#### Theories about Family

The tendency of the family situation due to influence of globalization and the modern state, focused on the individual consumer, materialistic and social Competition. Family structure is smaller, especially in rural areas. A small family, the elderly living alone with children, which is why the elderly had to bear the burden of their parents and this burdens affecting the physical and mental health of the elderly.

#### 2.2 Concept of Elderly Care

Family Caregiving for the Elderly is supply necessary goods, provision of housing, health care, as well as encouragement. And Elderly care in institutions should provide services such as Homes for the aged, welfare, payment of allowances to elderly, no cost for medical treatment, social security insurance, universal coverage and private insurance, including education and non-formal education, occupation and social services, vocational training, volunteers care for elderly at home as well as providing facilities for the elderly and reduced fares on public transport. (Foundation of Thai Gerontology Research and Development institute (TGRI), 2011, Sairuedee Vorakitpokatorn and team, 2007 and Nareerat Jitmontree and team, 2009)

Currently, Elderly care in Community, which focuses on access to services, continuing care, integrated services, holistic care, care coordination and empowerment the community. (Suphatra Srivanichakorn and team, 2009) The development potential the elderly need to be supported by local and community in terms of system and caregiving by having policy and is constantly evolving as well as serving to the disadvantaged group in Community. (Sirintoen Chatsirikarn.)

The different need (Paungtong Kripiboon, 2012) of characteristics and requirements of Elderly care, the facilities must meet the requirements correctly and safety, such as the elderly, who often have to use the bathroom should stay close to the bathroom including clothing must be wear and take off easily. And residents should have good environment.

### 2.3 Concept of Elderly Needs

The needs of the elderly for living such as daily care, economy, resident, News and Data and the necessities things to maintain the dignity and worth of the elderly. (Uthai Sudsuk and team. (E-Journal). [http://www.oppo.opp.go.th/info/Research\\_ActsNeeds-2.pdf](http://www.oppo.opp.go.th/info/Research_ActsNeeds-2.pdf). September 5, 2009)

The Elderly needs can be classified to physical and psychological. But the psychological needs is a critical issue and needs assistance and close supervision. These elderly are clinging to thoughts and reasons of their own, they feel discouraged, neglected and not been attention from society. And social needs - an economy that wants to get the attention of other family and social groups. (Rungroj Pumreaw, 2002: 30-32 Virat Khumsrichan and team, 2007: 115-116)

Elderly Risk

Health risk that is facing health problems such as falls, osteoporosis, vision. The risk of the elderly can not take care of activities of daily living. The risk of the elderly who can not manage their financial transactions. The risk that older people can not attend the event village or community including elderly

unable to travel on their own. (The Faculty of Economics, Chulalongkorn University and the Office of promotion and protection of Children, Youth, the Elderly and Vulnerable Groups, Ministry of Social Development and Human Security: The research long-term care systems to enhance security for elderly).

### 2.4 Concept of Elderly Living Alone

In the 21st century the world's population has entered a crisis elderly. Likely to elderly world population has increased steadily and is expected by the year 2050 the world population will be over 9 billion people make the elderly become a greater burden to families and the public sector. Asia and Latin America Also living with children accounted for 75 percent, while in Europe, Australia and North America Seniors over 70 percent must live alone. And tend to be more self alone. In Thailand, the population tends to the Aging society, like other countries around the world and is growing steadily increased from 5 percent in 1950 to 10.1 percent in 2000 and increased to 10.7 percent in the year 2007, and the majority (58.3 percent) also lives with the children in the extended family another 3.1 percent are in single family and the remaining 31.0 percent the elderly live alone. Among these 56.7 percent are not live alone, but 21.8 percent are feeling lonely.

Therefore, educating and encouraging the elderly to live alone will help encourage the elderly to live happily.

### 2.5 Policies, Plans, Legal for the Development of the Elderly in Thailand

The government policies to promote the development of the elderly in Thailand is the 2nd national elderly plan (2002-2021): A long-term plan from the initial plan, but modified the concept of a separate task elderly on each side. A holistic approach That is, consider that all aspects of the plan in the first issue that affects the quality of life of seniors: And strategic influence each strategy cannot be separated from each other.

From the government policies, the government has to find ways to solve the problem of an aging population by developing a core operating principle such as The Act on Elderly, ensure the economic, Social Services and Social Welfare by focusing on increase revenue and reduce costs for the elderly. Including the Ministry of Labor has Support Fund for the elderly career and assistance in areas.

### 2.6 Elderly Care Systems in Abroad

The long-term elderly care services in different countries can be classified into 15 types as follows: Long-stay Hospital, Nursing Home, Hospice Care, Home Health Care, Adult Day Care, Respite Care or short-term stay service, Housing} Rehabilitation Center, Home for Dementia Patients, Dental Care.

Loan Equipment, Home Help, Home Repair, Transportation Service, helpline services and so on.

### 2.7 Related Research

The research long-term care systems to enhance security for elderly, studies by the Faculty of Economics, Chulalongkorn University and the Office of promotion and protection of Children, Youth, the Elderly and Vulnerable Groups, Ministry of Social Development and Human Security (2010) Said the current security situation of the elderly is the group of older people with moderate income and higher. Due to long-term care elderly has a high cost, coupled with the demands of elderly care services is increasing.

The research direction of providing services for the elderly, consistent with the demands of the elderly, studies by Technical Promotion and Support Office 1 - 12 (2013). The study indicated that the type of elderly care business service are divided into 4 group, including Health promotion Service, Recreation Service, Treatment Service and Caregivers. This will help healthy physically and mentally of the elderly and can be used daily as usual and reduce the burden to the family. The study of characteristics and trends of the business over the next 10 years, according to the opinion of the specialist. Forms of business services for the elderly will have to take into account the demands of the elderly, potential and purchasing power of older people are important. Thus, the right business for the elderly must be able to focus on elderly healthy and can live with their family. Most importantly, there must be a standard for the consumer.

The research of the situation analysis of policies on essential social welfare for elderly families living with hardship: case studies among the elderly raising children alone and the elderly living together, Studies by Dr. Supattra Srivanichakorn (2013) the study indicated following:

- 1) Risk factors, problems and the demands of help from elderly families living with hardship.
- 2) Policies and measures in the social welfare system is needed from elderly families living with hardship.
- 3) Guidance for is required social welfare system for elderly families living with hardship.

New perspectives of health promotion under the phenomenon of population elderly, Studies by Suthichai Jirapatkul (2002) found that quality of life is an important factor and target elderly people want. To achieve the goal, the key elements are health security, financial security and housing and environment security. The elderly people look forward to living in their home and in their communities, especially with family. Thus security and human rights, not being exploited and ensure access to data in order to have a chance to improve their lives. The research of the Factors Associated with successful aging on the holistic health of Thai elderly, studies by Muthita Pongpaipan, omporn

Triamchaisri Ph D, Pailin Nukulki Ph D (2002) The study indicated from 325 elderly volunteers in 8 senior citizen clubs, Bangkok, by using a constructed questionnaire, and analyzed by multiple logistic regression. The results showed that 32.0 percent of the sample aged successfully based on physical, mental, social and spiritual health, respectively. And were found to be significantly associated with successful aging in holistic health, the predictive factors were marital status, self-perceived health status, availability of the market as near and not so far, accessibility to the temple, appraisal support from officials of senior citizen clubs and health-care professionals. The analysis of the literature found that achieving alone the elderly happily, valuable, dignity and guarantee that needed the legal authority and operations.

### 2.8 Research Procedures

This research is a field research by using qualitative research and Participatory Action Research, to analyze data, plans and procedures for practice regarding the elderly. And search for practical methods, policy management as well as the problems and obstacles in by the Storytelling.

The target audience-oriented storytelling, by the experts about the elderly to exchange knowledge and mutual learning also include the chairman of the an elderly club in Community, montholsaisee-nursing home (Private), nutritionist, physical therapist, Pharmacist and Director of Health Promotion District Hospital.

The target groups of this research were as the following:

- 1) Mr.Nattawat Priyaphanit , Municipal president, Salaya District
- 2) Cdr.Sujin Nakpajon, The Chairman of the elderly club, Health Promotion Hospital Bann Salawan
- 3) Mrs.Valaporn Chanasuk, Director of the Municipal Health Center, Salaya District
- 4) Mrs.Hatairat Nakrouensri, Director of Health Promotion Hospital Bann Salawan
- 5) The member of the elderly club, Salaya District

The detail, the evidence, and the fact documents were given by Municipal Health Office of Salaya, Office of the Municipal Clerk, Health Promotion Hospital Bann Salawan, and the elderly club of Health Promotion Hospital Bann Salawan.

Area Scope from the elderly club, Salaya District as of February 2014, 15 community population of 11,166 people.

Research Content, consisted of the following sections:

- 1) The tools used in this research is Knowledge Management by held a meeting (Storytelling) 3 times (one time per month since June 18, 2015, July 16, 2015, August 13, 2015 and the conclusion of the study in the September 17, 2015)

- 2) Every time the researcher recorded tapes, notes, observation and photography, knowledge

sharing (Storytelling) to collect data in research. Then discovered the lesson, compiled and analyzed data purposes. And the results have been used to re-review to gather knowledge at a time when the lessons learned each time, researchers will invite experts join criticism, comments and suggestions are useful for research.

3) Processed and data analysis, the researchers will process and analyze the data by the using content analysis to determine the topic, category, pattern and themes for the lessons learned from the exchange and analysis in the form of depiction.

### III. RESEARCH RESULTS AND DISCUSSION

According to a study Elderly Care Model in municipal Salaya, found that elderly club at Health Promotion Hospital Bann Salawan are targeted in management. With the use of local knowledge, combined with the potential use and collaborate of community members, especially the government. That make elderly club in Salaya successful. The elderly have participate in activities and satisfied, especially satisfaction the leader. Which can be summarize the highlights of elderly care in municipal Salaya as following:

1. Mr.Nattawat Priyaphanit, Municipal president, Salaya District. He is support in every activities of the elderly concretely.
2. The collaboration with all section is an appropriate and responsive services are fully covered. In the various activities demonstrating the strength of the elderly club committee.
3. The determination of the Director, Health Promotion Hospital Bann Salawan such as Health promotion activities in the community, which is in charge of the works, but it appears to reflect a commitment to the achievement of the task.
4. The cooperation of the government in the community due to the committee of the elderly club are mostly retired government officials so there have a good relationships with government agencies attributed to president of the municipality, pays attention to the elderly.
5. The support from Institutions in the Community
6. There are satisfied activities that serve to elderly everyday with shuttle service.

#### 3.1 Discussion Research

The elderly care management in the community need to create bundles and strengthening to the elderly group to achieve self-management and participation in the community by using community fund and cultural community as a base for development from support and promotion by partners, community leaders, religious leaders, civil society groups. Local governments and state agencies in the community. The activities of elderly due the thought process must

be sustainable and continuous learning of seniors and volunteers. However policy of the state, including state officials must adjust its role as a facilitator. To publish the process of learning for promoting the development of the elderly club continues.

#### Suggestions

The researchers found that the elderly want to stay with family and their lineage (Rachada Fongtanakit, 2007). From this research "Day Care Model" seems to be a model that corresponds to Thai culture and context in modern society. So, which are category of "Day Care Model" that would consistent with the requirements and satisfaction of the elderly and their lineage? This topic should be further research on.

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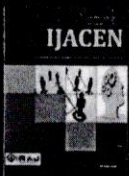


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