

Health Promotion and Rehabilitation Project for Homebound, Bedridden Elderly, and Refugee communities

Dr. Charupa Lektip, Project Leader, and Asst. Prof. Jirapat Navarat, Working Team, The Department of Physical Therapy, School of Allied Health Sciences, has initiated a health promotion and rehabilitation project aimed at enhancing the physical and mental well-being of homebound and bedridden elderly, as well as migrant workers. The project focuses on providing tailored physical and mental rehabilitation for elderly individuals who are homebound and assessing and enhancing the physical fitness of migrant fishermen in the Tha Sala Subdistrict Municipality. The project activities are scheduled from October 2023 to September 2024, encompassing systematic operational steps as follows:

1. Problem Identification and Solution Proposal

1. The project team, led by Dr. Charupa Lektip and Asst. Prof. Jirapat Navarat, conducted meetings with the Deputy Mayor, elderly caregivers, and community leaders to identify key issues faced by the elderly and to propose practical solutions. These meetings allowed for the identification of specific needs and challenges within each target group, fostering collaborative efforts to address these challenges effectively.

2. The working team collaboratively designed assessment methods and programs to enhance the physical and mental fitness of the elderly, ensuring that the interventions were suitable for each type of elderly individual. This included exercise programs to improve muscle strength and cognitive training to stimulate mental capabilities, with a personalized approach to each elderly participant.

2. Implementation Phase

1. Training sessions were organized for Village Health Volunteers (VHVs) and elderly caregivers, focusing on elderly fitness assessment. This training was crucial in equipping the caregivers with the necessary skills to assess the physical and mental condition of the elderly accurately, ensuring appropriate care and interventions.

2. VHVs and caregivers conducted assessments of the homebound elderly to evaluate their physical and mental state. Based on these evaluations, individualized rehabilitation programs

were provided, including simple exercises, walking training, breathing exercises, and activities designed to improve balance and mobility.



3. Customized programs were provided to homebound elderly facing physical and mental fitness issues.



4. Bedridden elderly were assessed and received rehabilitation programs, with caregivers actively involved in the evaluation and rehabilitation process.



3. Performance Evaluation

1. Post-program evaluations of the homebound elderly revealed significant improvements in physical and mental fitness. About 85% of participants showed enhanced mobility, improved ability to perform daily activities, better mental health, and increased social engagement, demonstrating the effectiveness of the tailored fitness programs.

2. For the bedridden elderly, evaluations conducted after receiving rehabilitation programs showed that caregivers had significantly improved their caregiving skills, and 50% of elderly participants could perform more self-care activities. This result highlights the substantial impact of the project in enhancing the quality of life for bedridden elderly individuals.

3. A satisfaction survey conducted among all participating elderly individuals revealed that 95% of homebound elderly and 93% of bedridden elderly were highly satisfied with the program. This feedback indicates the success of the project in meeting the needs of the elderly population and providing care that aligns with their expectations.



Activities to Assess and Promote Physical Health in refugee communities

1. Problem Identification and Solution Proposal

1. Dr. Charupa Lekthip, Asst. Prof. Jirapat Navarat, and the working team met with village leaders and VHVs to identify health issues among migrant workers and collaboratively devise solutions.
2. The team designed programs to enhance physical fitness for migrant workers.

2. Implementation Phase

1. On-site assessments were conducted to evaluate the fitness of migrant workers, focusing on arm and leg muscle strength, flexibility, and cardiovascular endurance.
2. Programs were implemented to improve the physical fitness of migrant workers.



3. Performance Evaluation

1. After participating in the fitness programs for one-month, migrant workers were re-assessed, showing a 50% improvement in physical fitness among all participants.
2. A satisfaction survey indicated that 95% of migrant workers were satisfied with the program.