

## **SE2024100: Promote the health of the elderly by using the community as a base in Tha Phaya Subdistrict, Nakhon Si Thammarat Province (Budget 15,000 baht)**

**Responsible persons**

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The population situation in Thailand has entered an aging society. According to statistics, in 2023, Thailand had an elderly population of 20.08 percent. It was found that 12.20 percent of the elderly live alone, which may lead to health problems. Due to the physical condition of older people that has changed, various abilities have made older people more dependent on and need to be cared for by caregivers and families. A preliminary survey of Ban Wat Sara Subdistrict Health Promotion Hospital The health screening of the elderly in Villages 1, 3, 5, 8, and 9, Tambon Tha Phaya, Pak Phanang District, Nakhon Si Thammarat Province, totaling 395 people, found that 25 percent of the elderly were at risk of vision problems, 22 percent were at risk of mobility problems, and 25 percent were at risk of reduced daily activities. The assessment and screening of the ability to perform daily activities (Activities of Daily Living: ADL) found that eight older adults (2.02 percent) were bedridden, and 23 people (5.83 percent) were moderately to severely dependent or homebound. It was found that 80 percent of older people in the community had to stay home alone, especially during the day, because their children went to school and work.

Promoting the health of the elderly to ensure good health for the elderly is a mission of the primary public health agency, namely the Subdistrict Health Promoting Hospital, in collaboration with the network partners of Tambon Tha Phaya, Pak Phanang District, therefore carried out the health promotion of the elderly using the community as a base. The operation consists of 4 steps: Step 1: Health needs assessment; Step 2: Determining missions, outcomes, and operational goals; Step 3: Determining strategies for promoting the health of older people; and Step 4: Evaluating the efficiency and effectiveness of the operation, including strengthening community leaders, VHWs, caregivers, families, communities, and network partners to participate in promoting older people to be able to

perform daily activities to help themselves more and create continuity in caring for older people in the future sustainably.

The operation process consists of 1. Developing project proposals, screening the problem situation and health needs of people in the area; 2. Analyzing the health assessment results, organizing a forum with relevant parties to present information; 3. Jointly designing solutions to health problems to increase the potential of the elderly in performing daily activities and the skills of VHVs and caregivers in assessing and promoting the elderly to perform daily activities better, with network partners participating in the operation; 4. They were monitoring the operation results and summarizing the project results.

The project outcome comprises of 1. Forming a working group of 25 people with project management capabilities. There is a precise determination of roles and responsibilities, consisting of village health volunteers, community leaders, public health officers, caregivers, etc. 2. 33 older adults in the risk group could perform their daily activities better. 3. 80 percent of older people who participated in the project (26 people) had increased scores on daily activities (Activities of Daily Living: ADL). 4. There were village public health leaders in the project, 80 percent of whom had skills in assessing and promoting daily activities (Activities of Daily Living: ADL). 5. The group of older adults who participated in the project was 96 percent satisfied. 6. a network of partners was involved in caring for older people, with at least four partners.