

SE2024053

Promoting the health of the elderly in the Ban Praira community Tham Phannara  
Subdistrict Tham Phannara District Nakhon Si Thammarat Province.

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Narumon sinwisarn

This project aims to encourage elderly people to form groups to improve their health behaviors, focusing on balanced nutrition, regular exercise, and adequate rest. These habits help prevent health issues and promote a better quality of life for seniors. Village or community-level elderly groups are essential for promoting health and improving the quality of life for seniors, as they are familiar with the specific challenges and needs of the elderly and can reach and support them effectively.

In the Praira village, the population includes children, working-age adults, and elderly people. Among the elderly, 80% suffer from chronic diseases, with hypertension and diabetes being the most common, followed by joint pain, weakness, and depression. The village's elderly club, established in 2012 with 90 members, has faced challenges and needs improvement to strengthen its activities.

The target groups for this project are:

1. elderly who can care for themselves (58 people, 57.43% of the elderly in the community).
2. elderly who need some assistance (36 people, 35.64%).
3. Bedridden seniors who need full-time care (7 people, 6.93%).
4. Vulnerable communities, including local, disadvantaged, and refugee groups.

Project process: Organize working group meetings for elderly clubs at least every 2 months. Provide training for the team, survey and gather data on the elderly in the community and organize health-promoting activities such as exercise and nutrition programs. Conduct home visits to monitor health behavior changes among bedridden or homebound elderly. Ensure care for

elderly people in local communities, marginalized groups, and refugees. Finally, hold a summary workshop to review the project's outcomes.

**Project outcomes:**

1. A capable working team to manage the project.
2. Seniors, including disadvantaged and refugee communities, gain knowledge for proper self-care.
3. A supportive environment for elderly health promotion is established across all community groups.