

Health Promotion Project for the Elderly in Bo Sap Community, Nakhon Si Thammarat

Assistant Professor Kamlai Somrak
Lecturer Saowanee Chaiyawan
Assistant Professor Namfon Ritthipakdee

Background and Significance

Bo Sap community, located within the Nakhon Si Thammarat Municipality, is experiencing a significant demographic shift, with 34.5% of its population now being elderly. This increase in the elderly population has led to a heightened demand for healthcare services tailored to this group. In response, the Health Promotion Project for the Elderly in Bo Sap Community was launched. The project aims to improve the overall quality of life for elderly residents, addressing their physical and mental health as well as their social participation. It serves not only Thai elderly citizens but also elderly individuals from migrant worker families living in the community.

Objectives

- **Enhance Physical and Mental Health:** Promote overall physical fitness and mental well-being among the elderly population.
- **Increase Knowledge and Skills:** Empower the elderly with knowledge and skills for self-care and healthy living.
- **Strengthen Healthcare Networks:** Develop a robust community-based healthcare system tailored to the elderly.
- **Encourage Social Engagement:** Foster active participation of the elderly in community activities, enhancing their quality of life.

Project Duration

6 months.

Target Group

The project focuses on elderly residents of Bo Sap Community, including both Thai nationals and foreign residents.

Strategies and Activities

- **Collaborative Partnerships:** Collaborate with key organizations, including the Nakhon Si Thammarat Municipality, Walailak University, Boromarajonani College of Nursing, and the Provincial Office of Social Development and Human Security, to plan and implement project activities.
- **Establishment of Elderly Groups:** Conduct surveys and create elderly groups within the community to serve as focal points for various activities, promoting social interaction.

- **Proactive Health Checks:** Coordinate with the municipality to provide mobile medical units for health screenings and consultations. Offer vision checks and provide eyeglasses for those in need.
- **Lifelong Learning:** Encourage elderly participation in educational activities at the Elderly School and Day Care Center to foster lifelong learning and skill development.
- **Health Education:** Partner with the nursing faculties of Walailak University and Boromarajonani College to deliver health education sessions, focusing on self-care and maintaining a high quality of life.

Outcomes

- **Individual Level:** Improved physical and mental health, enhanced self-care knowledge, increased happiness, and an overall better quality of life for the elderly.
- **Community Level:** A stronger community with an effective elderly care system, and increased participation of the elderly in local activities.
- **Societal Level:** Bo Sap Community will serve as a model for improving elderly quality of life in other communities, helping reduce the national healthcare burden.

Conclusion

The Health Promotion Project for the Elderly in Bo Sap Community is committed to improving the quality of life for the elderly in a holistic and sustainable manner. Through collaboration between government, academia, and the community, the project aims to ensure that elderly residents enjoy good health, happiness, and a dignified life.