DAY CARE MODEL FOR THE ELDERLY PEOPLE IN THAILAND

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ACKNOWLEDGEMENT

- The Office of the National Research Council of Thailand – Support research grant
- The Faculty of Public Health, Burapha University – Support grant for attending the conference.
Chon Buri : Bangsaen
Ageing Population

2015: 14.0%
2025: 19.8%
2050: nearly 30%
Old age is related to general changes in life such as the family structure which is changing from extended family to *nuclear family*. 

- Three generations live in the same house.
- Traditionally, the elderly have relied on their children for personal care and financial support.
BACKGROUND

- Declining Fertility: *the consequent decline in the number of children available to care for their elderly parents.*

- Economic Crisis: Increasing numbers of young adults migrating to a big city for employment reasons
BACKGROUND

- Changing the role of the family
- Woman is a caregiver in the family
- In recently, women entering to the workforce
  The consequence- fewer people are available to care for older people when they are in need of assistance.
The percent of elderly who live alone are increased.
The proportion of older people living alone increased from 3.6% in 1994 to 6.3% in 2002 and 8% in 2007.
Falling down

Elderly people who lived alone at home had experiences with fall due to Home hazards and living arrangements.

- slippery first floors were 1.39 times
- slippery bathroom floors were 1.32 times
- bathrooms or toilets located outside their house were 1.23 times more likely to fall than those whose houses did not

Sophonratanapokin, Sawangdee and Soonthorndhada (2012)
Falling down

Elderly people who lived with spouse had a 32% lower chance (OR 0.68; 95% CI 0.59-0.78, \( p=0.000 \)) of experiencing a fall than those who lived alone in the house.
Ageing Health Problem

- Confronted with degeneration of physical health problems, chronic illness, disability problems, psychological health problems, and social problems.

- Increasing age related to increasing need of care of old age morbidity and disability.
PURPOSES

To develop a day care model for elderly people at the university hospital, Thailand.

The first phase

- To explore the basic needs of day care services.
The participatory action research
Mix methods, both qualitative and quantitative
were used to conduct this study.
Population and sample

Quantitative study: 384 of out-patients

Qualitative study: 50 participants including healthcare providers and local government official staff who were responding in health care services, community leaders, elderly care givers and elderly people which were having experiences in elderly care.
Measurement

**Quantitative**: Interview by using questionnaire

A needs assessment of basic day care services, it consist of 36 questions.

**Qualitative**: Focus group was used to collecting the data by using the open end questions
Qualitative: questions

- Do you think adult day care is important for you or your community and how important
- What is your expectation about adult day care
- What kinds of services in the adult day care that you are expected?
- Where is the place that we should establish the adult day care
- etc
Descriptive statistic and content analysis were used
RESULTS

Quantitative Study - 384 Participants

sex
- Male: 64.3%
- Female: 35.7%

Status
- Single: 24.2%
- Married: 55.7%
- Divorce / Separate: 20.1%
RESULTS

- Elementary education: 5.2%
- Secondary education: 20.6%
- Vocational and Technical education: 6%
- Higher education: 68.2%
RESULTS

[Bar chart showing occupational distribution with categories: Agriculture, Services, Business, Government]

Occupational
RESULTS

Elderly people at home

- Healthy: 77%
- Chronic ill without caregiver: 13%
- Chronic ill with caregiver: 10%

Roughly 71% of elderly people at home have the status 'Have not'.
RESULTS

Day time

- Living alone: 55%
- Living with Relatives: 13%
- Living with Grandchild: 29%
- Living with Cargiver: 3%

Cargiver Nationality

- Thai's Caregiver: 60%
- International's Cargiver: 40%

7 caregivers
RESULTS

- Caregiver has been trained: 1
- Caregiver has not been trained: 6
RESULTS

Physical structure of the day care

79.9%  Area for doing activities together
75%   Outdoor relax area
73.4%  Indoor and 74.5% outdoor exercise areas
88.8%  Religion activity room
92.2%  Living room
RESULTS

Basic needs of service

- 89.6% Basic health assessment once a month,
- 91.9% Teeth assessment twice a year
- 91.7% Food for elderly people
- 93.5% Health promotion activities
- 84.1% Relaxing activities
- 81.3% Transportation from home to day care
- 93.0% Ambulance for emergency care
RESULTS

Elderly day care needed in the community

- 76.6% Needed elderly day care in their community
- 93.8% Valuable
- 74.2% Interested in using the day care
RESULTS

Qualitative study-50 Participants

Day care services model: mix model from social and medical models
In social model services:
- food management
- bath and toilet care
- hygiene care
- administer medication
- relaxing activities
RESULTS

- Medical model services:
- Medical treatments are included physical therapy or occupational therapy
IN CONCLUSION

- Elderly day care service is needed in Thailand because of increasing number of the elderly.
- Mix model services from both social and medical model should be considered.
- However, establishing elderly day care services should be considered about an appropriate with both people in the community and health care providers. It will be highly valuable for elderly people in the community.
Thank you
Q&A