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# APPENDICES

## Appendix 1

### Limitation

1. Outside factors that can not be controlled affect all the Family Health Leaders in the same way.
2. Measurement from evaluation program in FHL's knowledge and attitude by interview question is the trust answer.
3. The best way to evaluate the self health care behavior of thr Family Health Leaders could be to spend time with those family. However this is impractical due to the limited budget and time of the project. So we must rely upon the information the Family Health Leaders focus in the shedule interview.
4. The entire Family Health Leaders will be used to assess on them abilities.

### Definitions

1. **The Elderly** means a person who is 60 years old or more.

2. **Family Health Leader** means the people who selected from Health Volunteers, Health Personal and Community Leader to training about self-health care in fiscal year 1999 and live in Kham Khuan Kaeo District, Yasothon Province.

For this study Family Health Leader means the people who passed the Family Health Leader training program curriculum trained by health personnel and live in Ban Nongwaeng Moo 1 Tambon Loahai, Kham Khuan Kaeo District, Yasothon Province.

3. **Self Health Care** means self health activities that there are food for the elderly; exercise in the elderly; oral care in the elderly; accident protection; social interaction and mental health.

**The elderly tension analysis.**

First Name .....Last Name .....

Date .....

**In the last 2 months you have sign / behavior or your fell in which level.**

**Please insert the mark / in the blank level.**

Sign / behavior or your fell	0	1	2	3
	Not at all	Some time	often	usually
1. Sleepless cause from worry or concern				
2. Annoyed, irritable				
3. Can not do any thing				
4. Bustle, whirl				
5. Do not want to see any once.				
6. Headache in only side or pain in both 2 side temple of the head.				
7. Fell not happy and melancholy and fell sad				
8. Fell hopeless				
9. Fell yourself not available				
10. Always fell agitated				
11. Fell not have concentration				
12. Fell exhausted till not want to do any things				
13. Fell mentally tired till not want to do any things				
14. Fell over palpitate of heart				
15. If unsatisfied you should shake of voice, hand shiver.				
16. Unconvinced when do any things				
17. Pain in muscle of occiput , muscle of shoulder or back pain.				
18. Lose self-confident in not conversantly situation.				
19. Dazed or head Dizziness.				
20. Decrease in sexual happiness.				

### **Result from the analysis**

#### **0-5 score**

Your depress level is below the normal level. There was little gained from the theory. May because.

- You did not answer the questions truthfully.
- You did not understand the questions or you answer them in the incorrect order.
- You have a shortage of good influences, you are slow, you are heard the same story, and found it tiresome, you have no an excitement in your life.

#### **6-17 score**

You have the tension in the standard level. You will organize about tension in your routine. You always adapt yourself to the suitable variant situation. You so satisfied in yourself and your environment. You always have the happiness influence of life. You have the enthusiastic to challenge in the stimulant of your ability. You can organize in your suitable for appropriate. Your product of work is in the high level. This tension is the benefit for routine life and it is influence to the successful.

#### **18-25 score**

You have the tension in the little high from the standard level. You have not well being in your routine. You problems did not have the solved. Some time you don't know that you have the tension. Some time you know from the change of your emotion your body you're felling and your behaviors, but it is a little and you are still endured. If you have more time for solved your problem, some time you may organized your life and your tension. You should have the more entertainment for the life, such as exercise, hobbies, movies, and associated with your friends.



**26-29 score**

You have the tension in the middle high from the standard level. You have rather high tension. You are not happy about your emotion and oppose of the crisis of life. It tells you that you will be the crisis of life. This tension will effect to your work. You should solve by talk with your friend, consult with the close man and consult on the hotline mentally.

**30-60 score**

You have the tension in the more high from the standard level. You have high tension. You are in the serious crisis of life such as hard illness, chronic illness, disabilities, and serious loss in the family, economic problem. These problems should effect to physical and mental health sure. You may not happy, you diffuse, mistake decisions, hasty and some time you will have the accident.

In this tension is the serious tension. If this tension did not solved it will be a serious mental health. The tension will effect to individuals and your related, In this tension you must consult with the Hotline and Relaxant clinic that clinic cover on the country.

## Questionnaire for the Family Health Leaders.(FHLs.)

## In the Family Health Leaders Training Program for Promoting

## Self Health Care of the Elderly:

First Name .....Last Name.....

Address .... Moo 4 Tambon Kaennoi Kumkhuankaeo District ; Yasothon Province.

**Part A****Explanation** Please writes your answer in the blank or ticks the symbol ✓ in  the correct.

Your data will not be passed to any other organization.

	Coding
A1. Your age. ....	A1 ...
A2. Gender ① Male ② Female	A2 ...
A3. Marriage Status ① Single ② Couple ③ Divorce ④ Widow	A3 ...
A4. Your Education <input type="radio"/> Did not attended school ① Primary Education ② Secondary Education (1-3) ③ Secondary Education (4-6) ④ More than Secondary Education (4-6) ⑤ Others .....	A4 ...
A5. What is your Jobs ① No Job ② My Job is .....	A5 ...
A6. Total income per month ..... Baht	A6 ...
A7. Source of Income ① From my work ② from my family ③ From pension ④ Other source	A7 ...
A8. The member of people in your family .....	A8 ...
A9. Status in your family ① Leader ② Member	A9 ...

**Part B: Knowledge of Health Promoting of the Elderly**

Knowledge	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
B1. Body Mass index in the elderly is 18.5-24.9 kilogram per mate square.	③	②	①	B1 ...
B2. The elderly with Diabetic Mellitus should control blood sugar to not more than 150 milligram per 100 ml of blood over a 6 months period.	③	②	①	B2 ...
B3. The elderly with hypertension should control blood pressure to not more than 150/ 90 mm. Hg. Over a 6 months period.	③	②	①	B3 ...
B4. The elderly must have at least 18 good teeth either real teeth and false teeth.	③	②	①	B4 ...
B5. If the elderly have friends in the community this help them maintain better mental health.	③	②	①	B5 ...
B6. Some of the elderly suffer from having no appetite so they should only eat twice a day.	③	②	①	B6
B7. We should give Pepsi, Coke, Sponsor, Ranger, and Coffee, as this will make them stronger.	③	②	①	B7 ...
B8. The most suitable exercises for the elderly are physical exercises such as fast walking, riding a bicycle and traditional dancing (such as tai chi) etc.	③	②	①	B8 ...
B9. The food suitable for the elderly must be easy to eat, and have low fat content such as fish chicken and vegetable.	③	②	①	B9 ...

Knowledge	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
B 10. The elderly should eat 3-4 eggs per week and they should not eat the yoke.	③	②	①	B10 ...
B 11. The elderly suffering for Diabetic Mellitus can eat normal fruit but they should avoid the very sweet fruit such as durian, etc.	③	②	①	B11 ..
B 12. The elderly are usually tired so they don't think it necessary to exercise.	③	②	①	B12 ...
B 13. Exercise makes the body healthiness. Making the heart and lungs work so they become stronger. It delays bone decay, it stimulate the mind defeating depression, It encourages normal digestion and sleep patterns.	③	②	①	B13
B 14. The elderly should exercise once per week, and only for one hour each time.	③	②	①	B14
B15. The most suitable tooth brushes for the elderly are hard because the remove plaque.	③	②	①	B15
B16. The elderly should clean their teeth twice a day using toothpaste with fluoride.	③	②	①	B16
B17. When the elderly wear sandals they must wear socks to protect against dust and dirt	③	②	①	B17
B18. The elderly are valued and important members of the family so they should have a bedroom upstairs.	③	②	①	B18
B19. The elderly should have a routine such as a bath time, set meal times and times for exercise.	③	②	①	B19

Knowledge	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
B20. For the elderly those take medicine every day. It they forgot to take today's medicine, they should take double tomorrow.	③	②	①	B20

**Part C Attitude to the Elderly**

Attitude	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
C1. When there are more elderly in the community the community can not developed because the elderly are a dependent group in the community.	③	②	①	C1
C2. We must respect the elderly and give them the more care.	③	②	①	C2
C3. The government should invest more in facilities for the elderly in every province because now there are more and more the elderly and people have little time for taking care of them.	③	②	①	C3
C4. Neglected or abandoned elderly are a problem for both individuals and society.	③	②	①	C4
C5. Even though there are other agencies and or the organizations to support the elderly, they still need support ,the love, respect, and appreciation from the family and others in the community.	③	②	①	C5

Attitude	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
C6. It is pointless for the elderly to attend seminars or have continuous education because they haven't long to live away.	③	②	①	C6
C7. We must respect the seniority of the elderly, and give them the simply gift of a special day such as Songkran day, new years day, and their birth day.	③	②	①	C7
C8. The elderly should not have sexual intercourse.	③	②	①	C8
C9. What do you think about this "When I am old I want you to serve me, I want to see you when I am sick, when I die you should be the one to shut my eyes, you are my son and my daughter.	③	②	①	C9
C10. The elderly should go to religious ceremonies on only the most important religious days, because it is expensive and takes a lot of time.	③	②	①	C10
C11. The elderly have worked hard when they were young so they should not work hard (mentally or physically) when they were old.	③	②	①	C11
C12. The elderly may have taken a lot of medication when they were younger so if they get sick we must advise them to increase their medication for increased effectiveness.	③	②	①	C12
C13. Meat and beans are nutritious so the elderly should eat more meat and beans.	③	②	①	C13

Attitude	Your Opinion			Coding
	Agree	Uncertain	Don't Agree	
C14. The elderly have different genetics and live in difference environments so they require different nutrition.	③	②	①	C14
C15. The elderly should take more vitamins to make their heart stronger and more effective.	③	②	①	C15
C16. Many of the elderly have anorexia, so we must give them more fruit or food that they like so they will eat more.	③	②	①	C16
C17. We should take more care of the elderly concerning their food, they should eat a little at each meal but take 4-5 meals per day.	③	②	①	C17
C18. People must prepare for being the elderly so they will be healthier both physically and mentally when they are old.	③	②	①	C18
C19. We must give the elderly more nutrition because they usually eat little. Giving them half a glass of milk or half an orange can do this.	③	②	①	C19
C20. The baby should drink the mothers milk , the elderly must drink whisky instead of milk.	③	②	①	C20

**Part D Practice****Explanation****Regularly**

Note 1) Question 1,2,3,4,5,6,8,9,10,11,13,14,18 and 19 regularly means at least once per day on at least 4 days in the week.

Note 2) Question 7 and 20 regularly means twice per years.

Note 3) Question 12 regularly means you twice per week at least 2 week in the month.

Note 4) Question 15 means regularly means once every month at least month at least 6 month of the year.

**Occasionally**

Note 1) Question 1,2,3,4,5,6,8,9,10,11,13,14,18 and 19 Occasionally means you do this at least 1 time less than 4 days in the week.

Note 2) Question 7, and 20 Occasionally means once per years.

Note 3) Question 12 Occasionally means once per week

Note 4) Question 15 Occasionally means once a month but less than 6 month of the year.

Practice	Your Practice			Coding
	Regularly	Occasionally	Never	
D1. You advise the elderly to eat the fruit as past of the meal and drink 6-8 glass of water per day.	③	②	①	D1
D2. You usually give the elderly the same food as the another members of the family.	③	②	①	D2
D3. You provide the suitable clothing for the elderly wear when they exercise.	③	②	①	D3
D4. You take the elderly to the temple or to visit a friend's home by car, even though that place is not far from their home.	③	②	①	D4



Practice	Your Practice			Coding
	Regularly	Occasionally	Never	
D5. You get the elderly to change their clothes twice a day.	③	②	①	D5
D6. You clean the house and around the house every day.	③	②	①	D6
D7. You take the elderly to have an examination themselves at the health center or the hospital at least twice a year.	③	②	①	D7
D8. The members of your family eat brown rice (milled but unpolished rice).	③	②	①	D8
D9. You prepare milk for the elderly to drinking.	③	②	①	D9
D10. You prepare cigarettes, the betel palm and the piper betel for the elderly.	③	②	①	D10
D11. You reprimanded the elderly if they talk about sexual intercourse.	③	②	①	D11
D12. You always talk to the elderly at least twice per week.	③	②	①	D12
D13. You advise the elderly to always wear a safety belt in a car or to wear a helmet when riding motorcycle.	③	②	①	D13
D14. You take the elderly whisky or another stimulant drink such as Lipoviton-D, Sponsor, Krating Deang and Ranger.	③	②	①	D14

Practice	Your Practice			Coding
	Regularly	Occasionally	Never	
D15. You give money to the elderly at least once a month.	③	②	①	D15
D16. You take the elderly away from their village to another place for recreation at least once per year.	③	②	①	D16
D17. You advise the elderly to take their personal ID card and their welfare health card when they go to the health center or the hospital.	③	②	①	D17
D18. You advise the elderly to do their hobby when they have free time, A hobby such as reading the newspaper or entertainment magazine, growing plant, watering the garden, etc.	③	②	①	D18
D19. You give the elderly only 2 meals per day.	③	②	①	D19
D20. You plan some activities for the elderly on important day at least twice per year such important day as birthdays, New Year Day or Song Kran day.	③	②	①	D20

**Survey format for the elderly Quality of life  
In the Family Health Leaders Training Program for Promoting  
Self Health Care of the Elderly:**

**The elderly.**

First Name ..... Last Name .....

Address ... Moo 4 Tambon Kaennoi Kumkhuankaeo District ; Yasothon Province.

**Part A**

**Explanation** Please writes your answer in the blank or ticks the symbol ✓ in O the correct.

Your data will not be passed to any other organization.

	Coding
A1. Your age. ....	A1 ...
A2. Gender ① Male ② Female	A2 ...
A3. Marriage Status ① Single ② Couple ③ Divorce ④ Widow	A3 ...
A4. Your Education O Did not attended school ① Primary Education ② Secondary Education (1-3) ③ Secondary Education (4-6) ④ More than Secondary Education (4-6) ⑤ Others .....	A4 ...
A5. What is your Jobs ① No Job ② My Job is .....	A5 ...
A6. Total income per month ..... Baht	A6 ...
A7. Source of Income ① From my work ② from my family ③ From pension ④ Other source	A7 ...
A8. The member of people in your family .....	A8 ...
A9. Status in your family ① Leader ② Member	A9 ...

Indicators		Pre –intervention	Pre -intervention
1.	Body Mass Index ( BMI.)	Weight .....Kg. High ..... CM.	Weight .....Kg. High ..... CM.
2.	Individuals routine activities.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
3.	Received treatment when they got sick.	<input type="radio"/> Yes <input type="checkbox"/> Paid <input type="checkbox"/> None Paid <input type="radio"/> No received	<input type="radio"/> Yes <input type="checkbox"/> Paid <input type="checkbox"/> None Paid <input type="radio"/> No received
4.	They can access the health sector when they got sick.	<input type="radio"/> Community Primary Health Care <input type="radio"/> Health Center <input type="radio"/> Government Hospital <input type="radio"/> Private Hospital <input type="radio"/> Alternative Medicine <input type="radio"/> Drug Store <input type="radio"/> Others.....	<input type="radio"/> Community Primary Health Care <input type="radio"/> Health Center <input type="radio"/> Government Hospital <input type="radio"/> Private Hospital <input type="radio"/> Alternative Medicine <input type="radio"/> Drug Store <input type="radio"/> Others.....
5.	They have health examination every year.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
6.	They usually exercise.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
7.	There is a rehabilitation center in the community.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No

Indicators		Pre -intervention	Pre -intervention
8.	The Elderly Health Problems		
	8.1 hypertension	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.2 Diabetes mellitus	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.3 Rheumatoid and arthritic pain.	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.4 Asthma	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know

Indicators		Pre -intervention	Pre -intervention
	8.5 Semi-Paralysis.	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.6 Other Problems..... ..... ..... .....	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
9.	Urinary : evacuation problems		
	9.1 Don't have problem with Urinary.	<input type="radio"/> No Problems <input type="radio"/> Have problems	<input type="radio"/> No Problems <input type="radio"/> Have problems
	9.2 Don't have problem with Evacuating.	<input type="radio"/> No Problems <input type="radio"/> Have problems	<input type="radio"/> No Problems <input type="radio"/> Have problems
10.	Don't have a problem sleeping.	<input type="radio"/> Sleepnight <input type="radio"/> Sleepless	<input type="radio"/> Sleepnight <input type="radio"/> Sleepless
11.	Don't have a problem walking.	<input type="radio"/> Normal <input type="radio"/> Abnormal	<input type="radio"/> Normal <input type="radio"/> Abnormal
12.	Don't have a problem with their eyesight.	<input type="radio"/> No Problems <input type="radio"/> Have Problems <input type="checkbox"/> Not Clear <input type="checkbox"/> Can't see	<input type="radio"/> No Problems <input type="radio"/> Have Problems <input type="checkbox"/> Not Clear <input type="checkbox"/> Can't see
13.	Have more than 20 good teeth.	<input type="radio"/> Normal <input type="radio"/> Abnormal	<input type="radio"/> Normal <input type="radio"/> Abnormal

Indicators		Pre -intervention	Pre -intervention
14.	Don't have a problem with their hearing.	<input type="radio"/> No Problems <input type="radio"/> Have Problems <input type="checkbox"/> Not Clear <input type="checkbox"/> Deaf	<input type="radio"/> No Problems <input type="radio"/> Have Problems <input type="checkbox"/> Not Clear <input type="checkbox"/> Deaf
15.	They get suitable food.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
16.	They received adequate drinking water and adequate domestic water supply.	<input type="radio"/> Adequate <input type="radio"/> Inadequate	<input type="radio"/> Adequate <input type="radio"/> Inadequate
17.	Good mental health.	<input type="radio"/> Normal <input type="radio"/> Abnormal	<input type="radio"/> Normal <input type="radio"/> Abnormal
18.	There is a suitable room for the elderly in the house they live in.	<input type="radio"/> Suitable <input type="radio"/> Unsuitable	<input type="radio"/> Suitable <input type="radio"/> Unsuitable
19.	There is the suitable toilet and suitable bathroom.	<input type="radio"/> Suitable <input type="radio"/> Unsuitable	<input type="radio"/> Suitable <input type="radio"/> Unsuitable
20.	There are no nuisances.	<input type="radio"/> No have Nuisance <input type="radio"/> Have Nuisance	<input type="radio"/> No have Nuisance <input type="radio"/> Have Nuisance
21.	Received the accepted by others.	<input type="radio"/> Received <input type="radio"/> No Received	<input type="radio"/> Received <input type="radio"/> No Received
22.	There are activities with other people in the community or at least that they must be a member of a social group.	<input type="radio"/> Get the member group <input type="radio"/> No get the members group	<input type="radio"/> Get the member group <input type="radio"/> No get the members group
23.	There is a person to consult when they have any problems.	<input type="radio"/> Have <input type="radio"/> No Have	<input type="radio"/> Have <input type="radio"/> No Have
24.	They live in a genial or friendly family.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No

Indicators		Pre -intervention	Pre -intervention
25.	They have adequate income every month.	<input type="radio"/> Adequate <input type="radio"/> Inadequate	<input type="radio"/> Adequate <input type="radio"/> Inadequate
26.	They are not addicting to alcohol.	<input type="radio"/> No Addict <input type="radio"/> Addict	<input type="radio"/> No Addict <input type="radio"/> Addict
27.	They are not addicting to tobacco.	<input type="radio"/> No Addict <input type="radio"/> Addict	<input type="radio"/> No Addict <input type="radio"/> Addict
28.	They usually enjoy religious activity in the community.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
29.	They receive (and benefit from) information about improving their lives.	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
30.	They have the health welfare card so they don't pay when they are sick or they receive free attention because a relative works for the government sector.	<input type="radio"/> Yes <input type="radio"/> Other Health Welfare <input type="radio"/> No have	<input type="radio"/> Yes <input type="radio"/> Other Health Welfare <input type="radio"/> No have
31.	They live safety in the community and their assets are safe.	<input type="radio"/> Safety <input type="radio"/> No safety	<input type="radio"/> Safety <input type="radio"/> No safety
32.	There is social welfare for the elderly.	<input type="radio"/> Yes Received <input type="radio"/> No Received	<input type="radio"/> Yes Received <input type="radio"/> No Received

Adapted from the Medical Department, Ministry of Public Health, Thailand



### The Summary of the elderly Quality of life

Indicators		Pass	Not Pass
1.	Body Mass Index ( BMI.)	18.5-24.99 Kg/m <sup>2</sup>	<18.5 Kg/m <sup>2</sup> or >24.99 Kg/m <sup>2</sup>
2.	Individuals routine activities.	<input type="radio"/> Yes	<input type="radio"/> No
3.	Received treatment when they got sick.	<input type="radio"/> Yes <input type="checkbox"/> Paid <input type="checkbox"/> None Paid	<input type="radio"/> No received
4.	They can access the health sector when they got sick.	<input type="radio"/> Community Primary Health Care <input type="radio"/> Health Center <input type="radio"/> Government Hospital <input type="radio"/> Private Hospital <input type="radio"/> Alternative Medicine	<input type="radio"/> Drug Store
5.	They have health examination every year.	<input type="radio"/> Yes	<input type="radio"/> No
6.	They usually exercise.	<input type="radio"/> Yes	<input type="radio"/> No
7.	There is a rehabilitation center in the community.	<input type="radio"/> Yes	<input type="radio"/> No
8.	The Elderly Health Problems		
	8.1 hypertension	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> Yes <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.2 Diabetes mellitus	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> Yes <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know
	8.3 Rheumatoid and arthritic pain.	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> Yes <input type="checkbox"/> Have no treatment <input type="radio"/> Don't Know

Indicators		Pass	Not Pass
	8.4 Asthma	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment
	8.5 Semi-Paralysis.	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment
	8.6 Other Problems..... ..... .....	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment	<input type="radio"/> No <input type="radio"/> Yes <input type="checkbox"/> Have treatment
9.	Urinary : evacuation problems		
	9.1 Don't have problem with Urinary.	<input type="radio"/> No Problems	<input type="radio"/> Have problems
	9.2 Don't have problem with Evacuating.	<input type="radio"/> No Problems	<input type="radio"/> Have problems
10.	Don't have a problem sleeping.	<input type="radio"/> Sleepnight	<input type="radio"/> Sleepless
11.	Don't have a problem walking.	<input type="radio"/> Normal	<input type="radio"/> Abnormal
12.	Don't have a problem with their eyesight.	<input type="radio"/> No Problems	<input type="checkbox"/> Not Clear <input type="checkbox"/> Can't see
13.	Have more than 20 good teeth.	<input type="radio"/> Normal	<input type="radio"/> Abnormal
14.	Don't have a problem with their hearing.	<input type="radio"/> No Problems	<input type="checkbox"/> Not Clear <input type="checkbox"/> Deaf
15.	They get suitable food.	<input type="radio"/> Yes	<input type="radio"/> No
16.	They received adequate drinking water and adequate domestic water supply.	<input type="radio"/> Adequate	<input type="radio"/> Inadequate

<b>Indicators</b>		<b>Pass</b>	<b>Not Pass</b>
17.	Good mental health.	<input type="radio"/> Normal	<input type="radio"/> Abnormal
18.	There is a suitable room for the elderly in the house they live in.	<input type="radio"/> Suitable	<input type="radio"/> Unsuitable
19.	There is the suitable toilet and suitable bathroom.	<input type="radio"/> Suitable	<input type="radio"/> Unsuitable
20.	There are no nuisances.	<input type="radio"/> No have Nuisance	<input type="radio"/> Have Nuisance
21.	Received the accepted by others.	<input type="radio"/> Accepted	<input type="radio"/> No Accepted
22.	There are activities with other people in the community or at least that they must be a member of a social group.	<input type="radio"/> Get the member group	<input type="radio"/> No get the members group
23.	There is a person to consult when they have any problems.	<input type="radio"/> Have	<input type="radio"/> No Have
24.	They live in a genial or friendly family.	<input type="radio"/> Yes	<input type="radio"/> No
25.	They have adequate income every month.	<input type="radio"/> Adequate	<input type="radio"/> Inadequate
26.	They are not addicting to alcohol.	<input type="radio"/> No Addict	<input type="radio"/> Addict
27.	They are not addicting to tobacco.	<input type="radio"/> No Addict	<input type="radio"/> Addict
28.	They usually enjoy religious activity in the community.	<input type="radio"/> Yes	<input type="radio"/> No

<b>Indicators</b>		<b>Pass</b>	<b>Not Pass</b>
29.	They receive (and benefit from) information about improving their lives.	<input type="radio"/> Yes	<input type="radio"/> No
30.	They have the health welfare card so they don't pay when they are sick or they receive free attention because a relative works for the government sector.	<input type="radio"/> Yes <input type="radio"/> Other Health Welfare	<input type="radio"/> No have
31.	They live safety in the community and their assets are safe.	<input type="radio"/> Safety	<input type="radio"/> No safety
32.	There is social welfare for the elderly.	<input type="radio"/> Yes Received	<input type="radio"/> No Received

Note : The Indicators from the Medical Department , Ministry of Public Health, Thailand. 1999

**Curriculum for the Family Health Leader Training Program for  
Promoting Self-Health Care of the Elderly.**

**General Objective of Training:** To develop and implement a health promotion program for the elderly focusing on the Family Health Leader.

No.	Subject	Specific objectives	Content	Methods	Materials
1.	<b>Introduction</b>	1. Trainees should know the objective of this training. 2. To know the expectation of the trainees. 3. To agree with this training	1. Introducing the trainers and teamwork. 2. Trainers inform the training objectives. 3. Organization and Schedule 4. Participate in organization 5. Trainers explain the handbook for training.	Ice Breaking Activities	Training Schedule Document
2.	<b>Introduction and value for the elderly.</b>	<p style="text-align: center;"><b>Knowledge</b></p> 1. To explain gerontology.	<p style="text-align: center;"><b>Experience</b></p> 1. The trainer asks the trainees to write about and explain their experience with the elderly. 2. Trainees write about their then the trainees read another experience to the group.		

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
		2. To explain the importance of the elderly.	3. An elderly person well known in the community talks to group about their experience.		Key Elderly
		3. To explain the problems of the elderly	3. Trainees talk about the problems for the elderly that they know about. 4. The elderly talk about their individual problems.	Discussion  Lecture	None  Key Elderly
	Having the right attitude with the elderly	<b>Attitude</b> 4. To explain the feelings to the elderly	5. Trainees write about their feeling toward the elderly.	Group Discussion VDO connecting the problems of the elderly	Paper
		<b>Practice</b> 5. To explain to the needs of the elderly	<b>Reflex and discussion</b> 6. Divide the trainees into groups of 5 to 6 people. Then everyone in each group writes about what they think are the needs of the elderly.	Group Discussion	Paper

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
		6. To explain how to take care of the elderly.	<b>Experimental and Application</b> 7. Trainees write about how they take care of the elderly.	Group Discussion	Paper
			<b>Understanding and Conceptualization</b> 8. The trainers summarize to the group the content of 1-6.	Presentation	Transparency
			9. The trainers present various problems of the elderly.	Presentation	Transparency
<b>Module 1: Nutrition for the elderly</b>					
3.	<b>Nutrition for the elderly.</b>	<b>Knowledge</b> 1. To explain the importance of food for the elderly.	<b>Experience</b> 1. The trainees talk about the importance of food for the elderly. 2. The elderly who have good health talk about their diet.	Question Lecture	None Key Elderly
		2. To explain the problems whit the elderly eating.	<b>Reflex and discussion</b> The trainees talk about the problems of the food for the elderly.	Discussion	None

**Module 1: Nutrition for the elderly (Continue)**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
		<b>Attitude</b> 3. To explain in the elderly nutrition needs.	4. The trainees in each group write about talk about the problems of the food for the elderly.	Group Discussion	Paper
		4. To explain how to give beneficial food to the elderly.	5. The trainees write a suggested menu for the elderly for each day in the week.	Group Discussion	Paper
		<b>Practice</b> 5. To set the menu for the elderly.	<b>Understanding and Conceptualization</b> 6. The trainers summarize to the group the content 1-5 and present the menu for the elderly.	Lecture	Handbook
			<b>Experimental and Application</b> 7. The trainees practice to cook for the elderly at their home.	Practice	Food Raw Material

**Module 2: Exercise in the elderly**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
4.	Exercise for the elderly.	<b>Knowledge</b> 1. To explain the importance and the benefit of exercise in the elderly.	<b>Experience</b> 1. Introduce the content by showing V.D.O about exercise for the elderly.	Demonstration	V.D.O Tape



**Module 2: Exercise in the elderly**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
			2. The trainees talk about importance exercise for the elderly and its.	Discussion	None
			3. The elderly which good health talks about how they exercise.	Lecture	Key Elderly
		<p align="center"><b>Attitude</b></p> <p>2. To explain their attitude toward the elderly problems whit exercise.</p>	<p align="center"><b>Reflex and discussion</b></p> <p>4. The trainees talk about their attitude and the elderly problems with exercise.</p>	Discussion	None
		3. To explain a method of exercise for the elderly.	<p align="center"><b>Understanding and Conceptualization</b></p> <p>5. The trainees write about the exercise necessary everyday for the elderly.</p> <p>6. The trainees summarize to the group the content 1-5.</p>	Lecture Group Discussion	Paper
		<p align="center"><b>Practice</b></p> <p>4. To explain how to do appropriate exercise with the elderly.</p>	<p align="center"><b>Experimental and Application</b></p> <p>7. The trainees see the V.D.O again and practice some of the exercises.</p>	Demonstration and Practice	V D O Playing
		5. The muscle ability testing.	8. The trainees practice how to do the muscle ability testing in the elderly	Practice	V D O Playing

**Module 3: Oral Health Self – Care in the elderly**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
5.	Oral Health Self-Care in the elderly.	<p align="center"><b>Knowledge</b></p> <p>1. To explain the importance and the benefit of oral health.</p>	<p align="center"><b>Experience</b></p> <p>1. The trainees talk about the importance and the benefit of the oral health.</p>	<p>Demonstration</p> <p>Lecture</p>	<p>Key</p> <p>Elderly</p>
		<p>2. To explain the oral problems and their attitude to the oral health.</p>	<p align="center"><b>Reflex and discussion</b></p> <p>2. The trainees talk about the oral health problems in the elderly.</p> <p>3. An elderly person has good teeth talk about their oral hygiene.</p>	<p>Lecture</p>	<p>Key Elderly</p>
		<p>3. To explain how to care the oral health.</p>	<p>4. An elderly person who has good teeth talk about how to care their teeth.</p> <p>5. The trainees summarize to the group the content 1-4.</p>	<p>Lecture</p> <p>Lecture</p>	<p>None</p>
		<p align="center"><b>Practice</b></p> <p>4. To practice correct tooth brushing.</p>	<p align="center"><b>Understanding and Conceptualization Experimental and Application</b></p> <p>6. The trainees demonstrate the correct brushing method.</p> <p>7. The trainees practice the correct brushing method.</p>	<p>Demonstration and Practice.</p>	<p>Model tooth brushing.</p>
		<p>5. To explain how to take care of false teeth.</p>	<p>8. The trainers demonstrate the care of false teeth.</p>	<p>Lecture</p>	<p>Poster</p>

**Module 4: Accidental Protection in the elderly.**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
6.	Accidental Protection in the elderly.	<p align="center"><b>Knowledge</b></p> <p>1. To explain the importance of the accident prevention in the elderly</p>	<p align="center"><b>Experience</b></p> <p>1. The trainees talk about the importance of the accident prevention in the elderly</p>	Lecture	None
		<p align="center"><b>Attitude</b></p> <p>2. To explain the common accident of the elderly.</p>	<p align="center"><b>Reflex and discussion</b></p> <p>3. The trainees talk about the common accident of the elderly.</p> <p align="center"><b>Understanding and Conceptualization</b></p> <p>4. The trainees write about how to prevent accidents happening to the elderly.</p>	Discussion  Lecture	None  Picture
		3. To explain how to prevent happening to the elderly accidents.	5. The trainers summarize to the group the contents of 1-4.	Discussion	None
		<p align="center"><b>Practice</b></p> <p>4. Can plan a suitable environment for an elderly person at home.</p>	<p align="center"><b>Experimental and Application</b></p> <p>7. The trainees tell the trainees how to plan the environment for the elderly in their home.</p>	Practice	None

**Module 5: Social interaction and Mental Health**

No.	Subject	Specific objectives	Participatory Learning / Content	Methods	Materials
7.	Social interaction and Mental Health	<p align="center"><b>Knowledge</b></p> <p>1. To explain the elderly mental health problems.</p>	<p align="center"><b>Experience</b></p> <p>1. The trainers explain about the elderly mental health problems.</p> <p>2. The trainers explain about the burden of the elderly to the social.</p>	Lecture	VDO. Playing
		<p align="center"><b>Attitude</b></p> <p>2. To explain cause of the mental health problem in the elderly.</p>	<p align="center"><b>Reflex and discussion</b></p> <p>3. The trainees write about cause of the mental health problem in the elderly.</p>	Discussions	None
		<p align="center"><b>Practice</b></p> <p>3. To explain how to have the mental health in the elderly.</p>	<p>3. The trainees write about how to practice for the good mental health in the elderly.</p> <p align="center"><b>Understanding and Conceptualization</b></p> <p>5. The trainers summarize to the group about the practice in diet mental health family and the social.</p>		
		<p>4. To explain the social interaction of the elderly.</p>	<p>6. The trainers explain about the social interaction of the elderly.</p>		
			<p align="center"><b>Experimental and Application</b></p> <p>7. The elderly have the concentrate at their home every week.</p>	Practice	

## CURRICULUM VITAE

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**Marital Status :** Married

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