

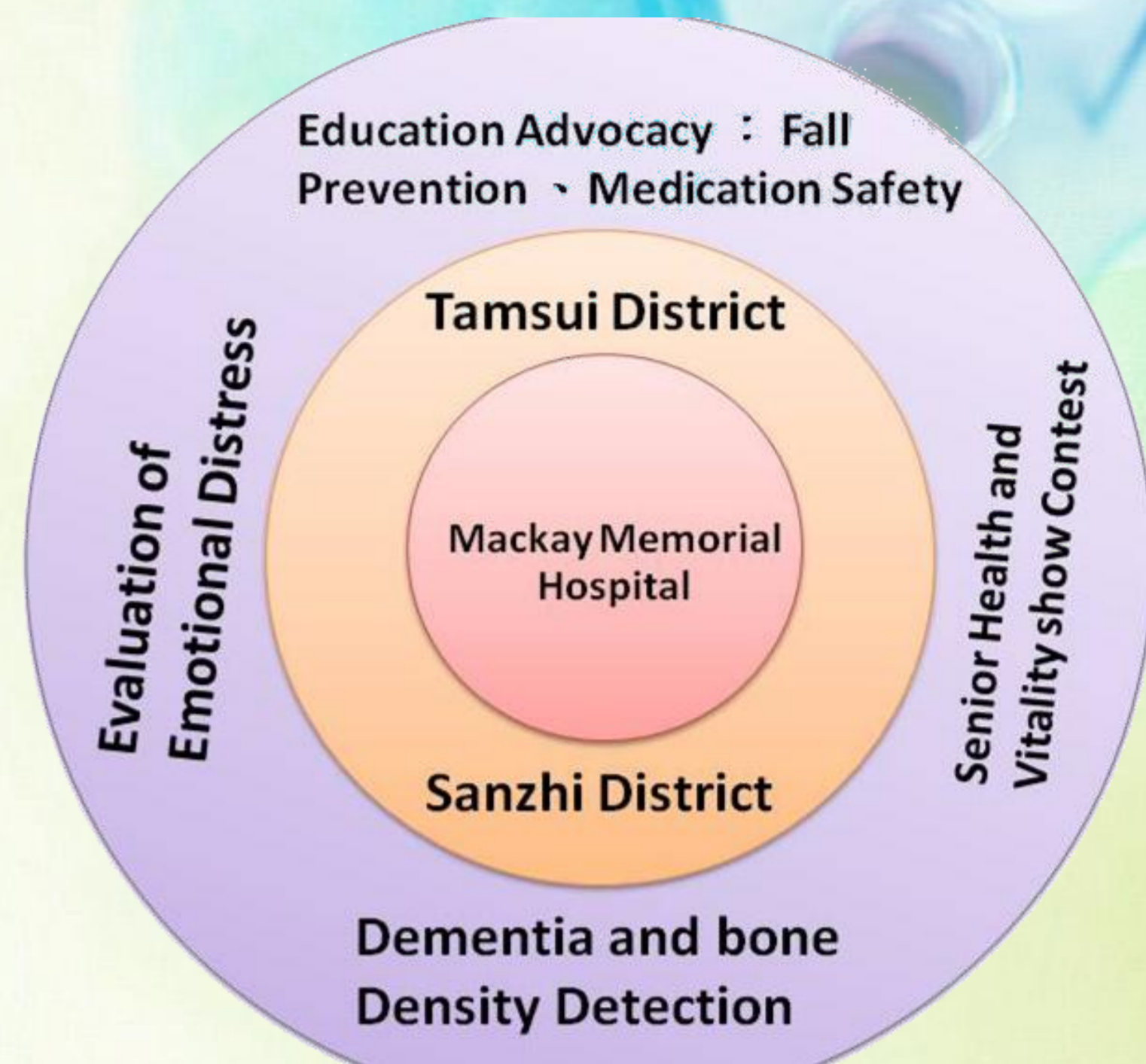
# “Respecting and Buddying up to the Seniors” - A Review of the Effectiveness of the “Active Aging Program” Promoted in the Community

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## Abstract introduction

In order to encourage the seniors to participate in the activities in the community, our hospital, in two Administrative Districts-Tamsui and Sanzhi, organized task forces in conjunction with 13 community cooperative organizations, including District Offices, In Offices, Churches, the Senior Groups etc., to jointly promote “Health Promotion Program for the Seniors”. The program activities were diversified, and included education advocacy, group exercise classes, physical checkup services and contests. Participation rate of the seniors was very high.



Health Promotion Program for the Senior



## Purpose/Methods promotion

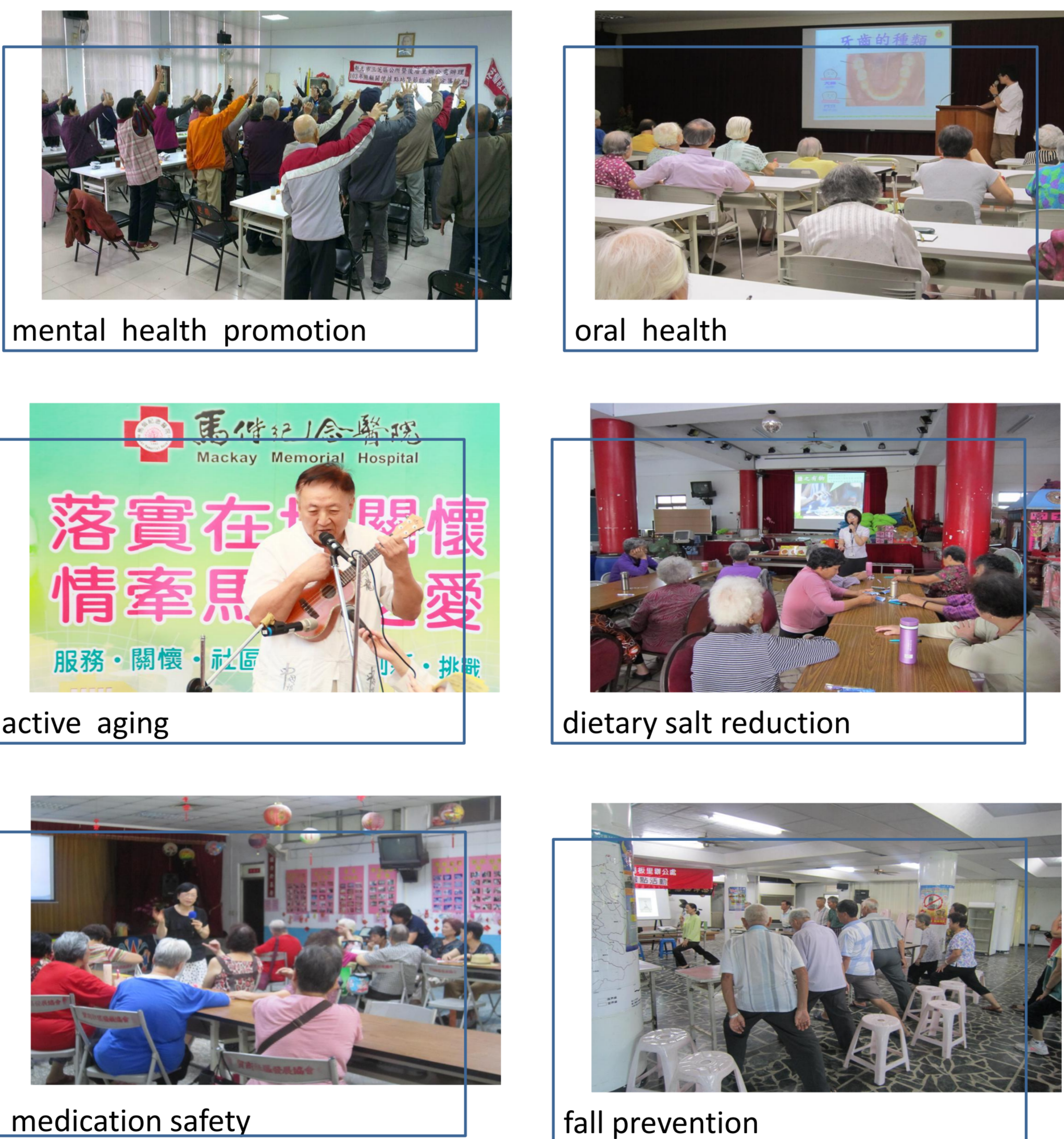
Beginning in May 2014, education advocacy was focused on mental health promotion for the seniors, oral hygiene, fall prevention, medication safety and dietary salt reduction, etc. The “Evergreen Vitality for the Seniors” class was launched and a safety evaluation for their living environment was conducted. On Health Day, services for evaluation of emotional distress, dementia and bone density detection for the seniors were provided, and a senior health and vitality show contest was held.



## Results

In 2014, 40 sessions of education advocacy on active aging were conducted, with 2,110 participants. Thirty seniors in the community participated in the 8-week exercise class. Nine seniors were visited for safety evaluation to improve their living environment. On Health Day, 219 seniors had physical checkup, and 13 groups with a total of 207 seniors participated in the health and vitality contest show. Each group exhibited enthusiasm and vitality, and got very high appraisal.

### 2014 Active aging education advocacy



### seniors exercise class

30 seniors in the community participated in the 8-week seniors exercise class.



### health and vitality contest



## Conclusions

Through cooperation with the community organizations, the seniors are encouraged to participate in the community activities. This can not only let the seniors go outside and join the community activities, but also enhance their own health care knowledge, strengthen their muscles, make new friends and convey mutual caring with each other. Seniors with good physical and mental health can not only reduce the burden on the younger generation, but also bring them satisfactory family life.

### elderly home safety assessment



### nine seniors

