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OPTIMALISATION OF COMMUNITY HEALTH VOLUNTEER’ ROLES THROUGH ELDERLY AND FAMILY INDEPENDENCY PROGRAM IN MAKASSAR-INDONESIA: A COMMUNITY HEALTH NURSING PROJECT

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ABSTRACT

Introduction: In 2013, eight centers of united-primary health services (Posyandu) had been established in the area of Public Health Center of Rappokalling. The centers were developed as one of primary health services for elderly but the programs still need to be more conducted effectively in particular for family. Many elderly in the area still live with their family. Thus, family involvement could be an important factor to improve health services. The activity aims to develop an updated design for health community volunteer activity in supporting the care independence level of family and older persons in the society.

Method: This is a community health project for elderly which involves a community member as partner/volunteer to help the health professionals. Activities was conducted inside and outside united-primary health services. Then, output of the project are measured by an observation sheet and questionnaire.

Results: In the year 2014, the united-primary health program has been conducted every month (90%), basic health education was given by the volunteer assisted by health professionals (75%), and nutrient supplement was regularly given in three months. Two centers supported the administration of nutrient supplement and elderly gymnastic by themselves. Identified top three health problems among elderly are hypertension, joint disorders, and diabetes mellitus. The level of family’s independency increase to level II (33%) from level I in six months program.

Conclusion: This improves health services for the elderly in the area especially giving an easy access and low health cost for the older adults, and increasing roles and participation of health volunteer and family in the community.

Keywords: Elderly, family, community-health volunteer, independency