



Futures of Senior Citizens in Batangas City: Subjective Well-being

CAREGIVING PRACTICES AND SOCIAL SUPPORT FOR SENIOR CITIZEN'S HEALTH AND NUTRITION

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WHAT IS THE ISSUE?

Filipinos are living longer but in poor health as the country nears a "demographic transition" that leads to an aging population. The life span of Filipinos is now longer at 67 for males and 72 for females. Their quality of life, however, did not improve. Social protection systems have yet to catch up with social conditions. People are living longer but in poorer health and socio-economic conditions. They are only partially reaping the benefits of better health and social services.



BACKGROUND

Elderly people's nutrition and health are frequently overlooked since the majority of health and nutrition intervention programs are geared for infants, toddlers, teenagers, pregnant women, and lactating mothers. In Batangas City, building a database as the basis of sustainable health and nutrition programs for senior citizens is deemed necessary. Thus, this study is deemed to assess the level of caregiving practices towards health and nutrition among senior citizens in Batangas City. It focused on the identification of the caregivers' demographic profiles, their caregiving practices, as well as existing initiatives, and programs in Batangas City to promote the senior citizens' nutritional and physical well-being.



Prevalence of CED among the elderly significantly declined from 17.2% in 2015 to 14.3% in 2018-2019. Meanwhile, both overweight and obesity significantly increased to 23.7% and 6.1%, respectively in 2018-2019 (Figure A.35).

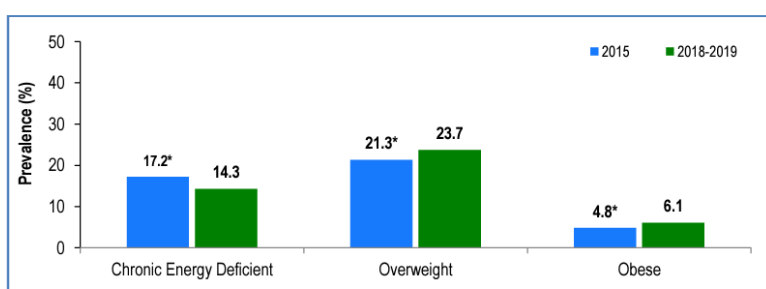
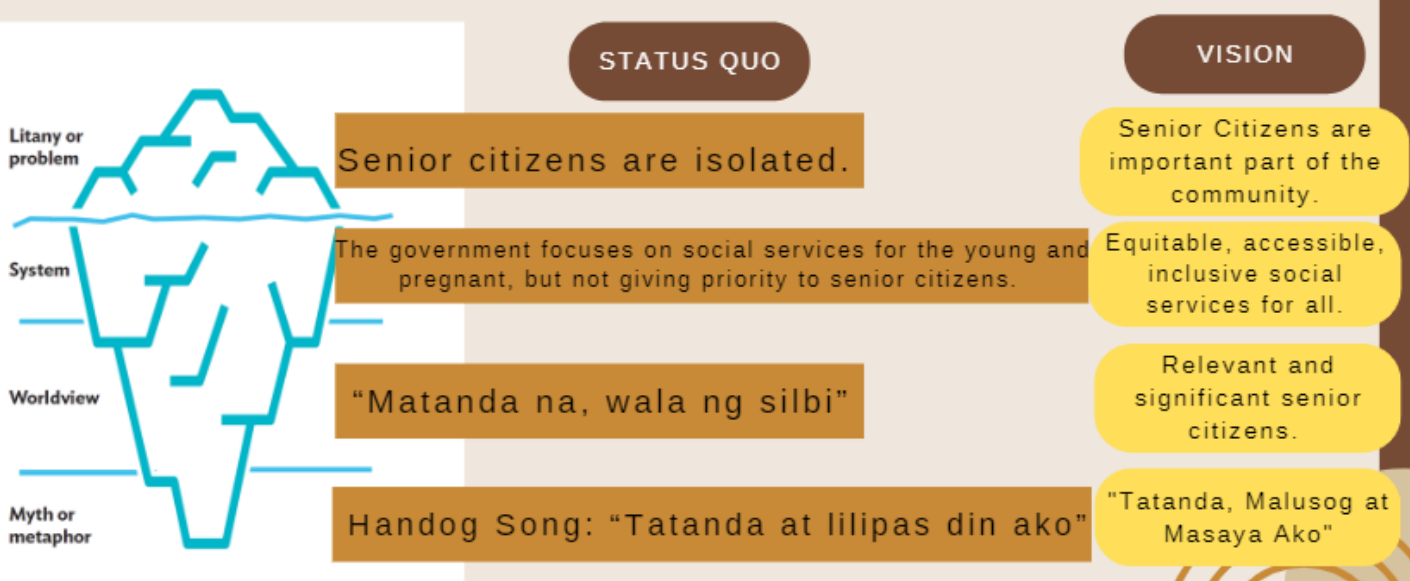


Figure A.35. Prevalence of chronic energy deficiency (CED), overweight, and obesity among the elderly, 60 years old and above: Philippines, 2015 to 2018-2019



WHAT CAN WE DO?

Action Plan:

Development of Caregiver Psychosocial Support Toolkit

This toolkit consists of training manuals to be provided for the caregivers of the senior citizens. Specific training manuals include: a) Mental Stress and Psychosocial Support b) Vital Signs Monitoring c) Nutrient Intake and Nutritional Status of Elderly d) Hygiene, Sleeping Conditions and Massage Therapy e) First Aid Training f) Livelihood Training



Trainings on Caregiving Practices To strengthen the provision for the caregivers to have training in assisting and giving proper health and nutrition care effectively.

Hiring of Psychologists in the Office of the Senior Citizens Affairs Hiring of psychologists to assist in handling concerns of senior citizens and assist in mental and psychosocial support Implementation of "Huntahan" Sessions with the Psychologists for the improvement of mental and psychological health of the senior citizens



Age-friendly Environment Development of senior-friendly indoor and outdoors spaces and facilities such as "Senior-Friendly" parks and baywalks, barangay centers, hospital units, malls and other care centers.

Proposal for Home for the Aged Facility



Collaboration with government and non-government organizations
Provision of Local Family Caregiver Financial Support Program

Promote Preventive Healthcare
Provide information about common health problems and how to handle these without seeing healthcare professionals unless critically needed.



NRCP also indicates that government should need to simplify the roles of various agencies in financing the miscellaneous healthcare benefits and privileges.

WHO ARE WITH US?

High Power, Low Interest

- City Mayor
- CHO
- HEI
- DOST
- SM Foundation
- Hospitals

High Power, High Interest

- CSWDO

Low Power, Low Interest

- Professional Organizations
- Home Care Facilities
- Gas Companies
- JCI, Soroptomist Ka-Batanguena
- Rotary Club, Lions Club

Low Power, High Interest

- Senior Citizens/OSCA
- CNAO
- BHW Association
- Church
- GAD
- GAD Advocates



WHERE DO WE GO FROM HERE?



Healthy and independent older people contribute to the well-being of families and communities. It is ensured that human resources are skilled for integrated care. Environment and social services are accessible, equitable, inclusive, safe and secure, and supportive and promote health and prevent or delay the onset of disease and functional decline.

Help support and care for our senior citizens.

The golden way is to provide them with respect and dignity. They are our family.