

Soriano, P. (2009). Proposed welfare program for the elderly. Lorma Colleges, City of San Fernando, La Union.

Key Words : Elderly, Welfare program

ABSTRACT

This study aimed to propose a health care program for the elderly in three (3) selected barangays in Bauang, La Union based on analysis of their profile, degree of independence in performing activities of daily living and prevalent health problems.

The descriptive survey method with a questionnaire accompanied by an interview, as the main data gathering instrument, was employed in this study. A sample size of 192 elderly chosen at random served as the respondents. Tools utilized to analyze and interpret data gathered were frequency counts, percentages and ranking.

Findings of the study revealed that most of the elderly were women, belonged to the young old (65-74 years old) category and had income levels lower than P5, 000/month. They were also generally capable of performing the activities of daily living independently. Finally, the prevalent health problems that beset them were along cardiovascular, respiratory, musculoskeletal, sense organs and gastrointestinal systems, in that order.

In the light of the above-stated findings, it is recommended that the health program proposed by the researcher be considered for implementation by senior citizen association, barangay councils and the local government units of Bauang, La Union.

Similar studies should be conducted in other barangays in different municipalities in order to provide a baseline for a more comprehensive welfare program for the elderly.