

ARNOBIT, M. L. (2011). Home Care Practices of Health Caregivers for the Elderly: A Basis for the A Home Care Guide. Lorma Colleges, City of San Fernando, La Union.

**Keywords:** *Home Care Practices, Caregivers, Home Care Guide*

**Abstract:**

This study determined the established caregiving practices rendered by the primary caregivers to their elderly as basis for proposing a home care guide for primary caregivers. It was conducted in the calendar year 2010. One hundred eighty-four (184) primary caregivers of the elderly in San Fernando City, La Union were selected using purposive sampling. Descriptive survey method and questionnaire were used in gathering data which were treated using frequency and percentage.

The established caregiving practices rendered by the primary caregivers promoted the safety and security of the elderly in the home, provided needed dietary requirements, encouraged activities of daily living, stimulated continued intellectual growth, fostered social bonding and economic support, encouraged spirituality and emotional stability in the elderly. However, more emphasis should be placed by primary caregivers in addressing the intellectual and spiritual needs of the elderly, which appeared to be weak. Moreover, there were varied problems encountered by caregivers by primary caregivers along the said dimensions.

A home care guide can be utilized by the primary caregivers in ensuring the quality of life of the elderly.