

The Importance Facility of Assisted House For Elderly

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Abstract

Someday everyone will reach old age because every human being must grow old. Their children also have their own families so the responsibilities of the elderly towards their children are not the same, since they already have their own lives. Obligations such as caring for financing, educating, and supervising children no longer need to be done. Another thing is that their health is starting to decline both physically and mentally, which makes them need special attention from the people around them. It is during this time that the elderly think not to be a burden for their children anymore so they choose to live independently. However, the elderly find it difficult to find a place to live on their own because they have to do everything independently such as housework. The security and safety of the elderly when living at home alone are also not guaranteed because they need the help of other people due to physical decline. The government and society have the answer to this problem, namely building a nursing home for the elderly. Nursing houses for the elderly can usually be privately owned or owned by the government. There are many types of nursing homes, one of which is Assisted Living. Assisted Living exists for seniors who want to live independently in a home-like environment but still need non-medical assistance to carry out their daily activities, such as eating, bathing, dressing, and maintaining cleanliness. The purpose of conducting this research is to find out the importance of facilities that can help the elderly while in Assisted Living with various impairments from those who can still carry out their usual activities to those who must have someone that assisted them for all their life activities. The research method used is qualitative based on questionnaires and interviews.

Keywords: Elderly, Facilities, Nursing House, Assisted Living

1. INTRODUCTION

Almost every country in the world is currently entering a period of ageing population, where the population of elderly experienced a very drastic increase both in quantity and proportion. By 2030, it is estimated that at least 1 in 6 people in the world will be aged 60 years or more [1]. With an increase in the number of elderly who will create a "burden" demographic tax on economic growth. One of the housing options for the elderly provided by the government is a nursing home.

As for the types of nursing homes that are known are independent living, assisted living, and memory care. Assisted living is an uncommon type in Indonesia, since the term of elderly usually means the ones that are sick, very old, and live dependently. This term should be changed, because the meaning of elder is only the age not the condition. When they are still in healthy condition, elders should have an active life, live independently and free from the burden of taking care of their children and grandchildren. If they don't have a separate home from their children, they can wish to live in Assisted Living. Assisted Living exists for elderly who want to live independently in a home-like environment but still need non-medical assistance to carry out their daily activities, such as eating, bathing, dressing, and maintaining cleanliness.

The purpose of conducting this research is to find out important facilities that can help the elderly in Assisted Living. It ranges from those who can still carry out their usual activities to those who must be assisted for all their life activities. The existence of these important facilities can support the lives of the elderly and will make them have quality life inside Assisted Living.

2. LITERATURE

2.1 ELDERLY DEFINITION

The World Health Organization classifies the elderly based on chronological/biological age into 4 groups, namely middle age between the ages of 45 to 59, elderly (elderly) aged between 60 and 74 years, elderly aged 75 - 90 years, and very old age (Very old) over 90 years. As we get older, naturally the elderly experience a decline in physiological and cognitive functions making it susceptible to various health problems. In general, the diseases experienced by the elderly are: non-communicable diseases, degenerative in nature, or caused by factors of age, for example heart disease, diabetes mellitus, stroke, rheumatism and injury. The impact of the ageing cycle experienced, makes the elderly classified in a vulnerable group. Vulnerabilities owned by the elderly in the corner. From a legal point of view, it will make the elderly a community group who have a high risk of becoming a victim of crime.

2.2 ELDERLY NEEDS

There are several important needs for the elderly physically and mentally: Physical needs that can be done by exercise like walking, running which can increase endurance and make their bodies not stiff. This requires an active rehabilitation program with recognition that resistance exercise as well as walking programs can produce major improvements.

Elderly often present with sensory impairments such as presbyopia, age-related hearing loss, and loss of touch, which can interfere with sensory stimulation and lead to isolation from the outside world.

Technologies are being developed that will allow older persons to be able to perform basic and instrumental activities at a higher level. These technologies will also improve safety and less invasive monitoring of health problems.

2.3 ASSISTED LIVING DEFINITION

Assisted living community is for the elderly who want to remain independent in a home-like environment but need non-medical assistance with activities of daily living, such as eating, bathing, dressing, maintaining cleanliness and toileting. Remaining seniors usually pay a monthly rent for a private apartment or room and additional fees for the level of care required. Seniors have access to a shared common area. Depending on each Assisted Living, shared areas can include dining and activity rooms, cinema rooms, libraries, pools and walkways, or other natural settings on the grounds. Resident seniors are usually provided with 24-hour on-site staff and provide up to three ready-to-eat meals a day, as well as housekeeping services and some transportation services.

3. RESEARCH METHOD

This research uses quantitative methods by collecting questionnaire data and literature observation. This method usually starts with a theory that leads to a hypothesis that will be measured quantitatively according to the research procedures. The purpose of this method is to understand a phenomenon in a specific group of people and make conclusions for the bigger group based on the result. This method consists of a five-step procedure, which is to define key questions, identify study participants, select the methods that will be used in answering those questions (variables, measures of variables and overall design), choose analysis tools, and analyse the results.

4. FINDINGS AND DISCUSSION

4.1 FINDINGS

6	pertimbangan dalam memilih Assisted House	Responden	Responses
	Fasilitas (Kamar, Ruang makan, Poliklinik, dll)	38	34.20%
	Harga	9	8.10%
	Pelayanan (Perawat, Dokter, Makanan)	33	29.70%
	Kondisi Keluarga	31	27.90%
		111	100.00%

Table 1. Consideration in Selecting Assisted Living

Source: Personal Data

In the result of the questionnaire, For the first question from the survey results obtained, it can be seen that most respondents consider the facilities (38 - 34.20%) provided such as rooms, dining rooms, polyclinics and other facilities used to help someone adapt easily to this Assisted House. This can happen because the facilities of the Assisted House will determine the comfort of the respondent when they are there.) and price is the last consideration (9-8.10%) which means that if the price is not too much thought of by the respondents if the facilities, services, and conditions of their family have been considered to enter the Assisted House.

12	Fasilitas tambahan apa yang keluarga anda harapkan ada di Assisted House untuk menunjang hobi mereka	Responden	Responses
	Area memasak	31	13.30%
	Area bermain game	14	6.00%
	Tempat untuk Menjahit dan Menenun	28	12.00%
	Area untuk olahraga	41	17.60%
	Senam	27	11.60%
	Art & Craft	24	10.30%
	Karaoke	30	13%
	Berkebun	38	16.30%

Table 2. the additional facilities expected in Assisted Living to support their hobbies

Source : Personal Data

From the survey results obtained, the additional facilities expected in Assisted Living to support their hobbies are mostly sports (41-17.60%) the elderly might choose this because when they are old, they have to move a lot so their bodies are healthy and it's not easy to get sick and get used to yourself to exercise. Lastly is the area for playing games (14-6%). The area for playing games should also be important because by playing games, their motor brain will also work. Because the elderly are old, it is rare for them to be unable to move, so playing board games is a game that is very suitable for them and can maintain their thinking skills so that they can prevent dementia from occurring in the elderly.

4.2 DISCUSSION

Many elderly people leave some of their activities due to age reasons, but when they enter assisted living they do not change their interest in activities such as reading, watching television, sewing, writing, drinking, doing household activities, or attending services. Unfortunately, the elderly usually do not have adequate facilities to fulfil their needs. The main message for the elderly is that it is important for the elderly to be able to perform one or more activities that are experienced as maintaining activities and activities that are already known. Of the existing needs, there are 3 important things that must be considered in making facilities to meet the needs of the elderly, namely being able to, maintain, and improve.

First, being able to do something from being unable to be able to. Second, maintaining is being able to do something eventually getting used to doing it. For example, the elderly can walk but getting used to them walking can certainly be done. From initially only being able to walk 1-2 km after getting used to it, start increasing the distance to 2-3 km so that the elderly get used to walking further and can increase your endurance.

All assisted living needs to offer regular exercise programs focusing on resistance

exercise (sit ups, squats, push ups, leg raises and planks), aerobic exercise (long-distance running or jogging, swimming, cycling, stair climbing and walking), and balance exercise (Sideways walking, Simple grapevine, Heel-to-toe walk, One-leg stand, Step-up, etc).

The adjustment of the elements in the multisensory space allows each sensory system for the elderly to stimulate and provide input to their weakest senses. The senses of the elderly are different from those of the young, they have a lot of reduction as they get older. This multi sensory room is used to maintain the sensory functions of the elderly.

Currently, there are many technologies that can be used to help the elderly not be lonely, monitor their health, and make them happier. For technology, there is no need to use a separate room because it can be placed anywhere.

5. CONCLUSION

From the results obtained from the discussion, many elderly people choose facilities as an important thing to consider in choosing an Assisted House. This is because facilities are indeed important because as long as they are in Assisted Living, existing facilities must be able to meet the needs of the elderly. However, the elderly as well as medical facilities say that the polyclinic facilities from Assisted Living are sufficient, which means that medical facilities are also very important for the elderly who want to live in Assisted Living plus these facilities are very important for the elderly who really need 24-hour assistance.

The facilities that are expected in Assisted Living are very diverse in the areas of cooking, gardening, karaoke, sewing and weaving, gymnastics, art & craft, gymnastics, and playing games. There are many facilities available to make the elderly feel at home, comfortable and safe while in Assisted Living.

Both medical and non-medical facilities are equally important for the survival of the elderly. Medical facilities to make the elderly safe and comfortable so that if you suddenly get sick or need help, you don't need to rush to the nearest hospital. As for non-medical facilities to train the brain abilities of the elderly and keep them moving so that their bodies are not stiff which can prevent them from declining physically and mentally. Non-medical facilities can also help them carry out their hobbies more comfortably because they have been provided and nothing prohibits them from doing so.

Providing facilities for the hobbies of the elderly also makes them more comfortable living in Assisted Living because everything is provided so that the staff is ready to help with existing facilities. Therefore, facilities are very important for the elderly when they are in Assisted Living, because this makes the elderly want a place that is comfortable, safe, and able to provide the facilities needed. In addition, the elderly who live in Assisted Living choose many conditions that must be considered so that facilities that can support them are very important for the elderly in Assisted House. Therefore, this study reveals that this facility is very important for the elderly in Assisted Living.

REFERENCES

- [1] "Ageing and health," World Health Organization, <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health> (accessed Nov. 1, 2023).