

ABSTRACT

Aim: The global challenge of aged population is the rapid growth of the dependency state. Beside the development of long term care model, but the management system should be established to fulfil complex needs of frail elderly. This research aims at developing a long-term care model in an urban community of Chiang Mai Province, Northern Thailand.

Material and methods: Participatory action research was conducted in three main phases: 1) an initial situational analysis using focus groups, community meetings, in-depth interviews 2) collaborative developing long-term care model 3) model implementation. Research participants were nurses working in a Health Promoting Hospital, personnels responsible for elderly care of a Sub-district Administrative Office, Head of Senior Citizen Club, and Head of a community.

Results: The long-term care model, collaboratively developed by the participants and the researchers, and consisted of: 1) referral system which was developed to ensure that a care plan was continued from hospital to home 2) community-based rehabilitation center which was established to enhance access to better quality care 3) techonogy-assisted home care and home health care guidelines which were developed for health volunteers and health personnels to maximize quality of care services for frail elderly. Successfully improving the efficiency and effectiveness of the model, management system was initiated and included 1) organizational restructuring of both health promoting hospital and local administrative office 2) availability of resources both human, material and budget.

Conclusion: The community-based long term care model should be applied to provide care for the target population in the community.