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Quality of Life Development of the Elderly through the Management of Nursing Homes for Supporting the Aging Society

Pattama Pasitpakakul

Faculty of Liberal Arts, Rajamangala University of Technology Thanyaburi, Thailand

Email: pattama@rmutt.ac.th

Abstract

This qualitative study examines the physical and social conditions within two nursing homes in Bangkok—Thonburi Hospital and the Bang Khae Social Welfare Development Center for the Elderly—to determine their impact on the quality of life of the elderly. Utilizing structured interviews and observational techniques with 20 selected participants, the study scrutinizes the administrative and operational frameworks of these facilities, aiming to pinpoint exemplary practices and pinpoint potential enhancements for elderly care amid Thailand's demographic shifts toward an older population. The research indicates that well-managed facilities, tailored care approaches, and thorough training of staff substantially boost the satisfaction and general wellness of residents. Identified challenges include the necessity for improved physical accessibility and the constraints on resident autonomy due to stringent health safety measures. The research underscores the critical role of consistent involvement in physical, cognitive, and social activities in mitigating loneliness and mental decline. It advocates for infrastructural enhancements, broader wellness initiatives, augmented staff training, and the broader application of technology to elevate care quality and administrative efficacy. These findings enrich the ongoing dialogue on elderly care, providing a model for other entities to emulate and refine to enhance elder care quality.

Keywords: Elderly Care; Health Interventions; Nursing Homes; Quality of Life; Social Support

Introduction

Thailand has been an aging society since 2005 when the elderly population first exceeded 10%, meaning one in ten Thais was elderly. This trend has intensified, particularly from 2006 to 2010, as noted by Chayowan (2008). Projections by the National Economic and Social Development Board indicate that in 2010, 12.9% of Thailand's 66 million people were elderly. By 2030, it's estimated that 25.8% of the population will be elderly, qualifying Thailand as a fully aged society. By 2038, the proportion of those over 65 will rise to 24.1%, placing Thailand into the category of a super-aged society.

The National Plan on the Elderly, 2nd Edition (2002-2021), is based on a philosophy of fostering an environment where the elderly are self-reliant, supported by family, community, and state social welfare. The plan aims to ensure the elderly enjoy good physical and mental health, financial security, and are integrated and valued within their communities. Research by the Health Promotion Department of the Ministry of Public Health identifies that the elderly face issues in health, economics, social integration, psychological well-being, familial

support, and shifting values. Key challenges include social, economic, and physical aspects of their living conditions. Changing family dynamics and smaller household sizes mean fewer families can care for their elderly, leading to an increase in elderly living alone—from 3.6% in 1994 to 10.8% in 2017 (National Statistical Office, 2017).

Providing appropriate residential facilities for the elderly, funded by both state and private investments, is crucial. The economic standing of the elderly, often bolstered by savings, pensions, dividends, and other investment returns, underscores the need for well-designed elderly residences. As of June 30, 2017, there were 800 registered elderly care businesses, accounting for 78.88% of the market. These facilities vary, offering models where elderly do not own their homes but have life residency, and others tailored to their needs with emergency medical features and comprehensive on-site services. These developments aim to transform the traditional notion of elderly homes into one of investment in a high-quality lifestyle.

The challenges and importance of these issues have led researchers to examine the management of elderly homes, focusing on the physical and social environments, amenities, and activities that contribute to the health and wellness of the elderly. This holistic approach to well-being ensures that the elderly can live with dignity, independence, and remain integral and supportive members of their communities. As Thailand edges closer to becoming a fully aged society, enhancing the quality of life for the elderly through effective policy implementation and management of elderly care facilities is paramount for fostering their societal value and well-being.

Literature Review

Physical and Social Environment

The design and atmosphere of nursing homes play a critical role in shaping the quality of life for their elderly residents. Both the physical layout of these facilities and the quality of social interactions within them significantly influence the mental and physical well-being of their inhabitants. Properly addressing these aspects through thoughtful design and management practices can create environments that support both the psychological comfort and physical health of residents. The physical design of a nursing home is a foundational element that impacts resident satisfaction and functionality. Facilities that incorporate ample natural light have been shown to help regulate sleep patterns, improve mood, and even increase the cognitive function of residents (Figueiro, Plitnick, Lok, Jones, Higgins, Hornick, & Rea, 2014). The importance of natural light in regulating circadian rhythms is well-documented, particularly for seniors who may spend extended periods indoors. Furthermore, the choice between private and shared rooms can have significant implications for residents' mental health. Private rooms offer the advantage of personal space, allowing for privacy and individuality, which can be crucial for psychological well-being. However, shared rooms promote social interactions that are essential for preventing feelings of isolation and depression (Ko, Wagner, Spetz, & Chapman, 2018). The key is to strike a balance that accommodates the preferences and needs of individual residents. Accessibility is another critical factor. Facilities designed with minimal barriers and features like wide corridors, ramps, and handrails support the mobility and independence of residents. Such designs not

only help in preventing falls but also empower residents to move freely within their living spaces, which contributes to their overall sense of autonomy and control (Gitlin, Winter, Dennis, Corcoran, Schinfeld, & Hauck, 2001). The social environment within nursing homes is equally crucial. The interactions that residents have with each other and with staff can significantly affect their quality of life. Positive and respectful interactions can reduce stress, mitigate feelings of loneliness, and promote a supportive community atmosphere. Staff training programs that emphasize empathy and communication skills are vital in fostering these positive interactions and can lead to improved care and resident satisfaction (Zimmerman et al., 2005). Activities designed to encourage socialization and engagement are important as well. Programs that include group exercises, arts and crafts, and social events have been shown to improve both mental and physical health outcomes for residents. These activities not only provide physical benefits but also stimulate cognitive functions and foster social bonds among residents (Cohen-Mansfield, Marx, & Guralnik, 2003). Successfully integrating the physical and social aspects of nursing home environments involves a coordinated approach that considers both the built environment and the human elements of care. By designing spaces that facilitate easy interaction while also providing options for privacy, facilities can cater to the diverse needs of their residents. Moreover, creating a culture of respect and support through effective staff training and management practices enhances the overall environment, making it more conducive to the well-being of residents. The physical and social environments of nursing homes are deeply intertwined, each significantly impacting the well-being of elderly residents. Thoughtful design that promotes accessibility and social interaction, combined with a commitment to quality interpersonal relations, can transform a nursing facility into a supportive community that enhances the lives of its residents. Continual research and adaptation of these environmental factors are crucial as the demographics and needs of elderly populations evolve.

Management Systems

In the administration of nursing homes, the efficiency of management practices and systems is crucial for improving the life quality and care of elderly residents. Comprehensive management encompasses a wide range of duties, including person-centered care, extensive staff training, and the deployment of responsive healthcare services. These elements are vital in enhancing the operational efficiency of nursing homes and directly influence the satisfaction and general well-being of residents. Central to contemporary nursing home management is the practice of person-centered care, which adapts care practices to accommodate the unique preferences and needs of individual residents. This approach has proven effective in boosting resident satisfaction and well-being by offering care that respects each resident's personal preferences and life history. By involving residents in their care planning, person-centered care promotes autonomy and active participation. Moreover, the effectiveness of management relies heavily on comprehensive staff training and development. Properly trained staff are better prepared to meet the varied and complex needs of elderly residents, especially those with cognitive issues such as dementia. Continuous training that incorporates the latest practices in elder care and emergency response is essential for maintaining high care standards (Zimmerman et al., 2014). Professional development opportunities also help reduce staff turnover by enhancing job satisfaction. The responsiveness of healthcare services in nursing homes is critical for meeting the changing health needs of the elderly. Proactive health management, which includes regular health

assessments and rapid response systems, ensures timely and effective medical interventions for residents. The integration of advanced technologies like telehealth and electronic health records further improves the precision and responsiveness of these services (Grabowski & O'Malley, 2014). The leadership style within a nursing home greatly affects its culture. Leaders who emphasize open communication, transparency, and empowerment of staff tend to foster a more positive work environment and more effective care delivery. Such an environment not only boosts employee morale but also enhances the quality of care for residents. Effective leaders are skilled in managing the complexities of healthcare regulations, ensuring compliance and promoting an ethos of continual improvement (Caspar et al., 2018). Sound financial management and strategic resource allocation are also crucial for the sustainable operation of nursing homes. Effective management ensures that facilities are adequately equipped and staffed, balancing cost efficiency with the provision of high-quality care. Strategic financial planning enables investment in essential resources such as advanced care technology and facility improvements, which are vital for meeting the evolving needs of residents (Harrington et al., 2017). Compliance with regulatory standards is a fundamental aspect of nursing home management. Regular audits and adherence to quality assurance protocols ensure that facilities meet national and state guidelines, providing safe and effective care. Managers must keep abreast of regulatory changes and implement systems to monitor compliance effectively (Castle & Ferguson, 2010). The primary aim of effective management in nursing homes is to enhance the quality of life and satisfaction of residents. Facilities that excel in their management not only deliver superior care but also create an environment where residents feel genuinely valued and cared for. This comprehensive approach to management affects everything from day-to-day operational efficiency to the long-term health outcomes of residents.

Wellness and Activity Programs

Structured wellness and activity programs are essential for enhancing the health outcomes of elderly residents in nursing homes, significantly benefiting their physical, cognitive, and emotional well-being. These programs often encompass physical exercises, cognitive stimulation, and social engagement, each targeting specific health improvements and contributing to overall quality of life. Physical activity is fundamental to maintaining mobility and reducing the risks associated with physical inactivity, which include falls, cardiovascular diseases, and general physical decline. A study by Cadore et al. (2020) emphasized that even moderate regular physical activity significantly enhances strength and balance in older adults, which can prevent falls—a common cause of serious injuries in the elderly. Furthermore, cardiovascular fitness, vital for heart health and stamina, can be maintained or even improved through tailored aerobic exercises, as demonstrated by the benefits seen in senior participants (Vaz Fragoso and Gill, 2012). Cognitive stimulation activities, such as puzzles, memory games, and even digital applications designed for cognitive training, play a crucial role in mitigating cognitive decline. Research by Mowszowski et al. (2010) highlights that structured cognitive interventions can enhance various aspects of cognitive function, particularly executive functions and processing speed, which are critical for daily living activities. Engaging elderly individuals in these activities not only stimulates their minds but also provides a sense of achievement and mental sharpness. Social engagement in nursing homes, facilitated through community activities, group therapies, and social gatherings, is equally important. It helps combat loneliness and

depression, common issues among the elderly. A study by Chen and Schulz (2016) found that social activities that promote interaction and foster relationships can significantly improve psychological well-being and contribute to a happier, more fulfilling life for residents. Incorporating these elements into daily routines requires not only well-designed programs but also ongoing assessment and adaptation to meet the evolving needs of residents. For instance, a program might start with gentle activities, which can be progressively adjusted based on the participants' responses and improvements. This adaptive approach ensures that all residents can participate safely and gain the maximum benefit from their involvement. Furthermore, the integration of these programs into the daily life of nursing home residents can lead to sustained improvements in their overall well-being. Regularly scheduled activities that cater to physical, cognitive, and social needs not only maintain but can improve the health status of elderly individuals, thereby enhancing their quality of life and prolonging their independence. In conclusion, structured wellness and activity programs in nursing homes are vital for maintaining and improving the health and well-being of elderly residents. Through a combination of physical exercises, cognitive stimulation, and social engagement, these programs support a holistic approach to elder care, ensuring that residents lead healthier, happier, and more active lives.

Method

This research is a qualitative study aimed at investigating the physical and social environments of nursing homes to improve the quality of life for the elderly, and to study the management systems of nursing homes to enhance the quality of life for the elderly in support of Thailand's aging society. The research methodology is as follows:

Key Informants

In this qualitative study, the target group was meticulously chosen using purposive selection to encompass two nursing homes in Bangkok: one managed by Thonburi Hospital, representing private sector management, and the other, the Bang Khae Social Welfare Development Center for the Elderly, exemplifying public sector management. The total sample of 20 individuals was segmented into three groups: one business operator or nursing home administrator from each home, four staff members or caregivers from each facility, and five elderly residents from each location, providing a diverse range of perspectives. The study focused on gathering detailed insights into the administrative and operational challenges, the effectiveness of care practices, and the lived experiences of residents to assess overall satisfaction and quality of life. By employing structured interviews and observational methods, the research aimed to uncover themes related to job satisfaction, administrative efficiency, and resident well-being, with the goal of identifying areas for improvement in management and care practices within these nursing homes. The methodological approach, including in-depth interviews and thematic analysis, was chosen to ensure comprehensive data collection and analysis, providing valuable insights into the operational dynamics and care outcomes in these settings, as supported by established qualitative research methods (Creswell & Poth, 2016; Patton, 2014).

Research Tools

In the study, the instruments utilized for data collection were meticulously structured to gather comprehensive information across various dimensions. The primary tool was a multi-part interview form, intricately designed to capture a broad spectrum of data relevant to the research objectives. The first section of the interview form was dedicated to acquiring general information about the participants, ensuring a clear understanding of the demographic and contextual background of each respondent. This initial part set the stage for more in-depth inquiry in subsequent sections. The second section of the interview form focused intensively on the quality of life of the elderly residents, probing into four critical areas: physical, mental, social, and environmental. This segmentation allowed for a detailed exploration of how each aspect contributes to the overall well-being of the residents, providing insights into the multifaceted nature of elderly care (Baltes & Baltes, 1990). By examining these distinct but interconnected domains, the study aimed to paint a holistic picture of the residents' living conditions and well-being. The third and final part of the interview form was geared towards gathering suggestions from the respondents. This section was crucial for identifying potential improvements and innovations in nursing home management and care practices, directly from those who experience and administer care daily. Additionally, an observation form complemented the interview process, enabling researchers to objectively assess the physical environment of the nursing homes. This observational tool was critical for evaluating the actual living conditions and how they align with the reported experiences of the residents, providing a robust methodological approach to validate the qualitative data gathered through interviews (Kawulich, 2005). Together, these tools—structured interviews and systematic observations—formed a comprehensive methodological framework for the study, designed to elicit rich, multi-dimensional data that can inform better practices and enhance the quality of life for elderly residents in nursing homes.

Data Collection

Data collection for the nursing home study was rigorously executed using a combination of document reviews, in-depth individual interviews, and observational methods. This integrated approach allowed for a comprehensive examination of both the theoretical and practical aspects of elderly care in nursing homes. The research team reviewed relevant literature and existing studies to build a foundational understanding, which was then enriched through direct observations in the nursing homes to capture the actual conditions and interactions within these environments. To delve deeper into personal experiences and insights, in-depth interviews were conducted with various stakeholders, including caregivers and residents. These interviews provided nuanced perspectives on the daily operations and quality of life within the facilities. To ensure the reliability and validity of the collected data, triangulation was employed, corroborating information from different sources, times, and contexts. This methodological strategy, endorsed by scholars like Angrosino (2007) and Carter et al. (2014), helped to minimize biases and enhance the depth of the findings, providing a robust basis for subsequent analysis and conclusions.

Data Analysis

Data analysis in the study was meticulously conducted through content analysis, a methodological approach that involves categorizing voluminous amounts of data to identify core consistencies and meanings. Specifically, the data obtained from interviews and

observations were systematically sorted into distinct categories, which were then scrutinized for patterns and themes that could elucidate the underlying dynamics within the nursing homes. This categorization facilitated a comparative analysis where responses from various respondents were analyzed side by side to discern commonalities and deviations that could suggest deeper insights into the quality of care and resident satisfaction (Elo & Kyngäs, 2008). Further, this approach allowed the researchers to construct logical connections between categories, enabling the identification of cause-and-effect relationships that were anchored in the established theoretical frameworks guiding the study. These connections were pivotal in framing the conclusions that captured the nuanced phenomena observed within the data. Ultimately, the findings were articulated through an analytical description that not only narrated the facts but also systematically explained and presented the data within the context of the predefined research framework, thus providing a coherent and comprehensive depiction of the outcomes (Hsieh & Shannon, 2005). This method of data analysis ensured that the results were both robust and replicable, offering valuable insights with implications for improving practices in nursing home management and care.

Ethical Considerations

This study adhered to ethical principles by obtaining informed consent from participants, ensuring confidentiality and anonymity of their data, respecting autonomy, and minimizing harm or discomfort. Participants were treated with fairness, dignity, and respect, and cultural sensitivities were considered. Potential conflicts of interest were disclosed, and the study received ethical approval. These measures aimed to protect participants' rights and well-being while contributing valuable insights to the field of elderly care in Thailand.

Results

Physical and Social Environment

The in-depth interviews conducted at the Bang Khae Social Welfare Development Center for the Elderly provide a comprehensive overview of the efforts to enhance the quality of life for its residents, showing a facility that is continuously evolving to meet the needs of its elderly population more effectively. Through these interviews, facility managers discussed ongoing structural modifications aimed at increasing accessibility and safety, noting,

"Some parts may need more leveling to facilitate the movement or walking of the elderly, because we have both strong individuals and those who need walkers or wheelchairs. If the floors are uneven, it poses a risk of accidents."

This proactive approach is reflective of a broader commitment to making the living environment as safe and comfortable as possible.

Furthermore, the facility's dedication to maintaining a clean and pest-free environment is evident, with regular pest control measures and installations like mosquito screens, as one administrator explained,

"Rooms are equipped with mosquito screens to protect against mosquitoes and insects, and regular mosquito spraying is conducted."

These measures are vital for preventing discomfort and disease, underscoring the center's commitment to the well-being of its residents.

Social interaction is also a critical component of life at the center, with numerous activities designed to foster a sense of community among the residents. This aspect of their care is highly valued, with one resident expressing,

"Granny can do all activities, is satisfied, and never feels lonely. If a friend feels lonely, she comforts them... Friends in the same dorm help each other out a lot."

Such testimonials highlight the positive social environment fostered by the center, which is crucial for the emotional well-being of its residents.

However, the interviews also highlighted challenges, particularly relating to the restrictions imposed by necessary health and safety protocols. One resident described the impact of these restrictions on their independence, saying,

"Currently, you can't just go out; when you return, you have to be quarantined for several days to prevent the risk of spreading COVID-19... It affects our independence."

These measures, while essential for safety, evidently constrain the residents' freedom to engage with the community outside the center.

Overall, the findings from the interviews underscore the center's comprehensive approach to elder care, which involves not only enhancing physical infrastructure and safety protocols but also nurturing a supportive and active social environment. By continuously adapting and responding to feedback, the Bang Khae Social Welfare Development Center for the Elderly aims to strike an optimal balance between safety and quality of life, ensuring that it not only meets but strives to exceed the necessary standards for exceptional elder care.

Management Systems

Based on the in-depth interviews conducted at the Bang Khae Social Welfare Development Center for the Elderly, the findings provide a comprehensive understanding of the facility's environment, its operations, and the overall satisfaction and challenges experienced by the residents.

Resident Satisfaction and Facility Adaptations

The elderly residents generally reported high satisfaction with the living conditions, citing well-maintained facilities and responsive adaptations to their individual needs. One resident highlighted the comfort provided by environmental adjustments, saying,

"In the residence, there are no issues at all. I had problems before, but not anymore. We talk nicely. I don't like the fan. If it's on, it's only at speed one. Those who like the fan stay over there."

This response illustrates the center's efforts to accommodate personal preferences and ensure comfort for all residents.

Engagement and Social Interaction

Activities and social interactions form a vital part of the residents' daily life, contributing to their emotional and psychological well-being. The center organizes a variety of activities that encourage social engagement and mental stimulation. An elderly resident shared their experience, stating,

"I can do all the activities. I am satisfied and happy, never lonely. If someone else is lonely, I console them. The staff are okay. You never really know what others think of you—some good, some bad, it's mixed. Activities like playing games, dominos, word and proverb games are enjoyable. The caretakers make it enjoyable or sometimes we do crafts. I like doing crafts; it's fun."

This highlights the role of activities in fostering a vibrant community spirit and reducing feelings of isolation among the elderly.

Autonomy and Movement Restrictions

While the center is commended for its care and facilities, restrictions on movement, especially due to safety protocols like those implemented during the COVID-19 pandemic, have posed challenges to resident autonomy. The limitations have affected residents' freedom to move independently within and outside the facility. A resident voiced their inconvenience,

"Now there are no toilets in each room. Getting to the toilet is not very convenient... which is currently being coordinated with the design department to evaluate for improvements using the center's budget before calling new people to come in."

This statement reflects the ongoing efforts to improve facilities while balancing safety concerns.

Relationships Between Staff and Residents

The bond between caregivers and residents is crucial in creating a nurturing environment. The center employs a strategy of compassion and attentiveness, which is deeply valued by the residents. One poignant remark from a resident illustrates this relationship,

"Most move back home or are in a condition where their family is happy to take them back or go to another care place as appropriate. The room must then be returned to the center to call in the next case in line."

This comment underscores the transitional nature of the care provided and the importance of maintaining a respectful and caring interaction.

Professional Care and Staff Development

The center not only focuses on the well-being of its residents but also places a high emphasis on staff training and development. This ensures that the care provided is up-to-date and of high quality. Staff members, including social workers, nurses, and support personnel, receive ongoing training to enhance their caregiving capabilities. One staff member explained the importance of external training,

"We invite outside experts for training. Recently, a mental health center provided training on mental health care for ourselves and the elderly."

Comprehensive Health Services

Maintaining the health of elderly residents is a priority, and the center facilitates comprehensive healthcare services to meet this goal. Regular health assessments and specialized medical treatments are provided by external professionals. A resident discussed the healthcare logistics,

"If they are sick, they must go according to the hospital where they have rights. Here in Bangkok, it's different from the provinces; you can't just go to any nearby hospital."

In conclusion, the in-depth interviews at the Bang Khae Social Welfare Development Center for the Elderly reveal a complex but well-managed facility that strives to balance care quality, resident independence, and safety. The personal accounts of the residents and staff reflect a collective effort to foster a supportive and engaging community for the elderly.

Wellness and Activity Programs

This study examines the comprehensive care initiatives targeted at improving the physical, emotional, and social well-being of the elderly, as implemented by the Bang Khae Social Welfare Development Center for the Elderly and Jin Wellbeing County Residential Project. These programs are designed to enhance the quality of life for the elderly through structured activities, specialized services, and environment management.

Physical Well-being Initiatives

The Bang Khae Social Welfare Development Center conducts simple morning exercises to energize its elderly residents. These activities stimulate circulation and promote overall vitality. Additionally, the center has introduced the HAPPY HOME program, offering muscle relaxation massages to alleviate muscle tension, improve circulation, and facilitate relaxation. Regular grooming services such as haircuts, nail trimming, and skin care are provided by the building managers and caregiver staff to maintain hygiene and appearance.

Environmental and Emotional Well-being

The center's environment is deliberately designed to impact the mood positively. It features lush green spaces where the elderly can relax and engage in light physical activities like

planting, which fosters a communal spirit and enhances emotional well-being. The landscape is regularly maintained to ensure areas for relaxation are attractive and comfortable. Social workers organize spiritually enriching activities, including reading religious texts, chanting, and listening to religious talks, which contribute significantly to mental peace and contentment.

Social Interaction and Activities

To combat loneliness and enhance social interactions, the center permits family visits and engages external agencies to host recreational activities and cater meals. These social gatherings provide enjoyable experiences and are crucial for maintaining the emotional health of the residents.

Jin Wellbeing County Residential Project for the Elderly: Best Practice

Jin Wellbeing County operates under a condominium-like management structure with a juristic person responsible for the common areas and coordination among residents. The facility is equipped with advanced security and safety features, including CCTV and comprehensive fire protection systems. Specialized healthcare services are available within the project, such as Thonburi Bamrungmuang Hospital, which offers treatments for age-related diseases and conditions like Alzheimer's and stroke. The project provides amenities tailored for the elderly, including exercise pools, gyms, and wheelchair-accessible facilities. It supports a range of social activities facilitated through karaoke rooms, outdoor activity courts, and meditation spaces. Safety and emergency services are bolstered by a smart tracking system and 24-hour nursing support. For those residing in the nursing home section, Jin Wellbeing County ensures regular medical oversight and nursing care. Activities are specifically designed to aid cognitive and sensory development, encouraging social interaction and emotional engagement, which are essential for the holistic well-being of the elderly.

The elderly care programs at Bang Khae Social Welfare Development Center and Jin Wellbeing County represent comprehensive approaches to supporting the elderly in various aspects of their lives. By integrating physical health services, emotional support activities, and secure residential facilities, these programs provide a robust framework for elderly care that can be replicated and adapted by other similar institutions aiming to enhance the lives of the elderly.

Comprehensive Activity Guide for Promoting Wellness in the Elderly

As individuals transition into their senior years, maintaining a healthy lifestyle with balanced nutrition and consistent physical activity is crucial. However, cognitive exercises are equally important in mitigating the risks associated with cognitive decline, which can be a consequence of conditions such as Alzheimer's, Parkinson's, and stroke-related dementia. The International Alzheimer's Association emphasizes the critical need for dementia awareness and estimates that by the year 2050, over 131.5 million individuals worldwide might be living with this condition. In nations like France, Germany, and Japan, there is an increasing recognition of the benefits that cognitive engagement through games and toys offers in

preventing dementia among the elderly. Toys designed for the elderly should focus on enhancing cognitive abilities such as observation and problem-solving, which help mitigate memory degradation and encourage social interaction. These toys are characterized by their straightforward designs and the use of universal symbols to ease comprehension and usage. Based on these observations, the proposed activity kit includes:

1. **Hand Exercise Balls:** These balls are designed to improve hand muscle flexibility and nerve function, reduce stiffness, and activate brain connections. Regular use can decrease common age-related issues like muscle weakness and numbness in fingers, providing a way to divert attention from stressful situations and aiding relaxation through repetitive squeezing.
2. **Music Boxes:** Equipped with simple mechanisms, these music boxes play gentle, soothing tunes that aid in emotional and mental relaxation. The auditory stimulation from these boxes can significantly enhance mood, creating a serene and uplifting environment for the elderly.
3. **Educational QR Plates:** These are accessible information sources featuring QR codes, which seniors can scan using smartphones to access valuable tips and information on topics including sleep improvement techniques, physical exercises, nutritional advice, and proper medication usage. This tool aims to promote self-care and empower the elderly with knowledge to manage their health better.
4. **Cognitive-Stimulating Toys:** Designed to foster mental agility, these toys challenge the mind through puzzles and other problem-solving activities that enhance cognitive functions. They also facilitate social interactions among seniors, thus improving their social ties and emotional health. This type of engagement is critical in maintaining not only mental sharpness but also in cultivating a supportive community among the elderly.

This activity guide serves as a foundation for enriching the lives of the elderly by focusing on holistic approaches to health and well-being, integrating physical, mental, and social elements to enhance their quality of life during the golden years.

Discussion

The case of the Bang Khae Social Welfare Development Center for the Elderly exemplifies the vital role that both the physical and social environments play in enhancing the quality of life for residents in elderly care facilities. Efforts to improve accessibility through structural modifications, such as leveling floors, directly enhance safety and mobility, which are essential for residents using mobility aids (Gitlin et al., 2001). Additionally, the implementation of pest control measures and mosquito screens protects residents from disease, highlighting the center's commitment to a healthy living environment. Social interactions, facilitated through various community-building activities, are crucial in mitigating feelings of loneliness and enhancing mental health, underscoring the positive impact of a vibrant social environment on elderly well-being (Cohen-Mansfield, Marx, & Guralnik, 2003). However, the necessary health safety protocols during the COVID-19 pandemic have imposed restrictions that affect residents' independence and freedom, presenting a challenge in balancing safety with quality of life. These insights suggest that while physical and social enhancements significantly benefit residents, ongoing challenges

require innovative solutions to maintain autonomy without compromising safety in elderly care settings.

The Bang Khae Social Welfare Development Center for the Elderly exemplifies the principles of effective elderly care management, aligning closely with previous research that highlights the importance of person-centered care and responsive management systems (Zimmerman et al., 2014; Caspar et al., 2018). Residents' high satisfaction levels, stemming from adaptive environmental controls and engaging social activities, confirm findings by Gitlin et al. (2001) and Cohen-Mansfield, Marx, & Guralnik (2003), which stress the importance of tailored care environments and structured social programs in enhancing elderly well-being. Challenges such as movement restrictions during the COVID-19 pandemic highlight the delicate balance between safety and autonomy (Grabowski & O'Malley, 2014), underscoring the need for facility designs that support independence while ensuring safety. Moreover, the emphasis on positive staff-resident relationships and ongoing professional development is in line with recommendations for high-quality care and low staff turnover (Harrington et al., 2017). The Bang Khae Center's commitment to integrating external expertise for staff training reflects an effective strategy to maintain high care standards and adapt to evolving care needs, affirming the critical role of comprehensive management systems in optimizing resident satisfaction and quality of life in nursing homes (Castle & Ferguson, 2010).

The comprehensive wellness and activity programs implemented by the Bang Khae Social Welfare Development Center for the Elderly and Jin Wellbeing County Residential Project highlight a robust approach to enhancing the quality of life among elderly residents through structured physical activities, cognitive stimulation, and social engagement. These initiatives closely align with findings from Cadore et al. (2020) and Vaz Fragoso and Gill (2012), which emphasize the significant benefits of physical exercises tailored to the elderly to improve strength, balance, and cardiovascular health. Moreover, the cognitive and social activities designed to combat loneliness and stimulate mental functions resonate with the research by Mowszowski et al. (2010) and Chen and Schulz (2016), underscoring the critical role of such engagements in maintaining cognitive capabilities and emotional well-being. The integration of specialized services such as the HAPPY HOME program and the emphasis on creating a supportive and engaging environment through activities and family interactions offer practical applications of the theories proposed in existing studies. These elements not only cater to the physical and emotional needs of the elderly but also foster a sense of community and belonging, which is essential for their psychological health. Additionally, Jin Wellbeing County's model of using a condominium-like management structure to provide holistic care and ensure safety and comfort through advanced security systems and healthcare services illustrates an innovative approach to elderly care. This setup ensures that the residents receive comprehensive care that encompasses both preventive and emergency health services, addressing the diverse needs of the elderly population effectively. The research underscores the necessity of continual adaptation and responsiveness to the residents' evolving needs, a principle that is critical for the success of wellness programs in elderly care settings. This adaptive approach, combined with regular assessments, ensures that the programs remain effective and relevant, thereby maximizing the benefits for the residents.

Recommendations

To enhance the quality of life for elderly residents in nursing homes, it is recommended that facilities prioritize the physical safety and comfort of their environments through infrastructural modifications such as leveling floors and ensuring accessible facilities. Additionally, expanding wellness programs to include a variety of physical, cognitive, and emotional activities tailored to individual capabilities can significantly benefit residents. Continuous and comprehensive training for caregiving staff is essential to improve proficiency in delivering person-centered care, with a focus on communication skills and emergency response. Furthermore, increasing opportunities for social interaction within and outside the nursing home can combat loneliness and promote mental health. Integrating technology like telehealth services and electronic health records can enhance care delivery and management. Regular assessments of resident satisfaction should inform continuous refinements in care practices, while management practices should focus on transparency, quality assurance, and creating an empowering work culture. Lastly, strengthening connections with the community and encouraging family involvement can enhance the support networks for residents, fostering a greater sense of belonging and community engagement.

Conclusion

In conclusion, the comprehensive qualitative study conducted across two distinct nursing homes in Bangkok, focusing on both private and public sector management, has illuminated the critical influence of physical, social, and managerial aspects on the quality of life for the elderly. The findings indicate that well-conceived physical wellness initiatives, such as regular exercise routines and relaxation therapies, are instrumental in boosting the physical health and overall vitality of the elderly. Additionally, the thoughtful design and maintenance of the living environment significantly impact emotional and mental health, enhancing residents' quality of life. Social activities and opportunities for meaningful engagement within these facilities play a crucial role in mitigating loneliness and fostering a robust communal spirit, crucial for the emotional well-being of the residents. Effective management practices, particularly those that prioritize person-centered care and continuous staff training, are found to be essential for high-quality care and operational efficiency. These management practices not only facilitate day-to-day well-being but also ensure the facilities' adaptability to the evolving needs of an aging population. The research underscores the need for ongoing enhancements in elder care, reflecting global best practices tailored to the specific cultural and social context of Thailand. By integrating comprehensive health services, robust activity programs, and responsive management systems, the studied nursing homes set a standard that can be emulated by other institutions aiming to elevate elderly care. This study contributes significantly to the broader discourse on elderly care, offering a scalable and adaptable framework that supports Thailand's vision for a compassionate and inclusive society for all ages, ensuring that elderly individuals do not just live but thrive in their environments.

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