

Creating a Healthy Culture for the Elderly Community – the Experience of Implementing a “Balanced Life Model” in an Aged Home

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Introduction:

To upgrade the quality of life of the elderly community, regulations or disciplines are not necessary but a healthy culture should be cultivated and health behavior / habits should be nurtured.

The implementation of the “Balanced Life Model” is the way to do so – elderly will be guided to make a good balance amongst Work (Occupation), Play (Social Activities) and Rest (Relaxation).

Purpose of the Project:

Through the implementation of the “Balanced Life Model” – elder’s physical, psychological and spiritual life will be improved.

Material & Methods:

The “Balanced Life Model” is implemented daily from two levels:

1. Macro-level:

A series of tailor-made therapeutic home routines / activities for elderly are aimed at leading elderly back into the healthy track / routines.

The home-like easy-go therapeutic environment is built to let every elder to feel good and easy to adjust to the environment.

2. Micro-level:

The daily afternoon “Show-time” is a therapeutic program that brings joy and healthy to elderly. The “Show-time” includes Singings, Story Telling, Exercise (with music), News Report and Group Games. Through which, elderly are nurtured by the mentioned valued-laded programs.

Results:

After the day-to-day nurturing programs / activities, elderly become more cheerful, sociable, active in response, talkative, willing to voice out for assistance and less conflicts etc.

Conclusion:

Through the “Balanced Life Model”, elderly will gradually adopt the healthy and happy culture; they will be able to make a good balance amongst Work (Occupation), Play (Social Activities) and Rest (Relaxation).

These Positive group norms and culture bring elderly a new start.

The “Balanced Life Model” is a Life to Life model; it should be implemented consistently and enthusiastically.