The Development of the Integrated Elderly Services Centre (IESC) with Comprehensive and Holistic Nursing Care Based on the Elderly Nursing Management Principles and the Needs of Elderly.

Setyowati*, Etty Rekawati*, Dwi Nurwulandari*, Boy Sabarguna**, Angga Saefulrahmat***,

Abstract

- Indonesians nowadays can expect to live for 71 years on average, it is estimated that the country will experience an elderly population booming in the first two decades of the 21st century. Based on the 2010 Indonesian Population Census the population of older people in Indonesia amounted to about 18 million (UN 2010). the rapid growth of the elderly population also poses various challenges, such as the increasing number of people who suffer from various degenerative diseases including hypertension, heart and coronary diseases, cancer, diabetes mellitus type 2, osteoporosis, Alzheimer's and dementia. These will affect the quality of life of elderly people and will increase the cost of their health care. The issue of inadequate health and care services, lack of welfare provisions and legal frameworks that often do not specifically address elderly people are the problems that we face on daily basis. This situation will in turn make depression amongst elderly and lead to high rate of suicide of the elderly. The health services have to develop to manage all the problems amongst the elderly. The hospital Sentra Medika (RSSM) Cisalak currently does not have a special unit to serve the elderly whiles a lot of patients need elderly services. For those reasons this research develop the Integrated Elderly Services Centre (IESC) with comprehensive and holistic nursing care based on the Elderly Nursing management principles. The operational research design were used with three stages (need assessment,

intervention stage by establishment of IESC, and the evaluation stage to measure the quality of live of elderly participants). The program started to identify the needs of elderly services amongst elderly and their families, the health providers. 60 elderly involved in the study and 26 nurses who work in the adult unit participated in the research. The result of first stage show that the are needs among the community to get the appropriate and good services so that they can adapt the changing of physical and psychosocial and spiritual. And the nurses as well as the leaders feel that they need to know how to provide appropriate nursing care especially for elderly. A module of geriatric nursing in INSC have been developed and implemented in the workshop. It developed also the Wellness Centre where the elderly can do exercise to stimuly multy sensory, the perifery nerves by create a safe and stimulating environment for those with dementia– including its most common form, Alzheimer's disease, programs daily exercise and outings. It is recommended that the next following stage to implement INSC will be evaluated toward the satisfaction of the community and the health providers.

Key words: Integrated Elderly Service Centre, Elderly Quality of Life, Nursing Management Care Principles for Elderly

*: Faculty of Nursing Universitas Indonesia

**: Faculty of Medicine Universitas Indonesia

***: Stikes Sentra Medika Cikarang