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Successful aging and health care activities recognized by elderly people in community: Basic research using mixed method

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The present study investigated the health care activities and the successful aging of elderly people living in the community. This study is a mixed methods research using convergent parallel design. 483 elderly people living in the 2 cities were selected as subjects to collect quantitative data. For qualitative data collection, 6 elderly people participated. The main results were as follows: First, the elderly living in the community had independent daily living ability. Over time, they wanted to have a new support system in the community such as friends and neighbors. Second, according to the results of the questionnaire,

the successful aging in the community was found to be moderate. Among the sub-factors, 'physical self-control' factor was the highest. Third, the elderly in the community practiced activities promoting health, but it was evaluated that the healthcare services available in the local community were limited and information on the services was not easy to collect. It is necessary to provide useful health care services that can be used in the local community and to provide service utilization information through various routes in order to achieve a successful aging.

Biography

Kye-ha Kim (corresponding author) has completed her PhD at the age of 37 years from School of Nursing, Ewha Womans University, South Korea. She has published more than 30 papers in reputed journals and has been serving as an editorial board member of reputed.

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