

ABSTRACT

A community based cross sectional study was carried out in Aung Lan aiming to describe the common social and health problems and health care utilization among the elderly, aged 60 years and above. Total of 150 respondents were interviewed using semi-structured questionnaires and collected data about socio-demographic characteristics, life styles, the Activities of Daily Living (ADL), common social problems, common health problems and the health care utilization and related factors. Findings revealed that females were predominant consistently in all age groups, 60-69 years, 70-79 years, and 80 years and above. There was gender differential in marital status, educational level and occupational status. The extended family was the most common form of family. The health risk behaviors such as smoking and betel chewing were still prevalent among elderly in this study and they were practicing less regular exercises that good for their health. There were less social problems among the elderly and majority of them have satisfied their present life while some elderly having the financial problems. More elderly people were rated their health as good although the greater proportion of those reported one or more health problems. Hypertension and musculoskeletal diseases were most frequently reported diseases. One third of the respondents went to general practitioners, more than one-fourth of the elderly went to clinic opened by Elderly Health Care Project and 12% went to hospital or Out Patient Department for their health problems. The majority of elderly were needed to depend on their relatives and family members for their survival in terms of physical, mental, financial and social support. As this study reflects the social and health status and health service utilization of the elderly people from Aung Lan, it is recommended that the health status of the elderly should be improved through community action and health care facilities. In addition, Elderly Health Care Project should be expanded as Elderly Health Care Project Clinics can be main health care center for the majority of the elderly.