

## **ABSTRACT**

The aim of the study was to assess the perceived physical health and social well-being of elderly attending elderly clinic at Insein General Hospital. The study was cross-sectional descriptive study conducted among elderly attending elderly clinic at Insein General Hospital. Data were collected by using semi-structured interview questionnaires from September 19 to October 7, 2012. One hundred and three elderly people including 75(72.8%) women and 28(27.2%) men were interviewed face to face after pretest. Over 50% of the samples belonged to the age group of 60-69 years old. Nearly half of the respondents (49.5%) were married, only 3.9% were single and 6.8% lived alone. Only a small proportion of elderly (12.6%) were currently working and 43.7% had monthly income either from jobs or from pensions. More than half of the elderly (53.4%) received financial support mostly from their children. Only one third of elderly perceived that they were in good health but nearly half of the respondents (47.6%) perceived that their health was better than their contemporaries. More than half of the elderly had high perceived social support (58.3%), low feeling of loneliness (58.3%) and high life satisfaction (53.4%). This may be due to the Myanmar culture of having good social network and participating in social activities. For significant improvement of physical and social well-being among elderly, we need to make the public getting more awareness on physical and psychological support for the elderly. Government and local authorities need to set up the specific policy for elderly people such as compulsory welfare services for the elderly or health insurance coverage for the old people.