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CAREGIVER EMPOWERMENT AS AN EFFORT TO CREATE SEMADU ELDERLY

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ABSTRACT

Introduction: The world is experiencing a drastic rise in the number of elderly, both in absolute terms and as a percentage, due to the aging population. Nearly half of Indonesia's old people in 2021 suffer physical and mental health issues. The significance of the caregiver's role in helping the elderly fulfill their fundamental requirements and daily activities. This community service's goal is to offer caregivers the tools they need to raise elderly persons who are healthy, independent, and productive.

Methods: This community service is conducted through providing elderly caregivers instruction and training. 25 elderly caregivers participated in this community service. Three stages of implementation are included in this community service's activities: dementia, Activity Daily Life (ADL) with fall risk information, and creativity training.

Results: It has been found that the Sig.2-tailed value is 0.000 which means it is less than the p value <0.05, so there is a significant difference in the results of knowledge about dementia in the pretest and post-test data. The cadres looked enthusiastic in following the given training. The benefit of the training of creativity for the elderly is to train memory, prevent dementia, and keep the elderly active in old age.

Conclusion: There is a significant increase on the evaluation of knowledge about dementia. Empowering health cadres can improve the quality of life and health status of the elderly. Elderly caregivers here are health cadres. Through this community service, it can become a solution and effort in dealing with the aging population in Indonesia.

KEYWORDS

caregiver; elderly; empowerment; SEMADU

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1. INTRODUCTION

The world is undergoing a fairly significant rise in the number of elderly people, both in absolute terms and as a percentage of the population, due to the ageing population (Central Bureau of Statistics Indonesia, 2021). The percentage of elderly people will increase to 10.82 percent, or around 29.3 million people, in 2021. This statistic demonstrates that Indonesia's population structure has begun to age, as evidenced by the proportion of people 60 and older in Indonesia,

which already exceeds 10% of the overall population (Kementerian Kesehatan RI, 2018). Compared to those living in rural areas, there are more elderly people in urban areas (53.75 percent compared to 46.25 percent) (Central Bureau of Statistics Indonesia, 2021). In 2021, almost half of the elderly in Indonesia have health complaints, both physical and psychological (43.22 percent). Surabaya has an elderly population of 8.53% of the total population, this shows that Surabaya has a large total population

(BPS Jawa Timur, 2022).

In terms of supporting the elderly population, the rise in the elderly population is closely correlated with the rise in needs, especially care (Kementerian PPN/Bappenas, 2015). This eventually places a financial burden on the population of working age. In order to lessen the dependent burden on the elderly in the productive age group, it is required to increase synergy in the implementation of programmes for the elderly (Bogopolskiy, 2017). This attempts to enhance elderly people' welfare. By taking into account their roles, wisdom, knowledge, expertise, skills, experience, age, and physical condition, elderly population welfare is improved so that they can still be empowered and participate in development activities. Extending life expectancy and productive years, achieving self-reliance and wealth, preserving the cultural value system and kinship of the Indonesian nation, and growing closer to God Almighty are the goals of initiatives to promote the welfare of the elderly (Central Bureau of Statistics Indonesia, 2021).

One initiative to improve the welfare of the elderly is Posyandu Lansia. Posyandu activities are anticipated to enhance the involvement of Posyandu cadres in other facets of life in addition to addressing health-related issues (Kementerian Sosial Republik Indonesia, 2018). In Posyandu activities, cadres are at the forefront and are expected to act as change agents. This can be accomplished by sharing services like measuring height and weight, blood pressure, and filling out Kartu Menuju Sehat (KMS), offering counselling or disseminating health information, and encouraging and recruiting elderly people to attend and participate in Posyandu activities (Kementerian Kesehatan RI, 2019). The current issue is the under-optimization of a health service in the form of a carer, despite the fact that this is a crucial aid for the elderly and health workers in providing a service to fulfil their needs. The majority of Indonesians elderly have non-communicable, chronic, or degenerative

diseases, including osteoarthritis, cancer, diabetes mellitus, hypertension, heart disease, and others (Kementerian Kesehatan RI, 2018). The significance of the caregiver's role in helping the elderly fulfil their fundamental requirements and assisting them in daily activities (Bookman & Kimbrel, 2011). Elderly caregivers or companions can come from the family, medical professionals, volunteers, or nurses that the family requests. An effort to improve the health status of the elderly includes empowering their caregiver and boosting their independence and productivity (Johnson et al., 2018). This community service's goal is to offer caregivers the tools they need to raise elderly persons who are healthy, independent, and productive.

2. MATERIAL AND METHODS

This community service project will be carried out by educating and training Surabaya's caregiver for the elderly. The purpose of offering education and training is to make it easier for caregiver to meet the community's demands for elderly care. 25 elderly caregivers participated in this community service. Three stages of implementation are included in this community service's activities: dementia, Activity Daily Life (ADL) mentorship training with fall risk information, and training for the creativity The first stage carried out was the preparation and implementation of health education activities regarding dementia delivered directly by Dr. Eka Misbathul Mar'ah Has, S.Kep., Ns., M.Kep as shown in Figure 1. Then a pre-test and post-test were given to measure the level of caregiver knowledge regarding dementia as shown in Figure 2.

The second stage was ADL mentorship training regarding the risk of falling which was delivered directly by Dr. Retno Indarwati, S.Kep., Ns., M.Kep as shown in Figure 3. The media used are leaflets, PowerPoint and visual media, namely video. The implementation method is lectures and discussions. The third stage is training for the creativity of the

elderly by using plastic materials to become flowers as a means to increase skills and occupational therapy for the elderly. This creative training begins with providing education regarding the benefits of handicrafts for the health of the elderly which will be delivered by Elida Ulfiana, S.Kep., Ns., M.Kep, then followed by the practice of making crafts together as shown in Figure 4. The media used are plastic, glue, scissors, and matches. All stages of the activity were carried out in Kelurahan Klampis Ngasem, Kec. Sukolilo, Surabaya.

3. RESULTS

The activities and results of the community service program's implementation, carried out by the nursing faculty at Airlangga University in partnership with health centre cadres, are intended to assist cadres and caregiver in providing elderly people with the care they require. Health cadres, who act as the coordinators or supervisors of community efforts to improve primary healthcare, are at the forefront of posyandu implementation. In order for cadres to participate in health promotion, offer counselling, and

refer medical issues to healthcare facilities, they are educated to recognise individual and community health problems. Cadres must participate in training to increase their expertise in delivering community services (Siswati et al., 2022).

It is crucial to give cadres health education and training so that they are empowered and confident enough to share the information with families who care for the elderly. This will help families have good knowledge, feel responsible for accompanying the elderly, and lessen feelings of burden and stress associated with caring for elderly people (Nikmah & Khomsatun, 2020). Activities for community service are generally going well with very helpful partnerships. At the implementation stage, community service is carried out through training in ADL mentoring, creativity training for the elderly, and counselling on a healthy lifestyle. Up to 25 persons attended as participants. Participants looked enthusiastic as evidenced by their liveliness in asking questions, discussing, and conducting creativity training.



Figure 1. The Health Education regarding Dementia and Risk of Fall Delivery



Figure 2. Pre and Post Test



Figure 3. The Practice of Making Crafts together

Table 1. Wilcoxon Signed Ranks Test

	Variabel	N	Mean Rank	Sum of Rank
Total score Post	Negative Rank	0	0.00	0.00
Total score Pre	Positif Rank	25	13.00	325.00
	Ties	1		
	Total	26		

Table 2. Total Score of Pre and Post Test

	Total score of pre and post test
z	-4.496 ^a
Asymp.Sig. (2-Tailed)	.000

As an evaluation of activities, data collection was carried out with a questionnaire to evaluate participants' understanding after the session after the material was given. Besides that, the service also wants to see an increase in scores in knowledge about dementia. Based on the results it has been found that the Sig.2-tailed value is 0.000 which means it is less than the p value <0.05, so there is a significant difference in the results of knowledge about dementia in the pretest and post-test data.

The last stage for creating creative elderly people in accordance with the objectives of this community service is creative training and education related to the benefits of handicrafts for the elderly to the cadres. The cadres looked enthusiastic in following the given practice. The benefit of the practice of handicrafts for the elderly is to train memory, prevent dementia, and keep the elderly active in old age.

4. DISCUSSION

One criterion for assessing health, particularly that of the elderly, is physical fitness. Because physical activity is related to functional abilities, such as mobility and independence in daily living activities without generating excessive physical exhaustion, a person who is fit can perform physical activities in their daily work, excessive but yet able to engage in other tasks (Kementerian Kesehatan RI, 2018). The elderly may become less capable of performing activities of daily living as a result of a number of disorders they deal with. Even though physical and mental deterioration is a natural part of becoming older, it is still possible for seniors to manage their

daily tasks and demands on their own (Bookman & Kimbrel, 2011).

Elderly assistance or caregiver are required in order to maintain the level of wellbeing and productivity of the elderly. The caregiver's job is to accompany the elderly person as they go about their daily activities and take care of their essential needs (Santos-Orlandi et al., 2019). Elderly caregivers can come from families, health professionals, volunteers, or specialised individuals the family has hired because they are unable to take care of the situation themselves, such as nurses or other health professionals (Wasilewski et al., 2017). A senior's welfare, freedom, and productivity can be attained by hiring a career, which is an endeavour that is intended to enhance home-based health care for the elderly (Genet et al., 2012).

In addition to physical activity, one of the efforts to improve the welfare of the elderly is through occupational therapy (Muchlis & Nelson, 2019). Occupational therapy aims to develop, maintain, restore function, or seek adaptations for daily activities, productivity, and leisure through training, remediation, stimulation and facilitation. Occupational therapy or occupational therapy is a science and art of directing one's participation to carry out certain assigned tasks. Another goal of this occupational therapy is to improve the health of the elderly, increase the productivity of the elderly, increase social interaction between the elderly is established (Muchlis & Nelson, 2019). Occupation therapy especially on creativity can affect the elderly on their memory, depression, and quality of life.

Occupational therapy with creative industry training in making handicrafts using recycled materials can improve the health of the elderly, increase the productivity of the elderly, increase social interaction between the elderly, as well as fill the spare time for the elderly with useful activities (Pebrina et al., 2020). This creativity skill training can help the elderly prosper life as well as fill in spare time with useful activities.

5. CONCLUSION

The conclusion of this community service is that there is a significant increase on the evaluation of knowledge about dementia Empowering health cadres can improve the quality of life and health status of the elderly. Elderly caregivers here are health cadres. Through this community service, it is hoped that it can become a solution and effort in dealing with the aging population in Indonesia.

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