

Procedures for the health coaching of the elderly living in a senior residency

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Objective:

The aims of the village are to provide a healthy, dignified and happy environment for the residents. The focus is to assist them with any health problems and help them to recover as quickly as possible, and in addition we help them to deal with and slow down wherever possible the effects of the aging process and improve their quality of life.

Methods :

The procedures for the health coaching of the residents are as follows.

A: Evidence-based index for the health coaching of the senior residents, including: the rate of attendance at health related meetings, rate of self-monitoring of blood pressure and blood sugar, rate of regular vaccination, rate of un-scheduled emergency department visits, rate of falls, rate of regular health follow-ups, rate of outpatient clinic visits, satisfactory scoring system, quality of life.

B: Procedures for promoting the health of the residents.

I : Activities to promote physical fitness

II : Activities to promote oral hygiene

III : Provide family doctors specifically for the village

Results :

The procedures for the health coaching of the residents :

A: The evidence-based index for the procedures for the health coaching of the residents can monitor any abnormal health event and further improve the care services model.

B: operation procedures for promoting the health of the residents can improve the flexibility of the elderly by about 8%, oral hygiene by about 49.8%, provide improved prostheses by about 25%. The use of family doctors specifically dedicated to the village residents can reduce the need of out-patient clinic visits by about 1.8 visits per year.

Conclusions :

It is suggested that other senior communities and residencies take note of the results we obtained by implementing the procedures for health coaching of elderly residents. The procedures discussed in this study aim to promote the mind, body, and the spirit of the elderly and to provide a healthy, dignified and happy environment for them to live in.