

# Village Partnership Program for Health Improvement for the Elderly in Penatarsewu Village, Tanggulangin Sidoarjo

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## ABSTRACT

Elderly age is an age that is susceptible to various diseases. There are many changes both physically, cognitively, mentally, psychosocial and spiritually and with many of these changes it will be better if the elderly get better services. Services in all aspects for the elderly in Indonesia have not received the maximum touch from the government. Based on the results of the initial survey conducted by the Proposal Team in mid-December 2019 at the Tanggulangin Health Center, it was found that only 42.50% received health services. This shows that the coverage of elderly health services in Penatarsewu village is less than the target set by the Health Office. Therefore, the community service partner and partners improve the health status of the elderly by optimizing home health checks for the elderly and training and mentoring posyandu cadres for the elderly. With this village partnership program, holding a routine elderly posyandu equipped with adequate medical checkups, competent elderly cadres and elderly gymnastics that have been held regularly are the right solution to be carried out in Penatarsewu Village.

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## 1. Introduction

Elderly (elderly) is someone who is categorized as having reached the age of 60 years or more. In Indonesia, the development of the elderly has increased in proportion and is categorized in the era of the population with an old structure. According to the WHO calculation, in 2025 Indonesia will experience an increase in the number of elderly people by 41.4% which is the highest increase in the world [1].

The large number of elderly people who live in an area also has implications, especially related to health handling procedures performed, especially for families where the elderly are located. Therefore, handling the condition of the elderly is one of the efforts that will reflect the success of the family and community, especially the village government in providing health assurance to the elderly [2].



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Elderly age is an age that is susceptible to various diseases. There are many changes both physically, cognitively, mentally, psychosocial and spiritually and with many of these changes it will be better if the elderly get better services [3]. Services in all aspects for the elderly in Indonesia have not received the maximum touch from the government [4].

Based on the results of the initial survey conducted by the Proposal Team in mid-December 2019 at the Tanggulangin Health Center, it was found that the number of elderly people in the village was 6,163 elderly with 861 elderly men and 1,728 elderly women who received services. health services only 42.50%. This shows that the coverage of elderly health services in Penatarsewu village is less than the target set by the Health Office [5].

Penatarsewu Village has held an elderly posyandu and elderly gymnastics once a month but for now it is not active. The average number of elderly people who follow the posyandu for elderly is still low, namely around 50 elderly, health services for the elderly are only limited to blood pressure checks and there is a lack of facilities that support the health of the elderly. Another obstacle faced in elderly health services is the lack of information about the health of the elderly and the low level of family development for the elderly both from mental and spiritual health services. [4].

Therefore the community service team and partners carry out a community service program to improve health for the elderly in Penatarsewu village, Tanggulangin sub-district, Sidoarjo, East Java. The health services for the elderly are carried out by carrying out the following activities:

- a. Posyandu for elderly people once a month with an examination of 5 posyandu tables, consisting of blood pressure checks, free uric acid, blood sugar and cholesterol checks, and educational information counseling for the elderly.
- b. Elderly gymnastics which is held once a week.
- c. Training and mentoring for elderly posyandu cadres

## 2. Methods

The first activity carried out in the Community Service Program is to make field visits to see first hand the conditions and problems faced by partners. Furthermore, after the PKM program was approved, the proposing team held a discussion to make priority plans in the form of activity names and implementation times.

Each activity has a person in charge and will evaluate the suitability of the activity as planned. In addition, during the implementation of the PKM program, the proposing team always coordinates with Partners so that in the process of implementing the program, Partners understand and can independently run the technology transferred through training and mentoring.





Fig. 1. Elderly Health Check Activity

To ensure the implementation of the program runs well, the proposing team always conducts evaluations in stages, to ensure that the stages that are being passed are going well, so that not only the teamwork of proposers is a priority but cooperation of partners is also important. Therefore, the potential of each team member can be optimized according to their area of expertise.

So that the relationship between the Partner and the Proposer team is the Partner contributing in providing an overview of the problem so that the proposer clearly offers a solution so that it will provide benefits for the Partner.



Fig. 2. Activity in Posyandu

### 3. Results and Discussion

#### 3.1 Results

Organizing routine elderly posyandu once a month. This elderly posyandu is held regularly once a month, by bringing the elderly to Posbindu. Through the elderly posyandu regularly, the elderly will get routine health services and the elderly posyandu will be actively held again [6]. This elderly posyandu will continue to be held. Participation of partners for the sustainability of the program, namely providing a place (posbindu) for elderly posyandu activities. A routine evaluation will be carried out after each posyandu is held, so that the deficiencies faced can be immediately given a solution for handling.

Providing free health checks (checking body weight, blood pressure, blood sugar, cholesterol and uric acid). By holding free health checks, the elderly will get maximum health services and will make it easier for the elderly and their families to detect degenerative diseases that are usually experienced by the elderly early. This health check will be held every elderly posyandu is held. Partner participation for the sustainability of this program is partners as cadres who help detect degenerative diseases that occur.

Conducting elderly gymnastics. After the posyandu for elderly is held once a month, the applicant also holds elderly gymnastics once a week. The elderly gymnastics which is held will bring in gymnastics instructors from midwifery students and participants from the elderly. Gymnastics for the elderly are held at Posbindu, making it easier for the elderly to come to participate in it. Regular elderly exercise can reduce the risk of high blood pressure, heart disease and diabetes, and can improve the mood of the elderly[6]. Participation of partners is to become a cadre and get training on elderly gymnastics, so they can organize elderly gymnastics independently.

Training and mentoring for elderly cadres. Elderly cadre training will be carried out optimally, where elderly cadres will be given training on how to conduct health checks (body weight), elderly exercise, home care for elderly posyandu, how to detect degenerative diseases early in the elderly and how to handle them and make menus healthy for the elderly. After being given training, elderly cadres will be accompanied by health workers and proposers as well as midwifery students to carry out activities that have been given in the training. Partners are actively involved in the sustainability of this program because partners are the driving force to provide optimal health services for the elderly.

#### 3.2 Discussion

Based on the results of the initial survey conducted by the Proposal Team in mid-December 2019 at the Tanggulangin Health Center, it was found that only 42.50% received health services. This shows that the coverage of elderly health services in Penatarsewu village is less than the target set by the Health Office. Therefore, the community service partner and partners improve the health status of the elderly by optimizing home health checks for the elderly and training and mentoring posyandu cadres for the elderly. With this village partnership program, holding a routine elderly posyandu equipped with adequate medical checkups, competent elderly cadres and elderly gymnastics that have been held regularly are the right solution to be carried out in Penatarsewu Village.



#### 4. Conclusion

To improve health and welfare services for the elderly, by holding routine elderly posyandu which is equipped with adequate health checkups, competent elderly cadres and elderly gymnastics that have been held regularly, it is certain that this community service program is the right solution to be carried out in the village. Penatarsewu to become an Elderly Friendly Smoke Village.

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