Adjustment and Responsiveness to Stress of the Elderly

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The ratio of the old populations in Thailand
However, both private and public sector must prepare a system to assist these elderly
Statistics about the elderly
The National Statistical Office or NSO Thai Business: May 2008) discussed the current structure of the elderly population.
There are currently 7,139,127 elderly
About 10 million of elderly who is capable of self care and about 740,000 elder who require care
found that 37.9% of elderly population (more than 60 years of age) still under employment.
When a family member has a problem, it will affect other family members.
there are five important causes of mental health problems in the elderly
. Solitude and Loneliness
How to respond to stress
methods to cope with stress:
Suwanna Anusanti : 2003
The method to cope with stress by using Affective Oriented Coping Strategies
Respond to stress effectively
Respond to stress effectively
There are 6 ways to adapt oneself in coping with stress. S. Anusanti, 2003.
Method for adapting to stress
Lazarus and Folkman, 1984
• Focus on and Venting of Emotions:
the elderly and family members to maintain the happiness is to implement Family
Satir is well known today
The therapy aims for two results: changes within the person to develop positive target and progressive growth.
2. Systemic Therapy is a process to explore the affects of relationships among one another.
Experiential and Transformation therapy
There are 4 adaptation characteristics of patients: Satir, V., Banmen J, Gerber J and Gomori M. 1991
Patient uses Blaming Stance:
Super Reasonable Stance
Irrelevant Stance
Guideline for elderly adaptation in different ways:
• Try to comfort own mind with happiness.
Believe in God
We have to serve others:
“Just as the son of man did not come to be served, but to serve and to give his life as a ransom for many”
Thank you for your attention