

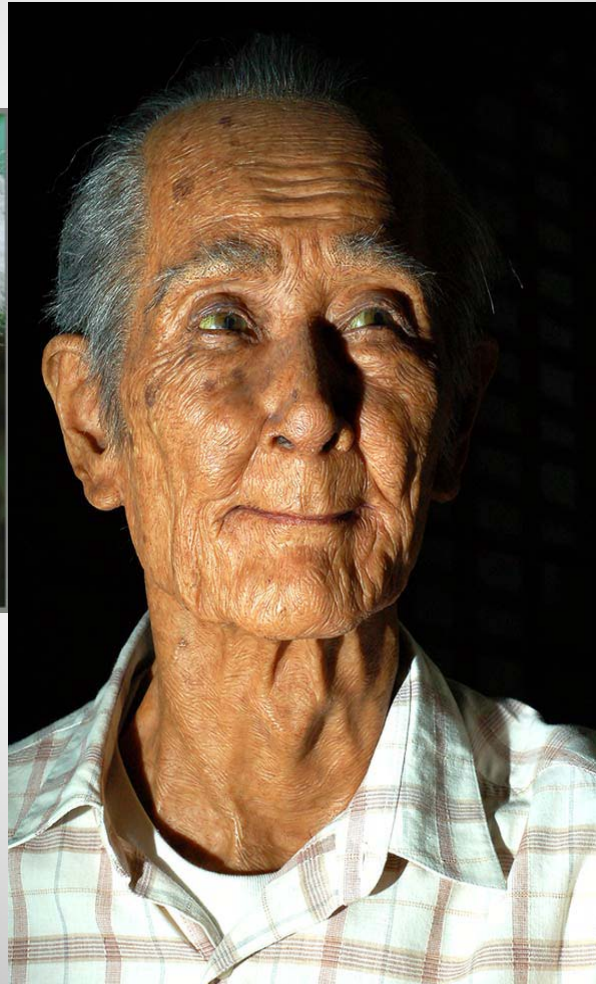
Adjustment and Responsiveness to Stress of the Elderly



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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



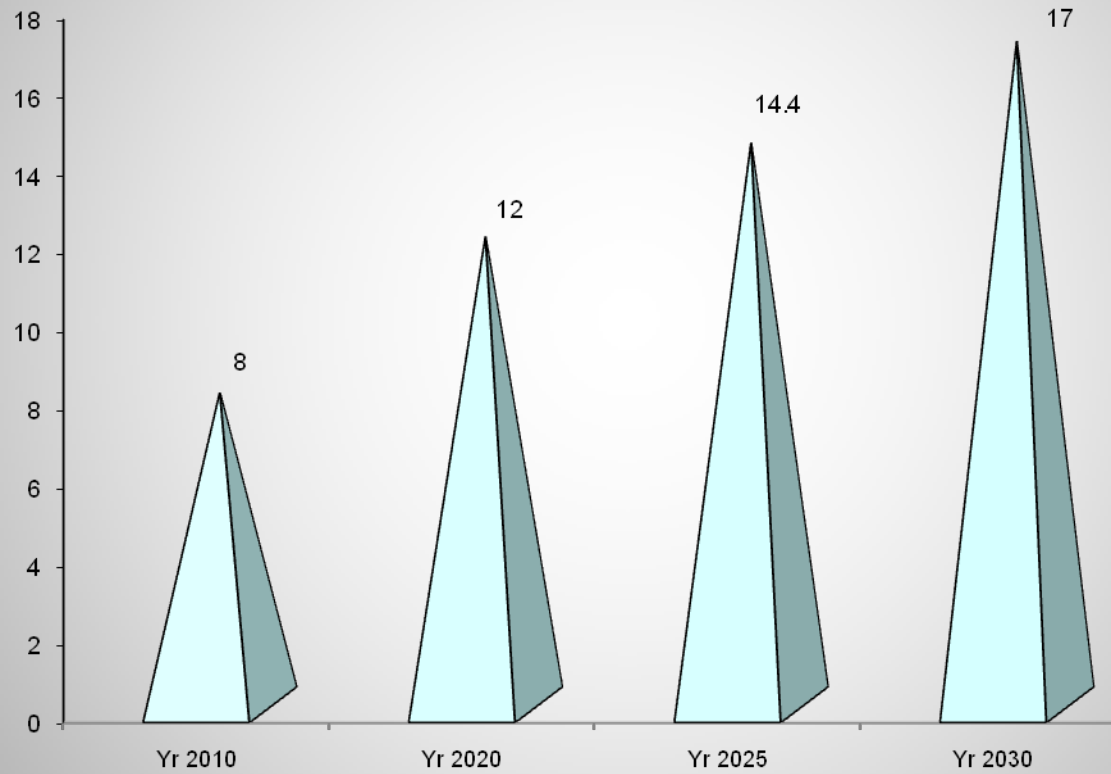
Statistics about the elderly

The National Statistical Office or NSO (Thai Business: May 2008) discussed the current structure of the elderly population

Statistics about the elderly



No. of Population (in million)





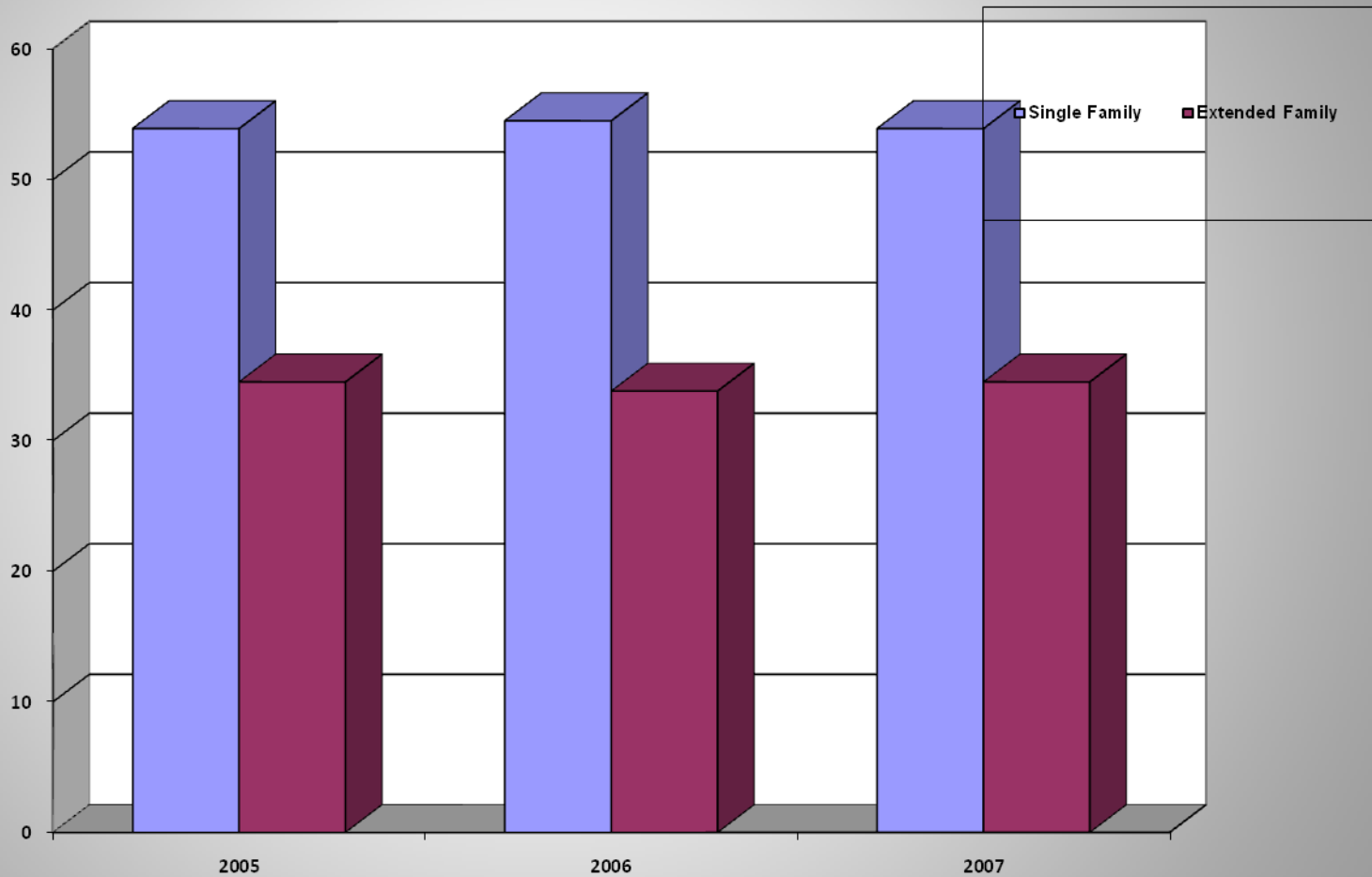


There are currently 7,139,127 elderly



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



Diseases related with
Narcotic substances, 3.43

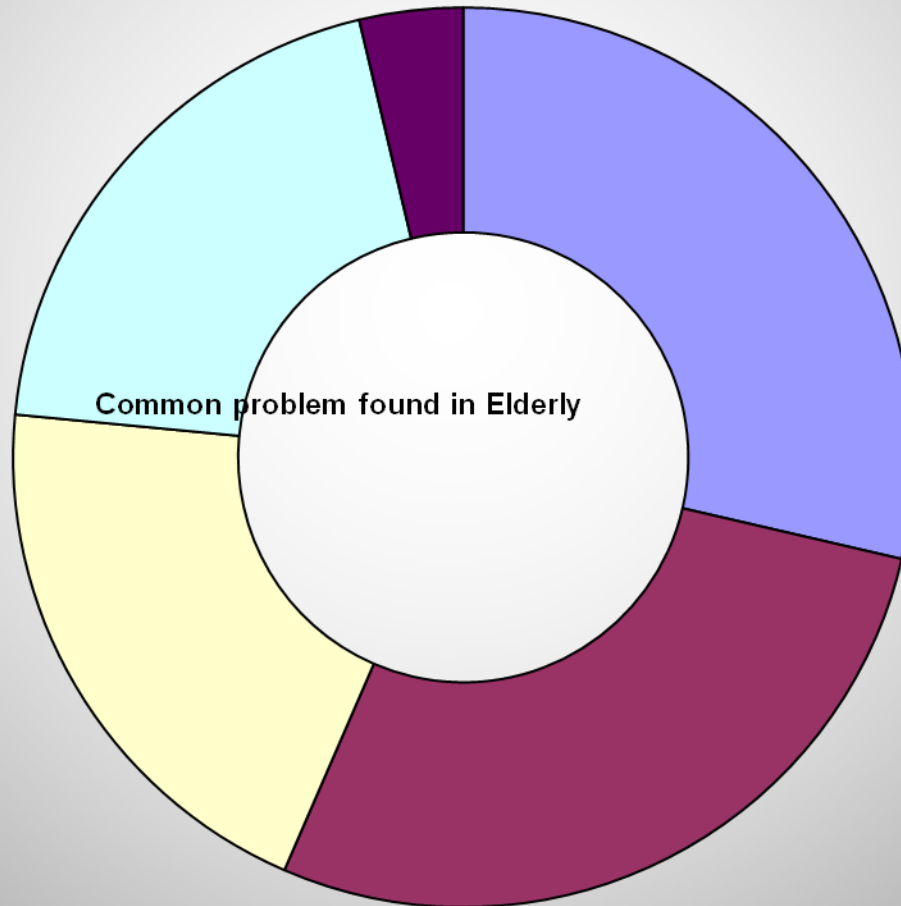
Depressive Disorder, 18.24

Anxiety Disorder, 26.42

Common problem found in Elderly

Diseases related to brain and
body function, 18.47

Psychosis, 25.73



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.



Satir,V., Banmen J, Gerber J and Gomori M.1991



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



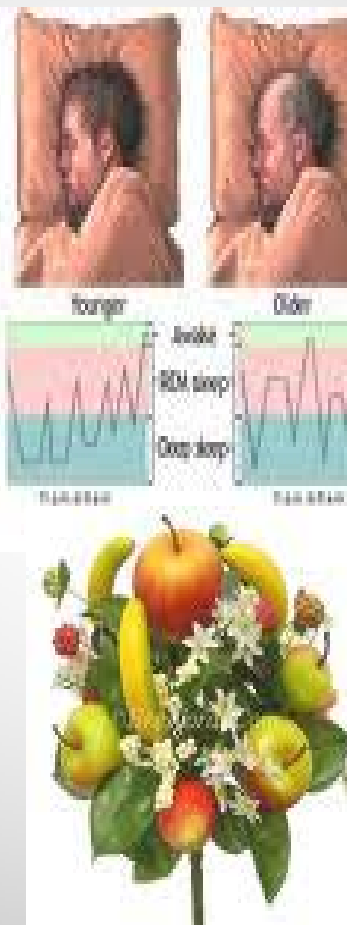
Guideline for elderly adaptation in different ways:



- **Try to comfort own mind with happiness .**



MD Sirintorn Chansirikan Klaimor Magazine: July 1999



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

