

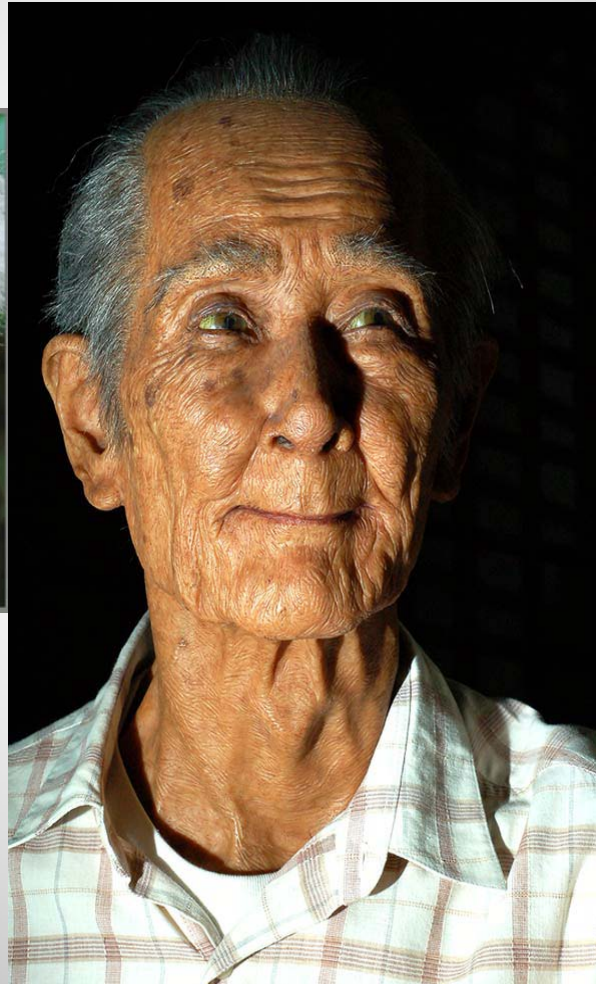
# Adjustment and Responsiveness to Stress of the Elderly



3 Aug.2010

**Asst. Prof. Dr. Suwanna Anusanti**

# The ratio of the old populations in Thailand







**However, both private and public sector must prepare a system to assist these elderly**



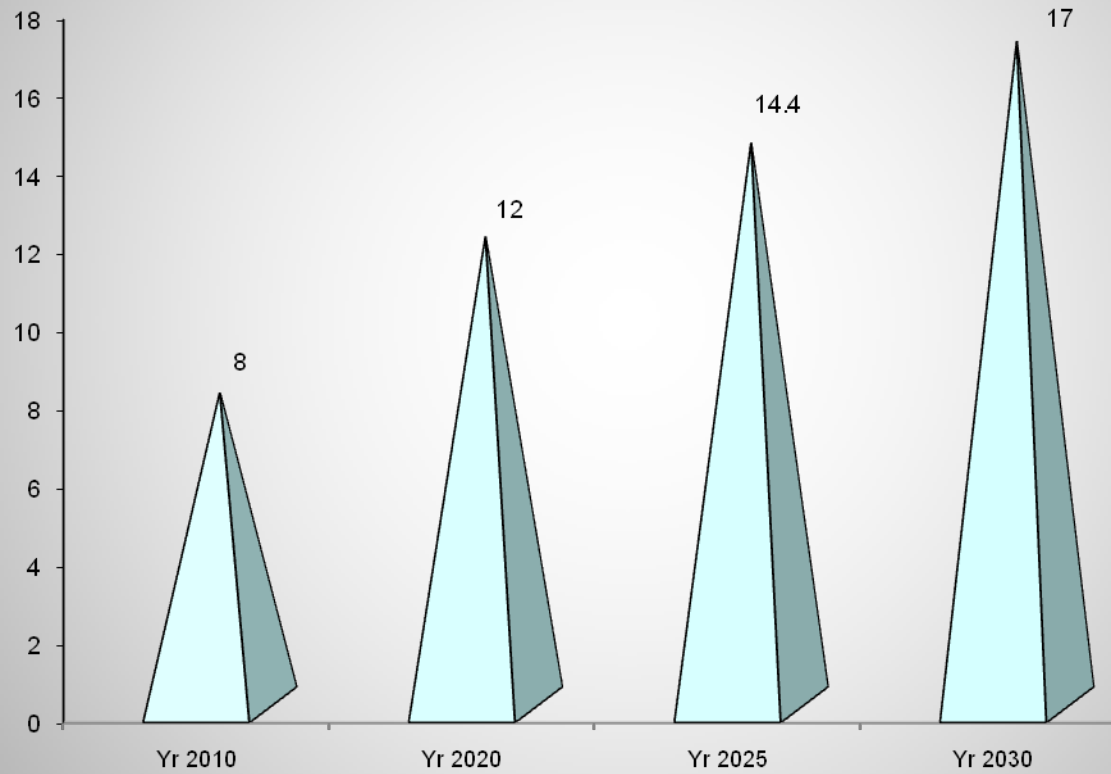
## Statistics about the elderly

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)**





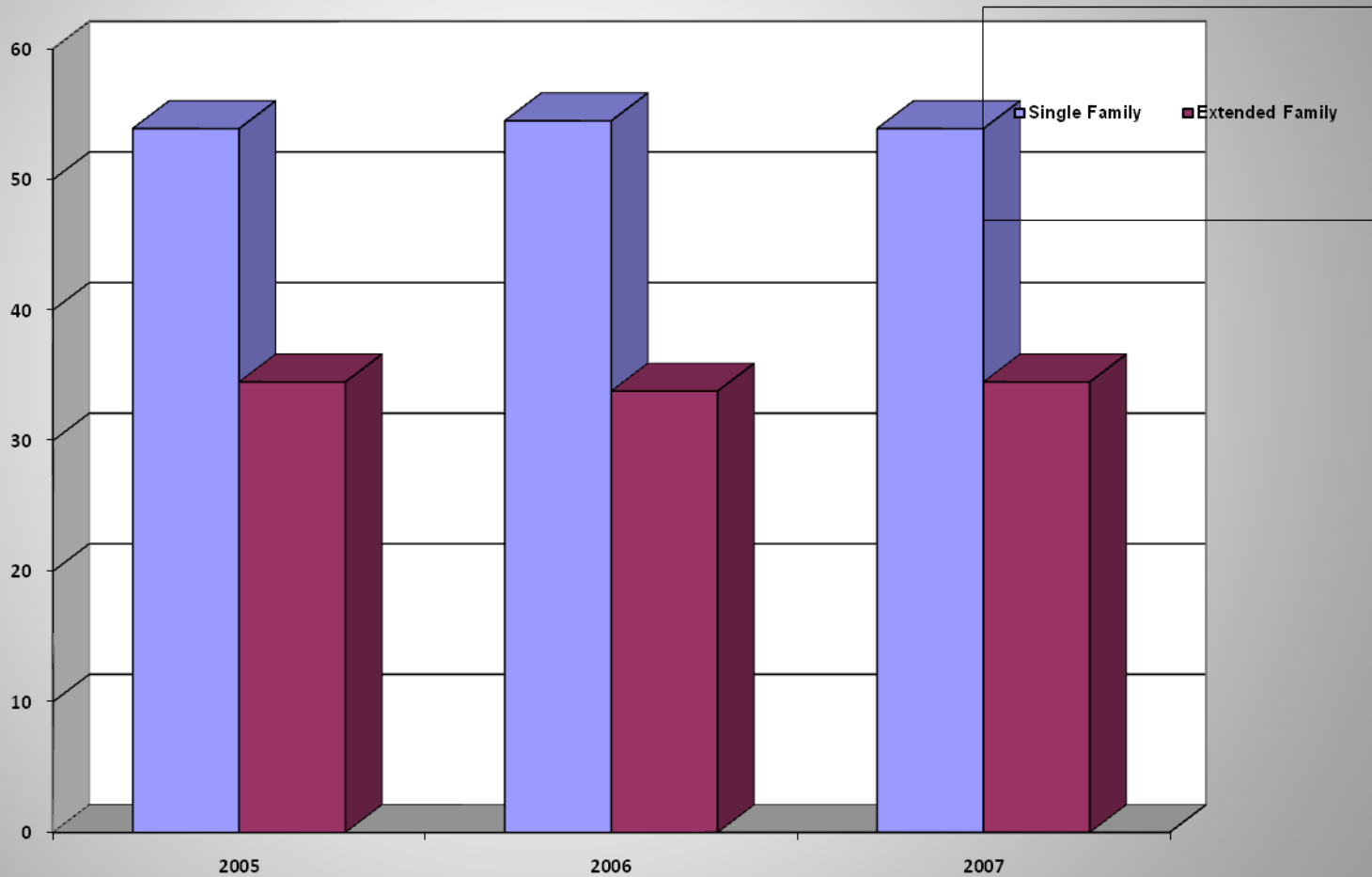


**There are currently 7,139,127 elderly**



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

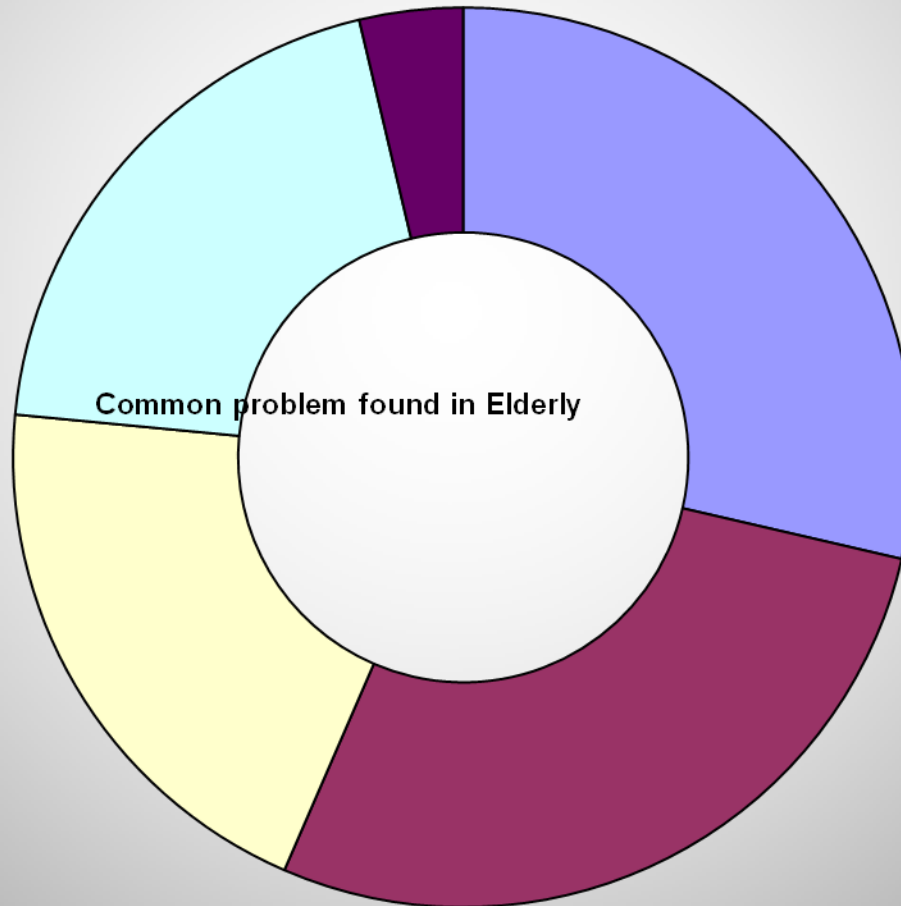
Depressive Disorder, 18.24

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



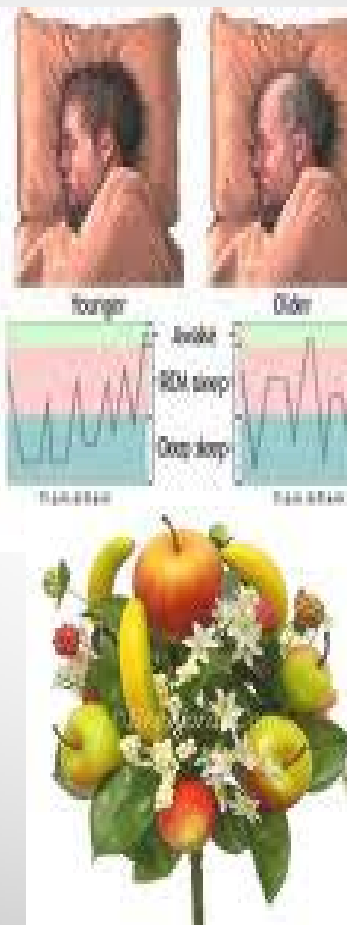
# Guideline for elderly adaptation in different ways:



- **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**

