

**HOME CARE STATUS FOR THE ELDERLY  
IN OMON DISTRICT, CANTHO CITY, VIETNAM**

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ABSTRACT

The aim of this cross-sectional descriptive study was to reveal homecare status and define the factors relating to it for the elderly in Omon District, Cantho City, Vietnam. The respondents, consisting of 171 elderly, were interviewed through a structured questionnaire in order to collect data refor the elderlyecting demography and socio-economic status, health belief, family and community resources, needs for health care and homecare status. The respondents's age ranked from 60 to 98, of which those 90 and over occuppied 5%. Of the subjects, 66% of them were female, 58% were married; 67% were household head, 37% were illiterate, 41% were without a monthly allowance, 94% had family members with a poor income.

The study results showed that 91% of the elderly used self-care for their daily activities and 51% of them use self-care when sick; 84% of them had chronic diseases, of which multiple diseases were the most common type (23%); 51% of them perceived that their health status was poor; the highest percentage of discomfort or minor illness was back-ach or join-ach (42%) but 57% of them ignored their discomfort or minor illness.

For the factors relating needs for health care, chronic disease is related to the area where the elderly live; perceived health status depended on age, education, working status and house condition of the elderly. Age and working status is associated to self-care of the elderly. The results also refor the elderlyect the relationship between self-care and needs for health care of the elderly.

The researcher suggests that annual health care check-ups for the elderly should be carried out and that it is necessary to encourage the elderly to care about their discomfort or minor illnesses.

KEY WORDS: ELDERLY HEMECARE SELF-CARE

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