

The Development of the Quality of Life of the Elderly in Khlong Sam Subdistrict, Klong Luang District, Pathumtani Province

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Key words: Quality of life for the elderly, Potential of caring for the elderly, Khlong Sam Sub-district Administration Organization

Abstract: The development of the quality of life of the elderly in Khlong Sam Subdistrict have a purpose to study the quality of life of the elderly and the potential to take care of the elderly of the community, organization and the elderly to make plans and methods for improving the quality of life of the elderly of the Khlong Sam Subdistrict Administration Organization and to develop the potential of the elderly in self-care and others and capacity development administration and management of organizations, personnel and communities to improve the quality of life of the elderly in the area. This research uses mixed method research between quantitative and qualitative research by distributing questionnaires for 400 elderly people. The qualitative research with in-depth interviews, focus group and community forum which are the organization executive, personnel related to the elderly and the community president or local representative 90 people. The tools used in the research were questionnaires and group interviews and the community forum. The quantitative data analysis using descriptive statistics with percentage, mean and standard deviation. The qualitative data analysis using interpretation and conclusion. The overall quality of life development of the elderly is at a moderate level. When considering each item found that the majority is the quality of life, followed by the potential of the community and family and the last one is the policy of Khlong Sam Subdistrict Administrative Organization. The community and family potential, overall is at a medium level. When considering each item, it was found that the majority of the elderly were cared for by their children when they were ill before they were admitted to the hospital, followed by the elderly receiving care from their children and families. The last one is to join various groups such as clubs, groups, funeral aid groups, elderly club, coffee council or various

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institutions in the society of the elderly The elderly potential, overall is at a medium level. When considering each item found that the majority is the ability

to take care of the elderly, followed by the management of a pleasant living environment for the elderly.

INTRODUCTION

Decentralization to local government organizations as a result, the local government organization has been transferred the mission of providing public services to the community including missions on social welfare and quality of life development of children, women, the elderly and the disadvantaged by establishing the role of local government in the highest law of the country. To distribute more power to local government organizations with the essence concluded that the state must give local autonomy according to the principle of self-government according to the will of the local people and promote the local government organization to be the main agency in the preparation of services public and participate in decision-making in the area including competent general duties to look after local people. Also has provided for the welfare for the elderly, that is, persons over 6 years of age and do not have sufficient income for living have the right to receive benefits public facilities with dignity and appropriate assistance from the state and the state must act in accordance with social, health, education and cultural policies including protection and development of children and youth support parenting and early childhood education, promote equality of women and men, strengthen and develop the solidarity of the institution, family and community. It also has to provide assistance and welfare for the elderly, the indigent, the disabled or handicapped and those in difficult conditions, to have a better quality of life and be self-reliant.

In addition, the Act stipulating plans and procedures for decentralization to local government organizations, B.E., especially in social work and development of quality of life of children, women, the elderly and the disadvantaged set to the local government organization provide social work and quality of life for children, women, the elderly and the disadvantaged. From the assignment of the mission and the laws mentioned above Will inevitably result in the local government organization having more missions. And one mission that should be given priority is social welfare work social work and development of quality of life of children, women, the elderly and the disadvantaged especially related to the elderly group with a higher risk of problems. According to the population structure in the next 10-20 years, Thailand will have at least 11 million people in this group. Until it may be a problem affecting social welfare arrangements and measures to accommodate and

improve the quality of life of the elderly properly, both in knowledge, resource management and social services Including preparing to cope with the increasing number of the elderly in the future of the local government organization.

The rapid aging of the elderly in Thai society and inevitably affects the way of life and behavior of people in society no less quickly, causing relevant government agencies including the local government organization must prepare measures to respond in a timely manner, ready to keep pace with the situation of the elderly and adjust the old paradigm. From looking at the elderly as a burden of society, making them use the accumulated experiences for the benefit of society by Varughese and Ostrom^[1] found that the elderly who are post-retirement civil servants with high potential such as having knowledge and ability in various fields. They are better prepared and cooperate in public management than working people. And Ostrom also highlighted one of the important factors involved and influencing public co-operation. It is to involve the majority of stakeholders and stakeholders in setting management rules. Rutherford *et al.*^[2] study found that the need for public planning and management to begin with the creation of a participatory planning process by considering benefits and impacts on various parties. The main part is information exchange and discussion among stakeholders. This provides important information to be used in a participatory planning structure. Similar to Koontz^[3] and Leach^[4], stakeholders are concerned with cooperation, planning and decision making. The study found that one popular form of civic engagement is participatory public management. This is a new way of managing the public. It is an alternative to management-centric processes that empower stakeholders and citizens to play a prominent role in planning and decision-making that is an important approach based on democratic governance. Another scholar, Lubell^[5], sees public management as a real participatory approach must be a grassroots stakeholder to influence success. Saengchai^[6] said that sustainable development in this hierarchy requires central and local government roles where the local has a duty to determine Implementing soft and hard sustainable development strategies It is a bottom-up sustainable development in which local authorities must first be authorized or reinstated.

Khlong Sam Subdistrict Administrative Organization is located in Moo 8, Tambon Khlong Sam, Amphur

Khlong Luang, Pathumthani Province. The total area is 48 km² or 30,000 rai^[7], some of which are industrial factories and housing estates. With the geography, the location of the SAO is close to Bangkok, causing the SAO to rapidly develop urbanization. Due to the expansion of the city, a large number of the population working in Bangkok and its suburbs demand more housing, resulting in the SAO has a housing estate and population increases rapidly. And it is likely to increase considerably as there is an agricultural area that can be converted into a residential area in the future. Which at present, Khlong Sam Subdistrict Administrative Organization has 46 villages (excluding the original 16 villages) with a total population of 86,498 people with a hidden population of approximately 50,000 people, a total of approximately, 124,407 people of which there are >4,501 elderly people over 60 years olds people. Most of these elderly are government officials or private sector employees with high potential, such as having knowledge and abilities in various fields. They are better prepared and cooperate in public management than working people who moved to the Khlong Sam Subdistrict Area by purchasing a house in the area before retiring after retiring, he returned to his own home without using that valuable knowledge and experience. Therefore, to bring the potential of these elderly people together to develop the SAO is an important mission that the SAO must implement successfully, whereby the SAO must change the idea that the elderly are a burden. Become a power or potential that is important to the development of the SAO area to be.

Development of quality of life of the elderly in Khlong Sam Sub-district, there must be a systematic research, starting with the quality of life survey of the elderly and the potential of elderly care of community organizations and the elderly, to create plans and methods for improving the quality of life of the elderly and drive the plan through the capacity building activities of the elderly in self-care and others. And the development of administrative and management capacities of the organization, personnel and community in order to improve the quality of life of the elderly in the Khlong Sam Subdistrict Administrative Organization area for the better.

Objective: To study the quality of life of the elderly and the potential to take care of the elderly of the community, organization and the elderly.

To make plans and methods for improving the quality of life of the elderly of the Khlong Sam Subdistrict Administration Organization and.

To develop the potential of the elderly in self-care and others and capacity development administration and

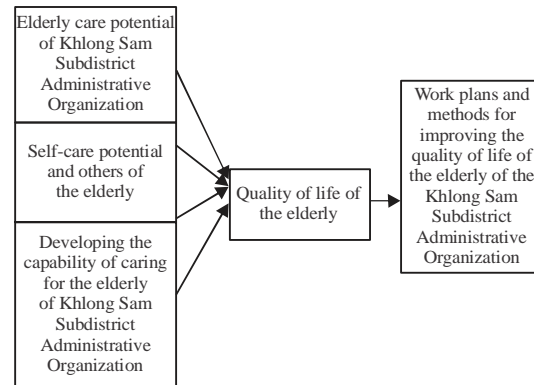


Fig. 1: Conceptual framework

management of organizations, personnel and communities to improve the quality of life of the elderly in the area (Fig. 1).

MATERIALS AND METHODS

Study documents related to the administration and management of the elderly care of Khlong Sam Subdistrict Administrative Organization.

Set the source of information: Population and sample groups for distribution of quality of life questionnaires of the elderly and the potential of elderly care of community organizations and the elderly in Khlong Sam Sub-district, namely the elderly living in Khlong Sam Sub-district from the population of 4,501 people by calculating the number of samples from the Taro Yamane formula with a tolerance of not >5%, a sample of 368 people.

Key informants for an in-depth interview group conversation and the preparation of the stage has 4 groups, totaling 90 people as follows:

- Administrator of Khlong Sam Subdistrict Administrative Organization
- Personnel involved in the elderly care work of Khlong Sam Subdistrict Administrative Organization
- Representatives of the elderly living in the Khlong Sam Sub-District of each community
- President or representative of communities in the Khlong Sam Sub-district area

Develop research tools to collect information: Questionnaire to survey the quality of life of the elderly. The need for care for the elderly and the potential of elderly care of community organizations and the elderly in Khlong Sam Subdistrict.

Group interviews and forums to study the quality of life of the elderly. The need for care for the elderly and

the potential of elderly care of community organizations and the elderly in Khlong Sam Sub-district. Observation form of the lifestyle of the elderly in Khlong Sam Sub-District.

Meeting to clarify details of the research and development project on the quality of life development of the elderly in Khlong Sam Sub-district of the advisory team.

To collect information; Which stores 2 types of information: Collection of quantitative data by distributing questionnaires on the sample of the elderly in Klong Sam Sub-district. Collecting qualitative data by collecting information from related documents. In-depth interviews group discussions, forums and observations. To analyze the data from the collection to create plans and methods for improving the quality of life of the elderly. The capacity building of the elderly in taking care of themselves and others and capacity building and management of organizations, personnel and communities to improve quality of life of the elderly. Summarize the research results and make recommendations for development.

RESULTS AND DISCUSSION

Quantitative research results

Analysis of general data of respondents: Classified by gender, most were 54.5% female and 45.5% male. Classified by age, most of them were aged 60-70 years, 66.8%, followed by age 71-80 years, 24.0% and the last were 81 years and over 9.3%.

Classified by residential villages found that most of residing in Village No. 6 22.3%, followed by Village No. 2 17.3% and lastly Residing in Village 1, 1.5%. Classified by highest education found that most, the highest education was in primary education 56.3%, followed by the highest education, secondary education 18.8% and the last. The highest education was 1.0% higher than a bachelor's degree.

Classified by current main occupation found that most, they have private business occupations 30.5%, followed by non-occupation, 26.0% and lastly. There are farmers and employees 10.3%. Classified by additional occupation found that most, there was no additional occupation, 87.3%, followed by an additional occupation (vegetable picking, flower sales, general hiring, taxi driver) 12.8%.

Classified by current main source of income found that most, their main income was from their work 38.3% had their main income from their children/relatives/spouse 38.0% and lastly. Main income from others (trade) 0.5%. Classified by average monthly income found that most, their average monthly income was 5,001-10,000 baht, 29.0%, the average monthly income was

2,001-5,000 baht, 22.3% and lastly. Have an average monthly income of >20,000 baht, 4.3%. Classified by status found that most they have 73.5% marital status, followed by 14.0% of divorced/widowed/separated status and 12.5% of their status is single.

Classified by place of residence found that most live with family/relatives 89.8%, followed by 9.0% alone and lastly. Live with a friend 1.3%. What is the membership in the community/village? (Can answer >1 question) found that most not a member of 251 people, followed by the elderly club of 83 people and lastly, others (Thai massage club Civil Defense Volunteer (OOPPOR.)) 3 people.

Caring for oneself and others, it was found that most of them took care of themselves, 325 people, followed by relatives/family members of the number of 151 people and lastly. There are public benefit organizations, including foundations, associations, etc., 9 people.

Development of the quality of life of the elderly: The overall quality of life improvement of the elderly was at a moderate level. When considered individually, it was found that most of them were quality of life, followed by community and family potential and the last one is the policy of the Khlong Sam Subdistrict Administrative Organization.

Improving the quality of life of the elderly Policy in Khlong Sam Subdistrict Administrative Organization, overall is moderate. When considered individually found that the majority of the SAO has a policy to establish a club for the elderly, followed by the SAO attaches importance to budget allocation to support the elderly. And lastly, the SAO has a policy to provide housing assistance to the elderly.

Administration and management of the Khlong Sam Subdistrict Administrative Organization, overall is moderate. When considered individually, it was found that the majority of the elderly received free health check-up services, followed by the SAO. And finally, the SAO has organized excursions according to the interests of the elderly.

Community and family potential, overall is moderate. When considered individually, it was found that the elderly was cared for by their children when they were sick before they were admitted to the hospital, followed by the elderly receiving care from their children and their families. And the last step is to join various groups such as the Crematorium Group Elderly Club Coffee council or various institutions in the society of the elderly.

Elderly potential, overall is moderate. When considered individually, it was found that most was the self-care ability of the elderly, followed by the management of the elderly livable living environment. And the last one is leading the local wisdom of the elderly.

Quality of life of the elderly: Quality of life of the elderly, overall is at a high level. When considered individually, it was found that most of them were psychological, followed by health and finally, economic. The overall mental quality of life was at a high level. When considered individually, it was found that the majority of the elderly were satisfied with what they had and were not greedy and that the elderly had a strong spirit. Fight life in good faith, followed by the elderly, can rely on themselves be moderately and moderately and lastly, the elderly participate in important religious activities.

The overall social quality of life was at a high level. When considered individually, it was found that the majority of the elderly were supporting each other in society, followed by a sense of stability and safety of the elderly. And the last step is to transfer learning and disseminate the knowledge of each other of the elderly.

Overall economic quality of life was at a moderate level. When considered individually, it was found that the majority of the elderly had houses and shelters, followed by the elderly who had rice, fish, vegetables and fruits in their local area for adequate subsistence. And the last one is to become a member of the savings group. And there are accumulated deposits of the elderly.

The overall health quality of life was at a high level. When considered individually, it was found that most of them were feeling happy, calm and hopeful in the life of the elderly, followed by the elderly who were able to carry out their daily life or work normally. And lastly, the elderly exercise regularly.

Qualitative research results

General life conditions of the elderly: The elders in the Khlong Sam Subdistrict Administrative Organization are ranked first with care children, the second are self-employed or have a career in agriculture have their own area and the third are pensioners.

Most activities will do housework and watch movies, listen to music, free time to exercise or have community activities such as dancing and yoga. Residential conditions are their own houses or live with their children. Khlong Sam Subdistrict Administrative Organization has a total of 16 villages. Moo 1, Moo 7 is an allocated village. Most of them have legal entities or village elders club groups, from groups 8-16, they are traditional communities and residential houses have areas where they can do various activities in the fields of planting trees or taking care of agriculture.

Problems encountered by the elderly: Social problems, most fenced houses have a pet problem. The subject of cooking and it smells bad. A matter of not respecting the rules, such as taking the sidewalk for personal use.

Central encroachment, the next problem is that teenage boys who are children are driving in the streets of the village. Causing annoyance to the elderly.

Economic problems Most of the elderly earn income from their grandchildren. When free to take care of the children I want the SAO to find additional occupations or activities that generate income for the elderly group by teaching them to do various professions, they would like to have their products sold as well and wanted to establish a systematic group that could generate income. And nowadays, different people do and when the SAO teaches a profession, then there is no continuation of sales, marketing or group management in any way, causing it to be unable to earn extra income seriously. The income given by the state is a living allowance for the elderly, 600 is not enough, so, they want to have additional income.

Elderly health still use medical treatment right through 30 baht to treat all diseases through health insurance, some people who still submit social security will also use social security. Some elderly, grandchildren or when you have money saved will have health insurance which is a small number Most of them use the 30 baht card mainly.

In terms of environment and utilities, it was found that the elderly wanted to have wastewater management. Housing estate, some villages release wastewater to canals without treatment. Before releasing the waste water, causing problems with wastewater It caused trouble to the people nearby and caused the pollution of smell and water that could not be used for agricultural use. Causing problems for traditional community groups with a career in agriculture. The solution would like the SAO to seriously amend or do it in the form of a committee that has taken seriously Because the SAO had talked to it, when the SAO called to talk, it seemed to be aware but after that the SAO did not enter, there was a discharge of waste water as before. Therefore, would like to have an agency or set up a joint committee to seriously amend about the allocated village waste. Some corporate villages contact private individuals to collect solid waste by themselves, causing the problem of overflowing solid waste. Because the private sector cannot be stored for a specified period but if any village that the SAO takes care of and allows the SAO to collect at the cost of waste for Subdistrict Administrative Organization. Those villages will not have problems with residual waste. Therefore, I would like the SAO to find a solution in the matter of garbage collection to be equal by calling all legal entities to discuss and find measures to solve the problem, especially in the case of allocated villages where private juristic persons collect waste by themselves.

Problems with no footpath or bicycle path in Tambon Khlong Sam Subdistrict Administrative Organization, it is narrow, making it impossible for the elderly to ride a

bicycle. Therefore, wanting to build a canal road that can be used for exercise bike rides or, there is a center that offers a complete range of activities for the elderly where the elderly can easily travel to the central center. I would like the SAO to create a network of cooperation in carrying out activities to create a comprehensive service center for the elderly.

Communication between the elderly and the SAO, most of the time, the SAO will communicate through the group line of the elderly club or groups of the elderly from various communities with representatives who will inform information via line or may be used as Flyers to notify to legal entities of each community in this information section, the elderly can receive information thoroughly.

For the elderly who are attached to the bed, the SAO has coordinated with volunteers in the matter of caring for bed addicts and the disabled. In which there will be a representative of the volunteer organization in conjunction with the health of the SAO to take care of matters of welfare from related agencies. There are not many bed addicts in Khlong Sam Subdistrict Administrative Organization. The SAO takes care thoroughly.

Quality of life of the elderly

Physical and mental aspects: Most of the elderly in Khlong Sam Subdistrict Administrative Organization have good physical and mental health. There are only underlying diseases such as diabetes, pressure or degenerative joints. There are also Volunteers provide advice on health on a regular basis. Make known how to take care of the body.

Economic: Elderly people in the area some parts of the Khlong Sam Subdistrict Administrative Organization have economic problems. Because of the overall economy of the country is not good. Affecting the economy in the community in the SAO area Klong Sam has less trade or have a loss Some of the children are unemployed. Causing a significant decrease in family income.

Social: Elderly people in the area of Khlong Sam Subdistrict Administrative Organization. There is a group together once a month with activities in each village such as exercise, aerobic dance, bar slow dance, yoga instruction, exercise with staves. Causing the elderly to have a constant social interaction affect the mental state of the elderly.

Environment: The elderly commented that in the Khlong Sam Subdistrict Administrative Organization, there are many environmental problems such as wastewater, sewage from housing and small industrial plants waste problem with waste incineration, affecting air pollution,

littering by rivers and canals and the lighting along the way is not bright enough which may cause crime problems.

Potential for self-reliance of the elderly: The potential of the elderly in most communities can help themselves. There are only underlying diseases that require a doctor's appointment and the family is closely supervised. The elderly has potential, for example, some people have knowledge as local wisdoms will be able to take that knowledge to make a benefit. For example, some people have knowledge on the subject of herbal medicine, balm can then use that knowledge to build into a product. Some people have knowledge of how to make desserts, are able to teach others or be able to produce sweets for sale. Nowadays, the elderly is gathering together to establish a dessert community enterprise and making desserts for sale according to the available orders. It generates income and creates more useful free time. Therefore, the strength of each elderly group depends on the leader or the leader of the strong group. The social welfare group wants to develop a career but also want to find a career that has a real market. As for caring for the elderly, if possible, I would like to add more volunteers to look after the elderly, at present, there are only volunteers to take care of the elderly but not particularly enough. According to the community, wanting to build a network of more volunteers at present, the Social Welfare Division has a network of agencies that are networked with each other. Elderly potential development, most of the time through the Department of Social Welfare will be done through various activities projects that care or develop the elderly. Usually, there is a monthly activity with the elderly. The objective is to provide the elderly with satisfaction in their daily life and stability in their life. As well as being able to exchange experiences and make them participate in society. Most of the project activities performed with the elderly would be a measure of the satisfaction of every activity. Summarize and analyze to make the elderly satisfied in the next activity. Activities for the Elderly Satisfied is taking them to study and see the work good projects to apply with a group of older people usually the elderly are leaders of each community. If doing any activity will be coordinated through various group leaders and if the elderly has any needs, they will have the group leader to discuss with the Social Welfare Division.

Personnel of the social welfare work has only six personnel but all personnel have a willingness to serve. The social welfare department will visit the area to visit and build morale for the elderly especially the elderly with bed problems who need various things, the Social Welfare Department will coordinate with the budget to take care of it. For the general elderly, if there is a majority of health problems, the Public Health Division

has coordinated with the Public Health, Health Center, Health Promoting Hospital, to speak with the elderly and the MC team on a regular basis. To provide more knowledge and understanding of health care of the elderly.

Needs for self-development of the elderly: Older people want career development. It does not specify which occupation. But want to find a market/source of distribution to support after professional training.

Elderly people want to learn to use online media, learn to use tablets, Facebook, line, groups to be able to keep pace with the world and also be able to communicate with their children. Or an elderly group with themselves easier.

Want the Subdistrict Administrative Organization to thoroughly organize a study tour for the elderly. Want the Subdistrict Administrative Organization to develop and promote additional occupations to provide the elderly with a career and income to support themselves. Want to develop self-help in an emergency and basic self-help. The need for support and assistance from families, communities and SAO.

The elderly expressed their wishes to the relevant agencies. Allocate or offer in matters, the elderly allowance is also added. Provide funding sources to invest in a career after training or developing potential. Propose to set up a permanent senior school for the elderly (or only Saturday-Sunday) due to the ongoing activities together. Encourage the elderly to have good mental health. Not suffering from depression and there is also a place to meet or do other activities.

The elderly offer ongoing professional training and teaching. In order to be able to pursue a career since there are only 1-2 training times at present, it cannot be done for real occupation. Moreover, there are no markets or people to buy products. After done, therefore want to find a quiver to buy after the production is finished as well. If there is no market to support the product elderly people offer computer training or teach online sales, so that, the elderly can sell things online by themselves do not have to rely on grandchildren.

The elderly propose to have an agency or personnel who are directly responsible for expanding their career. To support the elderly to have a sustainable career. To have volunteers to take care of the elderly sufficiently and continuously. Therefore, proposing to increase the compensation of the volunteers in order to increase motivation for people to become More than one volunteer. The need for family support for the elderly who are left alone are absent. Emotional and mental stability Including the economy, it must turn to help from individuals or social work organizations outside the family. The elderly therefore, need support from their families. Along with

helping from outside the family such as volunteer groups both government and non-governmental organizations.

Requirements for income insurance, especially social insurance, age insurance, after entering old age and having stopped working will receive an old age pension to help them survive living happily and securely, as it deserves to be in the end of life, not a burden to children and society. Needs to be involved in the community, especially participation in certain activities in society. Society should provide opportunities for the elderly to take part in improving the life of the community, to have the opportunity to learn new things, to improve themselves, to adapt to the changes in culture and to improve in maintaining good physical and mental health. The need for less self-reliance, if family and society encourage the elderly to have the opportunity to participate in various activities in the family and society, then it will help the elderly to become self-reliant. Not a burden to society in the end of life.

Social needs of the elderly:

- Needs to be part of the family, social group
- The need for recognition and respect from individuals in the family and society
- Needs to be an important person in the eyes of family members, groups, communities and of society
- Needs to have a good relationship with people within the family. Community and society can adapt to fit children in the family and society
- Desires have opportunities to do what they desire

Physical and mental needs are the most basic. Physical needs are four factors, namely security, especially the need for a safe place to live, scared. The need to be recognized as a member of social groups and families. The need for advancement opportunities especially in the matter of the success of the work in the end of life.

Economic needs want to receive financial assistance from your child. In order to accumulate to spend in their illness, want the state to help provide a career in order to increase income in order to have an economic role, help them get out of the pressures of the current economy. Work plans and methods for improving the quality of life of the elderly.

Results of the SWOT Analysis of the Elderly in Khlong Sam Sub-district Pathumthani Province The details are as follows:

Strengths (S) from issue analysis, focus group and questionnaire collection. Strengths of the elderly in Khlong Sam Sub-district Pathumthani Province in various issues as follows:

Policy on Khlong Sam Subdistrict Administrative Organization has a clear policy to promote the elderly

such as the establishment of an elderly club and giving importance to budget allocation to support the elderly.

Administration and management of the Khlong Sam Subdistrict Administrative Organization, there are personnel of the SAO providing information and coordination in various areas for the elderly such as the elderly who receive free health check-ups and the elderly receive a living allowance as required.

Community and family potential: Community and family give importance to the elderly. In which the elderly receive care from their children when they are sick before they are admitted to the hospital. The elderly is cared for by their children and their families and the community respects the elderly. The potential of the elderly is that the elderly has the ability to take care of themselves and able to manage their own livable living environment.

Weaknesses (W) from the analysis of issues in focus group and collection of questionnaires. The weakness of the elderly in Khlong Sam Sub-district Pathumthani Province in various issues as follows:

Policy on Khlong Sam Subdistrict Administrative Organization. There is still a lack of policy on housing assistance for the elderly and policies to coordinate with other relevant agencies to provide assistance and support for the elderly.

Administration and management of Khlong Sam Subdistrict Administrative Organization. Points for improvement are management of educational excursions according to the interests of the elderly are few and vocational training for the elderly is less than the needs of the elderly.

Potential of communities and families. Points for improvement are the participation in activities of the elderly is inconsistent and is not an important issue for the elderly such as the Cremation Welfare Club, Elderly Club Coffee council or various institutions in the society of the elderly. Potential for the elderly. The number of potential elderly people is still small. The elderly is not elected as a community committee or representative and the elderly cannot be a leader in local wisdom which makes no social role.

Opportunities (O) from the analysis of the discussion group and the collection of questionnaires. Opportunities for the elderly in Khlong Sam Subdistrict Pathumthani Province in various issues as follows:

Psychological: The elderly need to receive support from their own families along with support from outside the family. Older people understand the changes in the elderly and want to encourage family members to have regular joint activities.

Social aspect is the community giving importance to the elderly by bringing the elderly to participate in various

community activities and allowing the elderly to participate in activities with their families according to their abilities. The elderly will have the opportunity to learn new things. For self-development as well and there is a network of elderly people to help each other of the elderly. The community has organized recreational activities for the elderly. There is a staff to guide you. In addition, the SAO plans to establish a permanent school for the elderly. In order to make the elderly talk more in the elderly group.

Economic aspects: Tambon Khlong Sam Subdistrict Administrative Organization create additional occupations or activities that generate income for the elderly. By organizing vocational training and bringing products for the elderly to sell at various locations provided by the Khlong Sam Sub-district Administrative Organization as well as providing funding sources to support the elderly. Resulting in extra income for the elderly.

Health: Related agencies such as public health, district health promotion hospital and relevant government agencies pay more attention to the health of the elderly. The SAO promotes the establishment of a specialized clinic of the SAO. Khlong Sam by providing clinic services by SAO. Khlong Sam may be 2 days a week and there is a policy for the elderly to want exercise equipment for the elderly and organize activities for the elderly such as walking for health Aerobic and tai chi dancing, etc.

Problems and obstacles (T) from problem analysis, focus group and questionnaire collection. Problems and obstacles of the elderly in Khlong Sam Sub-district Pathumthani Province in various issues as follows:

The psychological aspect is that the elderly are left alone by their families, causing the elderly to lack emotional and mental stability and may be anxious about the death that lies in the depths of the mind as it is closer to you. These things make the elderly feel worthless. Lack of motivation and decreased enthusiasm Lack of confidence and lack of self-esteem. This results in stress and there is no solution to the health problems of the elderly.

Social aspect is when the elderly does not have social obligations and roles. As retirement constraints keep older people away from society, friends drop, income declines, lifestyle plans have changed. In addition, the country's transition from an agricultural society to an industrial society has led to a change in the characteristics of large families to single families which has made the elderly lonelier. Thus, causing a feeling of loneliness.

Economic aspect: Most of the elderly have income from their children whose income is not balanced with expenditures. The main reason why older people have

low incomes is that they cannot work as before, resulting in lower incomes but their expenses remain the same or increase from medical expenses and the elderly has problems with daily life expenses and no savings to be used in an emergency. Because the government has a policy of living allowance for the elderly which is not enough to sustain life in addition, the SAO. Klong Sam offers vocational education to the elderly but unable to generate additional income continuously.

Health is the majority of the elderly. Have underlying diseases such as diabetes, high blood pressure and cholesterol is an age-related illness and the elderly are unable to exercise continuously.

Strategies for improving the quality of life of the elderly in Klong Sam Sub-district Pathumthani Province:

The researcher analyzed data from the 20-years National Strategy (2018-2037), the Department of Older Persons 20 years 2018-2037 and from group discussions and data from questionnaires collected to collect weakness, strength, opportunity and Barriers (SWOT) and Matrix SWOT analysis are relevant to the improvement of quality of life and quality of life of the elderly in Klong Sam Sub-district to improve the quality of life of the elderly in Klong Sam Sub-district Pathumthani Province. From representatives of the elderly living in Klong Sam Sub-District of each community participated in a group discussion of 90 people and from a sample of 400 elderly people. Results of SWOT analysis and Matrix SWOT analysis of elderly in Klong Sam Subdistrict Pathumthani Province. The researcher proposed a strategy to improve the quality of life of the elderly in Klong Sam Sub-district. Pathum Thani Province, 2 strategies are as follows:

Vision: Capacity development and upgrading the quality of life of the elderly to support a quality entry into the aging society in order to promote participatory local development.

Mission: Klong Sam Subdistrict Administrative Organization has set the missions as follows:

- Promote and support good quality of life for people
- Promote and support career and create a career for the people
- Promote participation in local development

Strategy 1: Developing the capability of the elderly and preparing to enter the aging society.

Goal 1: To develop the capacity of the elderly and prepare to enter the aging society.

Strategy 1: Building knowledge and understanding and preparing for the aging society.

Strategy 2: Promote and develop career-generating income for the elderly.

Goal 2: To promote health and social value creation of the elderly in society.

Strategy 1: Health promotion to prevent illness and primary self-care.

Strategy 2: Promote and encourage dissemination and honor Old Wisdom and allow the elderly to participate in various activities in the society.

Strategy 3: Promote the strength of the elderly network for local development.

Strategy 2: Develop a welfare and protection system to protect the rights to improve the quality of life of the elderly.

Goal 1: Develop a welfare system and promote health insurance for the elderly.

Strategy 1: Encourage all elderly people to receive basic welfare that the state provides thoroughly.

Strategy 2: Promote a quality health insurance system for all elderly people.

Strategy 3: Promote the values for the elderly to live happily with their families.

Goal 2: To promote protection and protection of rights for the elderly.

Strategy 1: Promote protection and protection of the rights of the elderly in accordance with local circumstances and context.

Strategy 2: Driving standards of care for the elderly into practice in order to thoroughly support the elderly population in dependency.

Developing the potential of the elderly: According to the results of both quantitative and qualitative research, it was found that the problem of the elderly that had the quality of life was economic problems. Therefore, the pilot experiment of quality of life development of the elderly in Klong Sam Subdistrict by short-term career training for the elderly Which is an occupation suitable for the elderly and is a product that has consumer demand.

CONCLUSION

Finally, to be the leader of local wisdom of the elderly. Quality of life of the elderly, overall is at a high level. When considering each item found that most of them are psychological, followed by health and the last is economy. Potential development of the elderly as a result of both quantitative and qualitative research, it is found that the problems of the elderly affecting the quality of life are economic problems, therefore, pilot trials for improving the quality of life of the elderly in Khlong Sam Subdistrict by training short-term careers for the elderly which is a career suitable for the elderly and is a product that has the needs of consumers.

SUGGESTION

Suggestions for the use of research results: Khlong Sam Subdistrict Administrative Organization should have measures to raise awareness of people to realize the value and dignity of the elderly:

- Encourage people to learn and take part in taking care of the elderly in their family
- Promote activities between the elderly and people of all ages
- Campaign to raise awareness of society and realize the value and dignity of the elderly

Khlong Sam Subdistrict Administrative Organization should have measures to promote health and prevent illness and to take care of themselves. The SAO promotes or supervises the organization of a specific SAO clinic. The SAO will pay for hiring doctors, nurses or finding coordinating drugs in the first place for people to use the health check-up service which may be charged at a cheap price. By providing a clinic service by the SAO. At least once a week and there are various health promotion activities Suitable for the elderly and their families.

Khlong Sam Subdistrict Administrative Organization should have measures to promote integration and strengthening of the elderly organization:

- Promote the establishment and operation of the elderly club and network
- Support activities of the elderly organization and network

Khlong Sam Subdistrict Administrative Organization should have measures to promote the work and income generation of the elderly:

- Promote vocational training and provide jobs to suit their age and abilities
- Promote grouping in the community to create income-enhancing activities

Khlong Sam Subdistrict Administrative Organization should have measures to promote the elderly to have knowledge and access to various information:

- Promote the dissemination of news for the elderly by local media/community
- Continue to provide the elderly with access to information from the media

Khlong Sam Subdistrict Administrative Organization should develop skills and recruitment to suit the workforce. To help increase the ability to earn money and improve labor productivity over the long term. This can be done both in formal and informal education throughout the ages. There may be an occupational skill development center for the elderly, along with providing suitable employment for workers.

Klong Sam Subdistrict Administrative Organization should support private companies to hire the elderly. To create jobs and increase income for the elderly due to the current medical advances, elderly people without medical conditions are still intact both physically and mentally, be ready for a career. As in Singapore, the government has funded companies that hire older people to continue to work (Special Employment Credits). In addition, the authorities also funded the creation of an environment in the workplace for the elderly (Work Program), etc.

Older people want career development. It does not specify which occupation but want to find a market/ source of distribution to support after vocational training, the Khlong Sam Subdistrict Administrative Organization should be promoted to the establishment of various professional groups. To the elderly, to create a learning process The transmission of local wisdom to develop into a career to support oneself can bring the skills and experience of the elderly to benefit, such as weaving group, food development group. Agricultural development group, etc.

The SAO should find additional occupations or activities that generate income for the elderly group. By teaching them to do various professions, they would like to have their products sold as well and wanted to establish a systematic group that could generate income. And now, different people do and when the SAO teaches a career, it does not have a continuation of sales, marketing or group management in any way, making it unable to earn extra income seriously.

Khlong Sam Subdistrict Administrative Organization should have physical development should provide training to take care of physical health, provide knowledge of nutrition and exercise as appropriate for the person Including providing knowledge on technology for the benefit of various educational purposes should make a road along the canal that can be used for exercise bike rides or there is a center that offers a comprehensive range of activities for the elderly where the elderly are able to

travel to the central center with ease. I would like the SAO to create a network of cooperation in carrying out activities to create a comprehensive service center for the elderly.

Khlong Sam Subdistrict Administrative Organization should develop the quality of life of the elderly in terms of social relations. Organizing the elderly club Networking in the activities for public welfare, Dharma practice for the creation of psychological happiness, various recreational activities.

Khlong Sam Subdistrict Administrative Organization should develop quality of life for the elderly in terms of living environment, air, trees, corridors, toilets, health gardens for the elderly. Housing assistance and care for the elderly who are not relatives or neglected.

Khlong Sam Subdistrict Administrative Organization should provide assistance and support for the people sector. It is a social welfare organization in their own communities, such as a community welfare that covers birth, death and death and setting up a savings group that is concrete.

Resolving conflicts Social Problem The matter of not respecting the rules, such as taking the sidewalk for personal use. Encroaching at the central area, such as masonry, plastering, footpath and planting trees despite being the central area. To solve the problem, use the method to let go, avoid by trying to do activities, listen to music, listen to dharma or inform the juristic person to come and manage but the housing estate juristic person is often unable to manage because the juristic person is afraid of homeowners. The solution to the problem is that the Khlong Sam Subdistrict Administrative Organization should have a central agency to manage in a manner of cooperation among many parties.

Khlong Sam Subdistrict Administrative Organization should develop the elderly who want to learn about using online media, learn to use tablets, Facebook, line, groups to be able to keep pace with the world and also to be able to communicate with their children. Or an elderly group with themselves easier.

Khlong Sam Subdistrict Administrative Organization should coordinate relevant units. Allocate or offer additional allowances for the elderly, provide financing to invest in a career after training or developing potential.

Khlong Sam Subdistrict Administrative Organization should establish a permanent school for the elderly. (Or only Saturday-Sunday) due to the ongoing activities together. Encourage the elderly to have good mental health. Not suffering from depression and there is also a place to meet or do other activities.

Khlong Sam Subdistrict Administrative Organization should have families of the elderly who were left alone will be absent. Emotional and mental stability Including the economy, it has to turn to help from individuals or social work organizations outside the family. The elderly therefore need support from their families along with helping from outside the family such as volunteer

groups both government and non-governmental organizations. Khlong Sam Subdistrict Administrative Organization should encourage the elderly with potential to participate in the community, especially the participation in local development activities.

Khlong Sam Subdistrict Administrative Organization should formulate an elderly development plan and implement the elderly development plan seriously and clearly. Khlong Sam Subdistrict Administrative Organization, establishing a network of the elderly both in the area and in other sub-districts.

Suggestions for the next research: Khlong Sam Subdistrict Administrative Organization should study the pattern of bringing the elderly and potential to participate in the community, especially the participation in local development activities.

Khlong Sam Subdistrict Administrative Organization should study the suitability of establishing a permanent school for the elderly. Khlong Sam Subdistrict Administrative Organization should study the development pattern for the elderly who want to learn about using online media, learn to use tablets, Facebook, line, groups in order to be able to keep pace with the world and also to be able to communicate. With grandchildren or an elderly group with themselves easier.

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