

Abstract

Objective: To research on how to enhance elderly immunity in Thapho subdistrict, the location of Naresuan University (NU); to explore how the interdisciplinary researchers of NU working as community-based academic services; and to lay foundation for sustainable research model that local government authorities (including hospitals) and the elderly of Thapho, including researchers and the country are beneficiaries. **Method:** This was an action research exploiting original interests of interdisciplinary research teams in NU, integrating conventional high quality quantitative and qualitative research methodologies. Target populations included all elder persons, government organisations for health and social services in Thapho. The Naresuan University Institutional Review Board approved the invasive research specimen collection activities on vulnerable human subjects (No.290/56/9 Apr 57). Data collection was conducted from May 2014 to May 2015. **Result:** Elderly immunity covered physical health, psychological, social, residential space, economic and government institutional dimensions. The elderly census survey reached 80% coverage rate. The allied health research team found more than half of the elderly had chronic conditions (hypertension and diabetes) and one in four had risks for stroke and chronic kidney disease. The nursing research team developed nursing innovations with carer at dependent elder's home. The psychology research team developed a guide book for carer of the elderly with chronic conditions. The public health research team developed community model to prevent elderly abandonment. The architecture research teams designed and built prototype of door knob for better access and housing adaptation for an elderly and prototype mobile lift for elderly to access public space. The economic research team developed a guide book for household savings as future financial immunity. The legal rights protection research team laid foundation of using transparent data for reasonably promoting access to human dignity of underprivileged elderly through informal forum meeting. **Recommendation:** To build up sustainable research model between research funding agency, university, interdisciplinary university researcher, research sample and beneficiary of research project; the research questions should be tailored to the context and problem of the community and should be inter-connected (integrative). There should be a central database system (built up from census survey or registry) with dynamicity and high quality data allowing data integration from subprojects and readily retrievable for operational remedial measures to beneficiary. The university should ensure the mechanism of using research result as community-based academic services and policy recommendations at the national level.

Keywords: Elderly immunity, Chronic kidney disease, Stroke, Physically dependent, Abandonment, Residential area, Legal rights, Accountability for reasonableness, Sustainable model, Thapho Phitsanulok