

## บทคัดย่อ (ภาษาอังกฤษ)

**Research title:** Action Research on Development of Guidelines for Urban Community Improvement to Promote the Quality of Life for the Elderly

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### Abstract

The Objectives of this research were to survey and estimate the number of the elderly and the disabled living in the Baan Euarthorn Housing Projects and Community and to conduct a pilot project to improve the quality of life of elderly and disabled residents in the Baan Euarthorn Housing Projects including recommendations to the government policies in promoting and supporting the development of housing for aging society. This research is action research. Mixed Methods; quantitative and qualitative method were used the data collecting to answer the research questions based on concept of pragmatism .Areas of research were communities in residential housing projects and community housing project; total 265 projects consist of 238 residential housing projects and 27 community housing projects.

The result showed that the proportion of elderly person in each regions between 1.5 – 4.5%. The highest of elderly proportion is Northeast region (4.5%, 95% CI: 4.0–5.0) followed by the North (4.2%, 95% CI: 3.7-4.8) and the lowest is Central



region (1.5%, 95% CI: 1.1-2.1). For the overall country in the government housing project and community housing project that belong to the National Housing Authority found that the proportion of elderly person is 3.2% (95% CI: 3.0-3.4). In term of the elderly's disability in each region, there found that a similar proportion is less than 1%. Moreover, the proportion of disability person is 0.4% (95% CI: 0.3-0.4) and elderly's disability is 0.2% (95% CI: 0.1-0.2) in the overall. To predict the number of the elderly person from 22 sample projects found that the trend of proportion of elderly person in the government housing project and community housing project that belong to the National Housing Authority are increased 9.1% in 5 years (2563) and up to 16.5 % in 10 years (2568), respectively.

For suggestions, residential housing should meet the needs of people of all ages, the members who need special care, such as the elderly and the disabled. Those are living with poor condition that needs special care or restrictions temporarily. The condition of older people needs special care or permanent restrictions, this decline steadily. To construct a physical condition in the home for the elderly is really needed, such as ramps, handrails in the bathroom and slide door. For housing to be rebuilt, the national housing policy should be designed to suit up for the elderly and disabled by using principle of universal design that people of all age groups can be shared. The low-rise buildings and high building should be constructed for supporting elderly or disabled owing to the proportion of the elderly at least 10 percent over the next five years and 20 percent over the next 10 years. Moreover it should be considered in terms of design and construction as a public building or improvements should be based on the attitude of the occupier and everyone has equal access to public area. It should strengthen participation and sustainability of community organization and should strengthen the integration developed in collaboration with the concerned parties.

**Keywords:** Quality of life, Elderly, Disabled, National Housing Authority