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This study was a descriptive study aimed at investigating self-care practice of the elderly attending Health Centres of the Bangkok Metropolitan Administration.

The target population was 290 elderly patients aged 60 or above. Information concerning self care practice and the related socio-demographic characteristics, namely universal self care requisite, developmental self care requisite and health deviation self care requisite. The above mentioned components of the self care theory were used as dependent variables which were related to the socio-demographic characteristics of the patients by interview with structured questionnaires during April 2000.

The result showed that most 61.7 percent, of the elderly had a fair self-care practice Two factors were found to be of statistically significant association with self-care practice, namely gender (p -value = .000) females had better practice than males, and the second factor was health perception (p -value = .000), the elderly who perceived their health as very good had better self-care than the other groups. However, age, marital status, education, number of family members, income and occupation had no significant association with self care practice in this study.

The recommendations based on the findings stated that in order to improve elderly self-care, health education should emphasize preventive aspects. For self-care, both physical and mental aspects should be promoted for the elderly. Moreover, it should be reinforced based on Thai family values emphasize family relationships and mutual support among extended family members. Also, there should be a volunteer programme for home visits and encouragement for the elderly to join an elderly club.

Further study should emphasize the target population that can cover the entire aging population of Bangkok in every economic status in order to make the results be representative of the elderly in Bangkok.