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PENPRAPA SIVIROJ: DEVELOPMENT OF ORGANIZATIONAL
MANAGEMENT MODEL OF ELDERLY CLUB FOR SELF-HEALTH CARE. THESIS
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The purpose of this participatory research is development of an organizational model aimed at improving the management system at the Phutthamonthon District Elderly Club, Nakhonpathom province. The one-year study used an elderly self-care project as the model for testing and development. It was classified into 5 major steps: 1) development of concept model; 2) making commitment for development; 3) preparation phase; 4) implementation and evaluation; and 5) development of organizational strength and its sustainability. The main strategies used for this development process were participatory management of the committee and members, learning by doing and employing the hospital staff as project consultants.

The model of organization was developed following the strategies and steps above in order to help strengthen and sustain the elderly club, which can be viewed as the "Salaya Model". This model consists of three practical guidelines, mutual knowledge of the members, self-responsibility and organizational change.

There were significant findings in two areas, organization and self-care. In organization, there were obvious qualitative changes in the structure, namely a decreasing size of committee, determination of responsibility to committee positions, adjustment of rules and regulations, and construction of permanent office. The study found that the committee and members had developed a feeling of ownership, self-confidence in thinking and expression, self-esteem, teamwork, leadership and acceptance of leader, and participation in the project activities. Additionally, the committee also reflected development in relationships and coordination with other governmental, community, and NGOs in their neighboring community and society. A number of significant outcomes of the self-care project were also found. The elderly could modify their food consumption behavior in order to control their blood sugar and blood cholesterol levels. Moreover, the elderly also had more self-confidence in self-efficacy to control disease. There were no significant differences in blood pressure level control and change in exercise behavior. These results suggest that the Salaya model can be applied to future elderly club development.