



TESTIMONIES AMONG THE ELDERLY AT BALAY TARIPATO IN CABUGAO, ILOCOS SUR

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This study established an in-depth understanding of the experiences among elderly at Balay Taripato, Cabugao, Ilocos Sur. Specifically, it determined the socio-demographic profile of the elderly in terms of age, family structure, educational background, religious affiliation and reasons for placement. It further determined the testimonies of an elderly on preventive geriatrics as to exercise, immunization, health maintenance and nutrition, and a proposed health program was developed.

This study employed the phenomenological approach. A total enumeration was made and an interview guide was used to gather data from the participants.

The study revealed that majority of the participants belong to the age bracket of 71- 80 and 81 and above, elementary graduate, Roman Catholic, are living in a nuclear type of family, and have been abandoned.

As to testimonies, the study showed that most of the participants have not received any immunization since they entered at Balay Taripato, passive exercises such as raising of hands and stretching or extending lower extremities were only practiced, health maintenance/screenings have never performed and food served depends on the recipes provided by the health care provider.

Based on the findings and conclusions, a health program was developed to intensify the quality of care that should assist them well in facing the challenges of life as it nears death.

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