

Elderly Healthy and Productive in Era Pandemic

Rya Anastasya Siregar

University of Aufa Royhan

ABSTRACT

Old age is an unavoidable aging process, humans grow old through process which at first started from baby, children, teenager, mature and next Becomes old. All People will certainly experience the process of getting old and this is the most important period of human life end. The size amount population elderly in Indonesia in time front bring impact positive nor negative. Positive impact, if the elderly population is in a healthy, active and productive condition. On the other hand, the large number of elderly people becomes a burden if the elderly have a decline problem health which caused on enhancement cost service health, drop income/income, increase in disability, lack of adequate social and environmental support no friendly to population elderly. Method which worn with To do survey and interviews for data collection, data analysis, data presentation, formulating discussions and Furthermore, communication, information and education (IEC) is given using 2 methods, namely: online by using applications including SMS, zoom, WA and other applications. And how direct that is stage counseling with obey protocol health.

Keywords: Elderly, Healthy and productive, Pandemic Era

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INTRODUCTION

Vulnerability individual carry on age to a number of disease caused because decline immunity. Process aging increase trend for suffer infection critical which is reason main height mortality and morbidity on age carry on (Boraschi et al, 2013). Covid-19 is an infectious disease which caused by type coronavirus which just found. Coronavirus is group virus which capable cause disease on animal nor man. A number of type from coronavirus is known cause infection of the human respiratory tract from coughs, colds to more symptoms are you serious like Middle East Respiratory Syndrome (MERS) and severe acute Respiratory Syndrome (SARS). New type on coronavirus which found cause disease Covid-19 (WHO, 2020). Case covid-19 reported to WHO on December 31, 2019 and has designated as a large-scale emergency outbreak international on 30 January 2020 (Gallegos, 2020).

In Indonesia, amount patient which has confirmed per date 20 July 2020 reach 88,214 person with total case patient die reach 36,998 person (The Task Force for the Acceleration of Handling Covid-19 19, 2020). As for in DKI Jakarta, amount confirmed patients reached 16,712 people with a total of 749 deaths person and make DKI Jakarta as province with number of confirmed patients the second largest after the province of East Java in Indonesia (Jakarta Smart City, 2020).

seniors said to be vulnerable because various because. Old age is one of the factors marker. Longer life doesn't mean live in good health. Previous research find that increase age also followed by an increasing trend for sick and have limitations physique (disabled) because happening drop ability physique which enough drastic (Christensen et al., 2009; Gatimu et al., 2016). Increasing age also tends to follow by appearance various disease chronic, no a little elderly which have disease chronic, like disease heart, diabetes, asthma, or cancer. Thing this could increase risk or danger viral infection Corona.

Along increase age somebody, body will experience various drop consequence process aging. Start from decline production hormone, elasticity skin, mass muscle, bone density, to strength and function of body organs. Then system Immune as a body protector can't even work optimally like when it was still young. Vulnerability individual carry on age against several diseases caused by decline immunity. Process aging increase trend for suffer infection critical which is reason main high mortality and morbidity at age further (Boraschi et al, 2013). Therefore, In the situation of the COVID-19 pandemic, it's no wonder if many very suggestion for guard seniors to avoid the dangers of COVID-19 this is through social distancing and not visiting elderly if after traveling from region which has infected by COVID-19. Even lately suggestion for no go home village is often associated as a form of love for the elderly (parents) so that no becomes carrier virus which could transmit para elderly in village page.

METODE

Planning implementation activity it starts in January 2022 and can be implemented in March 2022. Activities are carried out online and by direct started with data

collection individual and family which will made participant devotion Public that is conducted with do face-to-face interviews, to get this data, the team worked same with receptors clinic which there is inPMB in Batunadua Village, Subdistrict Batunadua, Padang Sidempuan City along with student Education Aufa Royhan University. From the data collection conducted, obtained data, then carried out data analysis, data presentation, formulate discussion and conclusion to

overcome problems focus on the Elderly for next could conducted effort promotive and preventive going to seniors Healthy and Productive in Era Pandemic. Form activity which conducted is the direct provision of KIE with set protocol health.

RESULTS AND DISCUSSION

Implementation of service activities to Public this conductedwith :

1. Results data collection which followdevotion Public as much person which is at in region Batunadua Village, Batunadua District, Padang Sidempuan City.
2. Counseling related aspect which involved important in health the elderly is the prevention of transmission*Covid-19* and Thing important in the health of the elderly in the current pandemic erathis. Counseling this held not enough more 60 minute with using power points.
3. Implementation of the provision of IEC in a direct to seniors related how effort which will held mother, husband and family in To do prevention and health seniors time pandemic *Covid -19*.

CONCLUSION

1. Activity devotion to community made to seniors done with good with Support which given by various party.
2. Role as well as active Publicspecifically seniors as effort increase knowledge in realize Public especially seniors which healthy During time pandemic *Covid- 19*.
3. There is an increaseknowledge seniors During time the *Covid-19* pandemic so you can guard health seniors always healthy.

Thank-you note

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