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Designing an Elderly Assistance Program Based-on Home Care

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Abstract. PKH (Program Keluarga Harapan) is a program of Indonesia’s Government through the ministry of social directorate to accelerate the poverty reduction and the achievement of Millennium Development Goals (MDGs) target as well as the policies development in social protection and social welfare domain or commonly referred to as Indonesian Conditional Cash Transfer (CCT) Program. This research is motivated that existing participants of the family expectation program (PKH) that already exist in Sumedang, Indonesia, especially in the South Sumedang on the social welfare components is only limited to the health checking, while for assisting the elderly based Home Care program there has been no structured and systematic, where as the elderly still need assistance, especially from the family and community environment. This study uses a method of Research and Development with Model Addie which include analysis, design, development, implementation and evaluation. Participants in this study using purposive sampling, where selected families of PKH who provide active assistance to the elderly with 82 participants. The program is designed consists of program components: objectives, goals, forms of assistance, organizing institutions and implementing the program, besides, program modules include assisting the elderly. Form of assistance the elderly cover physical, social, mental and spiritual. Recommended for families and companions PKH, the program can be implemented to meet the various needs of the elderly. For the elderly should introspect, especially in the health and follow the advice recommended by related parties.

1. Introduction
The success of health development indicated by the increase of several aspects, for example human resources quality, life quality, family and community welfare, and life expectancy. One of the concerns is the increase of community life expectancy that will influence the increase number of elderly. The increase of life expectancy has an impact on the increase of elderly in the age of 60 and above. Population ageing has become a notable and common demographic phenomenon in most countries. The proportion of the population aged 60 years or over is growing substantially, with the number of elderly in the world projected to grow by 56%, from 0.9 billion to 1.4 billion, between 2015 and 2030. Research has also shown that there will be 2.0 billion elderly adults by 2050, constituting an even larger share of society, with about 80% of them living in developing countries [1].

The increase of elderly population leads to the elderly problems includes problems physically, socially, psychologically, and economically. Actually, family plays a very important role to return elderly’s trust to feel that they still needed and capable of something, both in family or society, so they will reach prosperity both physically and mentally for the rest of their life, in other words they can...
perform their social function well and improve their life quality [2]. In fact, many elderly families who do not understand the elderly needs, considering that elderly needs not only on eating, drinking, and maintaining physical health, more than that, family awareness is really needed in completing other needs [3]. Therefore, to increase elderly’s life quality and social function, elderly needs to be accompanied by someone who has certain characteristic and approach that can be well received by the elderly. To overcome the elderly problems above, the government through the Ministry of Social Directorate of Elderly Social Service (Dit. PSLU) in Republic Indonesia has conducted a pilot program of elderly assistance and care in family environment (home care), adopted a program of home care help age in Korea. The trial of this program (home care) supported by the Decree of the Minister of Social Affairs No. 67/HUK/2006 on Guidelines for elderly assistance and social care in family environment (Home care).

Home care is a program of elderly assistance and social care outside orphanage. Based on Ministry of Social Affairs in Republic Indonesia, home care is ‘a form of elderly care and social service in family environment/home as a form of concern to elderly by prioritizing the role of family-based community’. Home care as a form of elderly care and social service in family environment or home can meet the elderly needs because family environment actually has a significant role in returning elderly’s trust, so they feel still needed and capable of something, both in family and society, so the elderly can perform their social functions well and improve their life quality [3].

PKH (Program Keluarga Harapan) is a program of Indonesia’s Government to accelerate the poverty reduction and the achievement of Millennium Development Goals (MDGs) target as well as the policies development in social protection domain. PKH is a cash grant program to RTSM (Very poor Household) as long as they meet the requirements related to effort of the improvement human resources quality, include education and health. PKH is an indirectly program that provides home care services has responsibility to manage elderly assistance activities conducted by family as a primary companion in conducting home care based elderly assistance [4].

The holder of main role for home care program is the family members of the elderly [5]. If there are no family members of the elderly, it may involve the community members living in the same neighborhood as the elderly who need assistance or care in the family environment. PKH can be said as an empowerment program that has a companion agency, responsible to assist the community [3].

Companions are needed not only as program owners but also facilitators and educators for the community. They are also responsible to help community in giving information so the community can make the right decision. Companions as agents of renewal are not only responsible to share new ideas to community. They also can be called as professionals or extension officers from agencies or institutions that wish to empower the community [4].

Companions in PKH are the executors of the program and accompany the community in activities of every program. A community facilitator must have strategy competence and mastery in helping community. This is important for the sustainability of PKH empowerment program. In order to the community to participate in the empowerment program, PKH companions have to be able to motivate PKH participants to achieve independence and self-empowerment. Particularly to motivate participants to fulfill the obligations in education, health, and social welfare components which is improving the participation of compulsory primary education for nine years, health checking for children and elderly regularly and assisting the elderly life quality and social function.

The participation of PKH participants that already exist in Sumedang Region, especially in the South Sumedang District on the social welfare components is only limited to the health checking, to the program of home care based elderly assistance, there is no structured and systematic program yet, whereas elderly needs assistance, especially assistance from the elderly family and surrounding community. Home care based program are designed to be more specialized for PKH participants who have a non-potential elderly target, because the non-potential elderly according are elderly that find difficulties to earn living, so that their life is depend on the help of others, therefore, the family role is very important, because family is the greatest source of support which is useful to meet the basic human needs of the elderly [6].
Home care based elderly assistance is one of the solutions to improve the elderly functions in the family environment [5]. However, Home care is not fully known and understood by the elderly family and community, so the design of home care based assistance program is needed which is suitable with the characteristics and needs of the elderly. The design of home care based elderly assistance program starts from identifying the needs that suitable with the elderly characteristics, and then it will be go on designing programs that can meet the needs of the elderly through various forms of Home care services by involving the role of the elderly family, PKH companions, and the surrounding community. Home care based assistance for the elderly is a research subject, related to the great benefits provided to the elderly needs through assistance with the involvement of the elderly family, PKH companions, and community environment. The selection of this problem is in line with the researcher’s knowledge and understanding as an educator of social worker, especially when the researchers learn about an elderly concept and its services which are obtained from the family welfare education major, Ministry of Family Welfare Education, FPTK, UPI Bandung.

Based on the study of the above literature can be divided the concept of the brief that the concept in research as follows:

2. Methods
The method that is used in this research is Research and Development method in Addie Model. The stages of the research that will be conducted using Addie model are as follow:

2.1. Analysis
The analysis stage in this research is the activity of identifying the needs of home care based assistance program that is appropriate to the elderly characteristics of PKH participants in South Sumedang District.

2.2. Design
The design stage in this research is organizing the design of home care based assistance program based on the result of the program needs identification.
2.3. Development
The development stage in this research is developing home care based assistance program regarding to the elderly needs of PKH participants in South Sumedang District. After the program is designed, it will be validated using expert judgments that experienced to assess the designed program, so we will find both the advantages and disadvantages of the program. Consequently in this stage, if the program has been validated so the disadvantages can be found, so the improvement design will be made according to the direction of experts.

2.4. Implementation
The implementation stage is conducted to apply the home care based assistance program for the elderly.

2.5. Evaluation
The evaluation stage in this research is used for seeing the responses and the user ratings after the implementation of home care based assistance program for the elderly of PKH participants in South Sumedang District.

Designing a home care based elderly assistance program can be described as follows:

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![Research design diagram]

Figure 2. Research design

The participants of this research used purposive sampling, which is devoted to the family of PKH participants who provide active assistance to the elderly. Interview will be conducted to 82 families of elderly scattered in South Sumedang District.

Home care based elderly assistance program has been designed, then the program design will be validated using the expert judgment by elderly experts, include academics; three lectures and three PKH assistants who have understanding about elderly and have experiences as well as active in social service activities, so the advantages and the disadvantages will be gathered.

The research will be located in South Sumedang District, Sumedang regency, so the trial of home care based elderly assistance program will be conducted by the elderly family and PKH assistants in providing assistance to elderly.
The research instruments used are interview guidelines, expert judgment, and program observation guidelines. Interviews were conducted to the elderly family and PKH assistants as the identification subjects of the program design needs.

Validation format of expert judgment is used to assess the program conducted by expert academics and practitioners of elderly service institutions. Observation guidelines are used when piloting the program by the elderly family and PKH assistants.

Data analysis used are reduction and data display to summarize the interview results as identification subjects of the program design needs, then validate data using expert judgment. The program test results are then explained and interpreted.

3. Conclusion

The form of home care based of elderly assistance program is formulated by considering the elderly needs as someone who has experienced a change that will affect the economic and social of elderly, so generally it will influence the activity of daily living. The form of home care based of elderly assistance program that is designed include physical, social, mental, and spiritual aspects where the family roles in elderly care includes: keeping or caring the elderly, maintaining and improving mental status, anticipating socio-economic status changes and giving motivation and facilitating spiritual need for the elderly.

The main executor of home care based of elderly assistance program is the elderly family. Family has a significant role in providing assistance for the elderly because family is the closest person who will spontaneously take a part as a care giver, when the family needs it. Family helps the elderly to adapt themselves to the development tasks that must be done, such as preparing self for a declining condition, fostering good relationships with the other elderly and society in comfort, preparing a new life as an elderly and preparing for the death of the spouse as well as the death of oneself.

References