

Family and Community participation in the well being of elders in Kelaniya Medical Officer of Health area.

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A descriptive cross sectional study was carried out in Kelaniya MOH area to assess the family and community participation for the well being of elders. Majority of the elders in the sample were Buddhists (84.9 percent) and Sinhalese (95.8 percent indicating minimal influence of religion and ethnicity for acknowledgement of family and community services. A higher percentage of elders (56.9 percent) of whom 63.4 percent females were without any source of monthly income. The functional capacity for ADL deteriorated as age advanced with the value of 80.6 percent among the oldest old (above 85 years). A good functional capacity was observed only in 55.2 percent even in young elders (60 -74 years). The majority of elders were living without psychological distress. A majority of elders were involved in effective leisure time activities and religious activities irrespective of age but their participation in social activities with the family showed only 50 percent.. Most of the community assistance for elders on day today activities revealed that elders. experienced poor community assistance. Majority of elders revealed in lack of awareness in elderly programmes available for them. The elderly care programmes needed to be addressed on the above aspects in improving family and community care for elders. The contributory factors for their poor level of satisfaction need to be explored in quality improving aspects.