

SUMMARY

Aging refers to the normal changes in body functions that occur after sexual maturity and continue until death. In an idealized situation everyone would survive close to the maximum life span.

The normal process of aging is not caused by disease, so aging cannot be cured. The noticeable effects of aging result from wear and tear on organs, bones, and tissue in the body that change and become less efficient over the years-muscle weakens, immune system functions decrease, and sex drive is reduced.

The aim of this study was to assess the perception of caregiver regarding home care of their older adult in rural area.

Therefore, this study was undertaken to determine caregiver knowledge and practice for caring diabetic and hypertensive elderly.

The study was conducted in three rural health units at Benha city in (Warwara – Moshtohor – Gamgara) villages and elderly houses. Descriptive design was used in carrying out this study. The sample of the study included 100 elderly and their caregiver taken randomly from the above mentioned setting and had the following criteria for the elderly: age above 60 years, mobilize, both male and female and have only one health problem (diabetes – hypertension).

The tools utilized in this study comprised structural interview questionnaire for the assessment of caregivers knowledge about elderly changes, needs and rights.

An observational check list for practice through asking question and for home environment assessment .

The main findings of this study were summarized as follows :

More than half of elderly sample were female , more than half of them aged 60 – to less than 70 years , the majority of them married , and most of them had insufficient income .

Most of caregivers were female , more than three quarter of them married , most of them habitat at elderly homes , and less than half had insufficient income .

According to research questions :

The caregivers had inadequate level of knowledge about normal changes, needs and rights

There were significant relation between caregivers knowledge and their general characteristic .

There were no significant relation between caregivers practice for caring diabetic elderly and their educational level .

There were significant relation between caregivers practice for caring hypertensive elderly and their educational level .

Based on the result of the present study and research questions , it is concluded that : -

The caregivers had unsatisfactory level of knowledge about elderly changes ,needs and rights .There were significant relation between caregiver's knowledge and their age and educational level . There were no significant relation between caregiver's practice related to diabetic elderly care and caregiver's educational level. Also there were no significant

relation between caregiver's knowledge related practice for caring hypertensive elderly and their age .

Based on the finding and discussion of this study , the following recommendation are suggested :-

Promotion and enhancement of the caregiver's knowledge about elderly changes ,needs and rights ; a strict written illustrated instructions and posters about aging process , total changes occurs in aging , elderly needs and their rights .

Home health care management program should be implemented for promotion of caregiver's home care practices for caring diabetic and hypertensive elderly .

Further study needed to be conducted in order to identify home health care provided for elderly in the community and estimate the major health problems affected their health and control it .