



The Course Satisfaction Survey of Self-Health Care Classes for Older Taiwanese People in the Community Adult School



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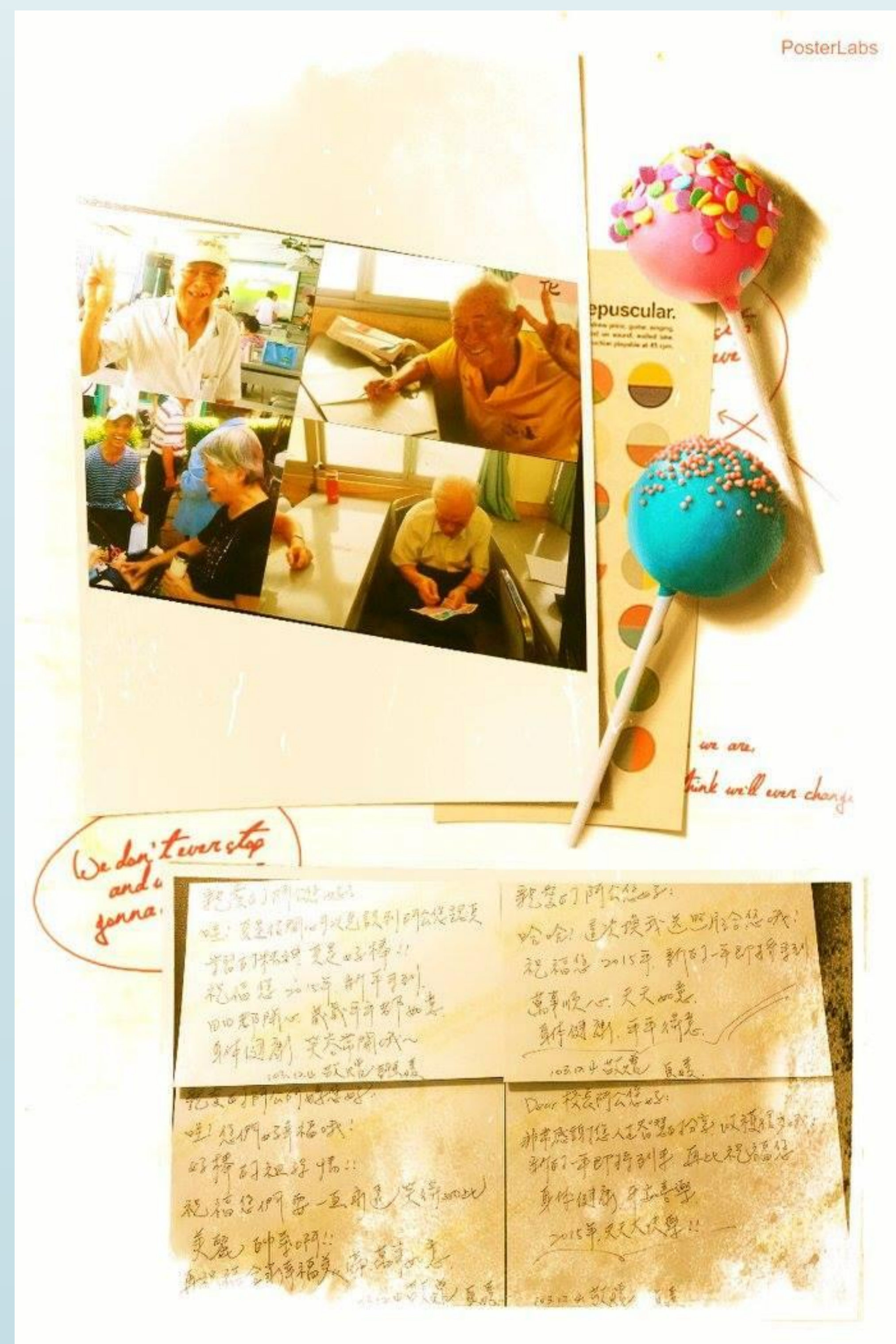
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Purpose:

The course targets to help older people to interest learning in the community adult school, and therefore improving their self-health care.

Methods:

There were totally 16 sessions in the self health care classes (n=81), undertaking a 180-minute session once a week. Each section was designed involved four topics, as 16 different topics consisted of the self-healthcare classes.



Picture made By Dr. Chen-Yuan Hsu

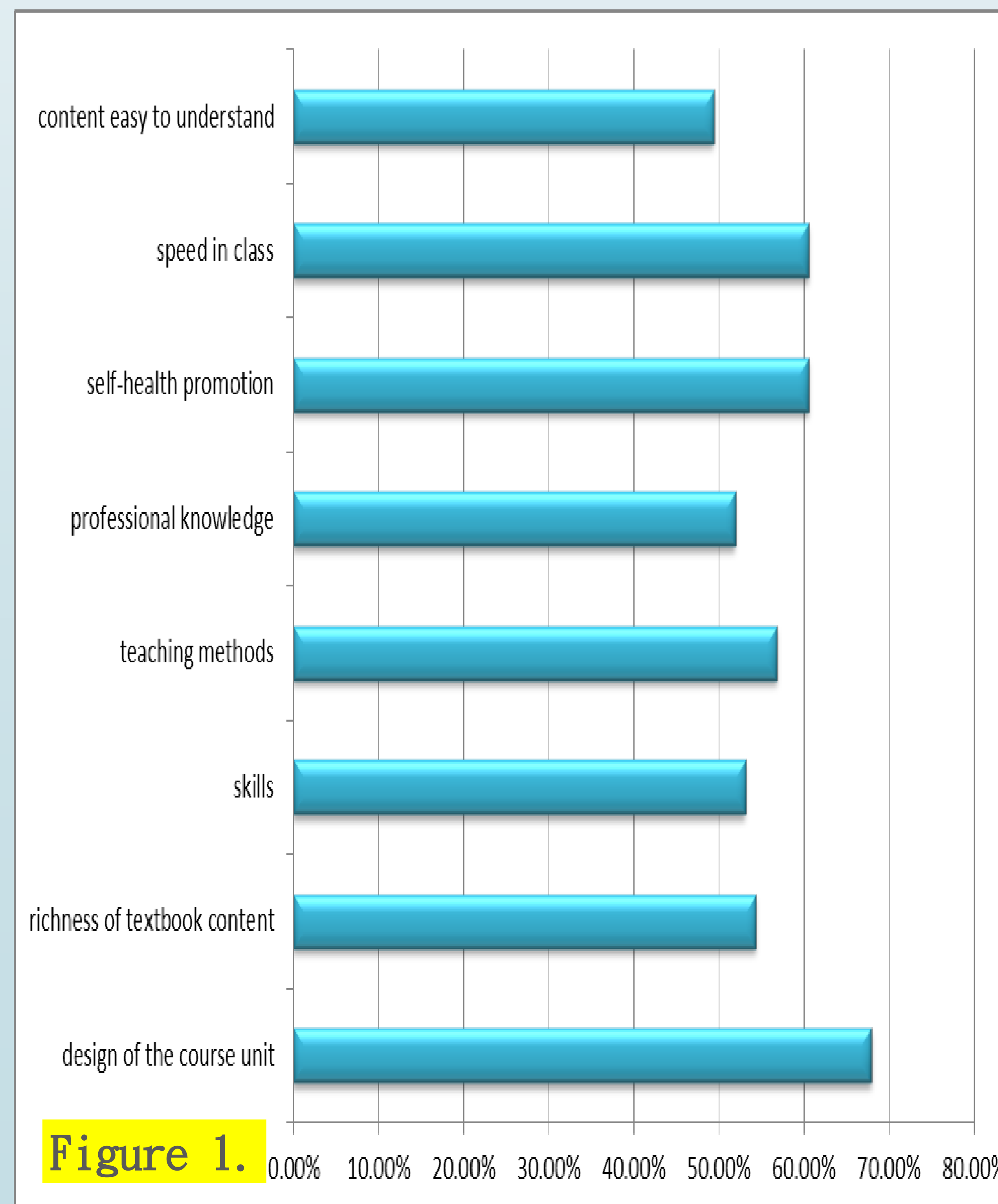


Figure 1.

Results:

The outcome recorded higher percentage on satisfaction score as Figure 1.

Conclusion:

This study indicates that older Taiwanese people satisfied with self-health care classes in the community adult school, also provided the reference to encourage older Taiwanese people participating in self-health care classes in the future, and therefore improving their self-health care.