

## Disability prevention programs for older people: factors associated with medical and nursing care costs

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### Abstrak

This study aimed to clarify factors associated with medical and nursing care costs for older people living in community and to suggest an effective disability prevention programs. Total of participants in this study was 83 individuals (29 men and 54 women; mean age  $81.2 \pm 6.3$  years old) on November 1st - December 28th, 2014. This study compared the average medical and nursing care costs per month with national average for those aged  $\geq 65$  years old. Logistic regression test was conducted to examine its association with medical and nursing care costs. Those who had outing activities  $\geq 3$  times a week were approximately three times less likely to reduce medical and nursing care costs than those who had outing activities  $< 3$  times a week despite three controlled covariates (OR = 3.23 and 95% CI = 1.03 - 10.42).

Disability prevention programs that improve frequency of out-ing at least three times in a week may become a valid economic approach to older people who do not live in nursing home.

Penelitian ini bertujuan untuk mengklarifikasi faktor-faktor yang terkait dengan biaya medis dan perawatan lanjut usia (lansia) yang tinggal di panti sosial serta menyarankan program pencegahan disabilitas yang efektif. Total partisipan dalam penelitian ini adalah 83 orang (29 laki-laki dan 54 perempuan; usia rata-rata  $81,2 \pm 6,3$  tahun) pada 1 November - 28 Desember 2014. Penelitian ini membandingkan biaya medis dan perawatan rata-rata per bulan dengan rata-rata nasional bagi yang berusia  $\geq 65$  tahun. Uji regresi logistik dilakukan untuk memeriksa keterkaitannya dengan biaya medis dan perawatan. Mereka yang pergi ke luar rumah  $\geq 3$  kali seminggu tiga kali lebih kecil kemungkinannya untuk mengurangi biaya medis dan perawatan dibandingkan mereka yang pergi ke luar rumah  $< 3$  kali seminggu meskipun dengan tiga kovariat yang dikontrol (OR = 3,23 dan 95% CI = 1,03 - 10,42). Program pencegahan disabilitas yang meningkatkan frekuensi ke luar rumah sedikitnya tiga kali seminggu dapat menjadi pendekatan ekonomis yang valid pada lansia yang tidak tinggal di panti wreda.