



Active-Aging Policy Based Creative Teaching Materials for Developing Senior Health Promotion Course

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Background and objective

As the world population enters a fast-aging pace, health promotion in preventing and delaying senior disability and dementia with advocacy for active aging becomes most pressing. The "Veterans General Hospital Tainan Branch Comprehensive Senior LOHAS Center" was established in 2017 to offer a 12-week community course, targeting at community frailty with high-risk for disability and dementia. This course integrates cognition, nutrition, and physical fitness subjects as multiple interventions. The improved eye chart helps screening senior vision through interactive games. Seniors also improve cognition capacity, hand-eye coordination, and reaction to delay disability and dementia.

Methods/intervention

Based on planning>action>feedback>replanning action research, the course materials develop improved eye charts, color signs, and direction signs, made of corrugated board mostly. The teaching materials are wrapped with masking tape on the edges to prevent skin injury. The letters on eye chart are inlaid with LED in different colors for easy identification. The eye chart is incorporated with cognitive cards to improve health literacy.

Results

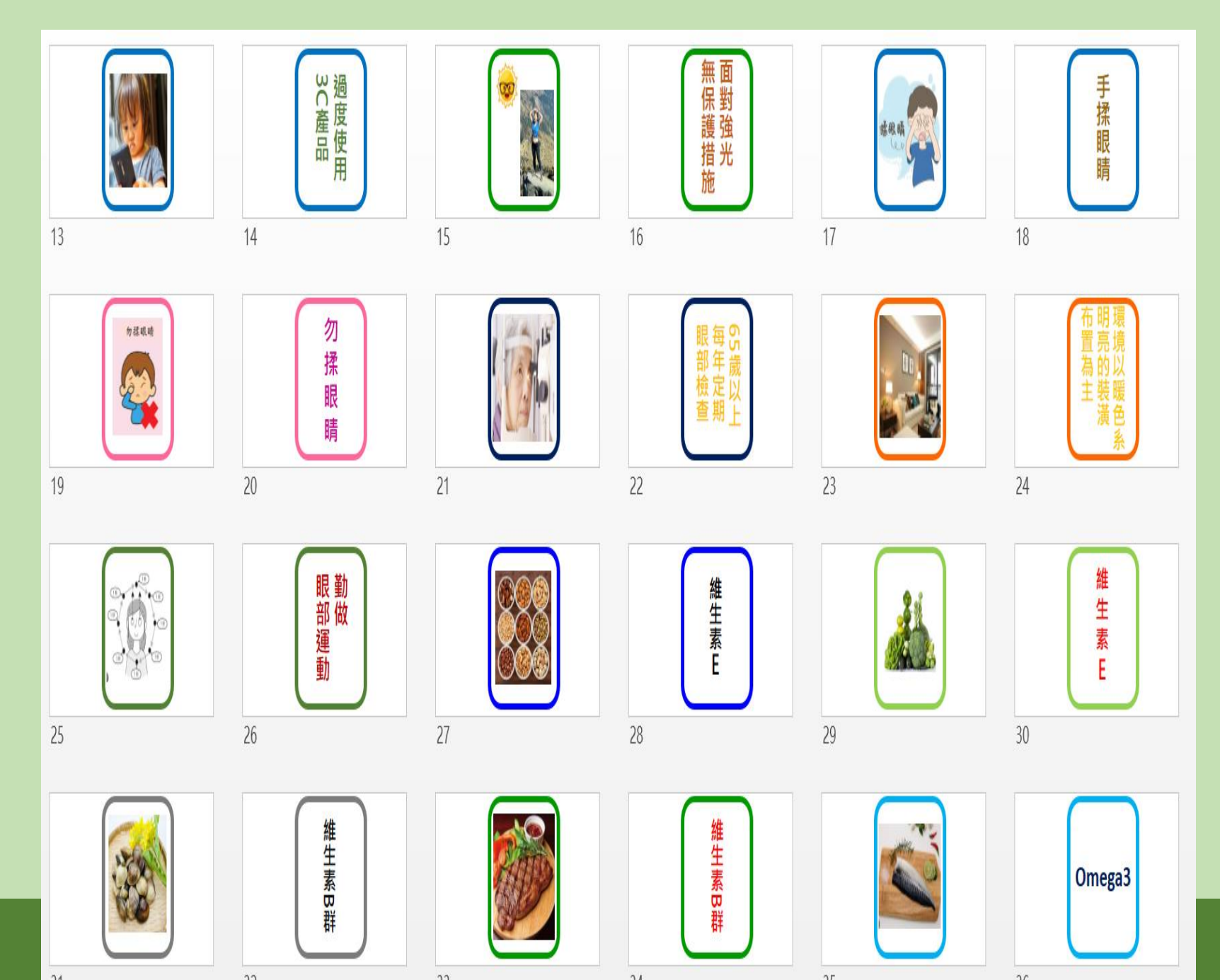
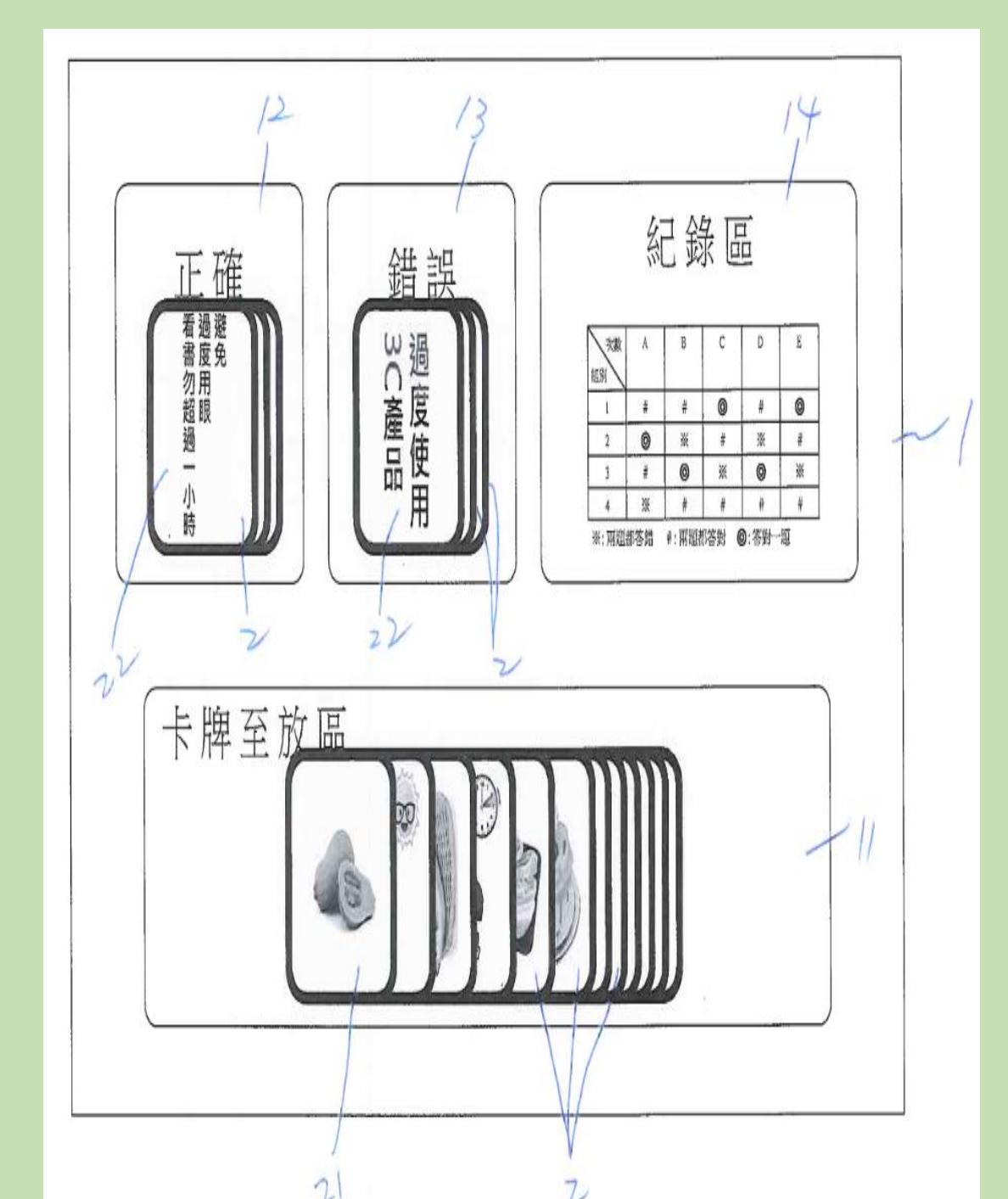
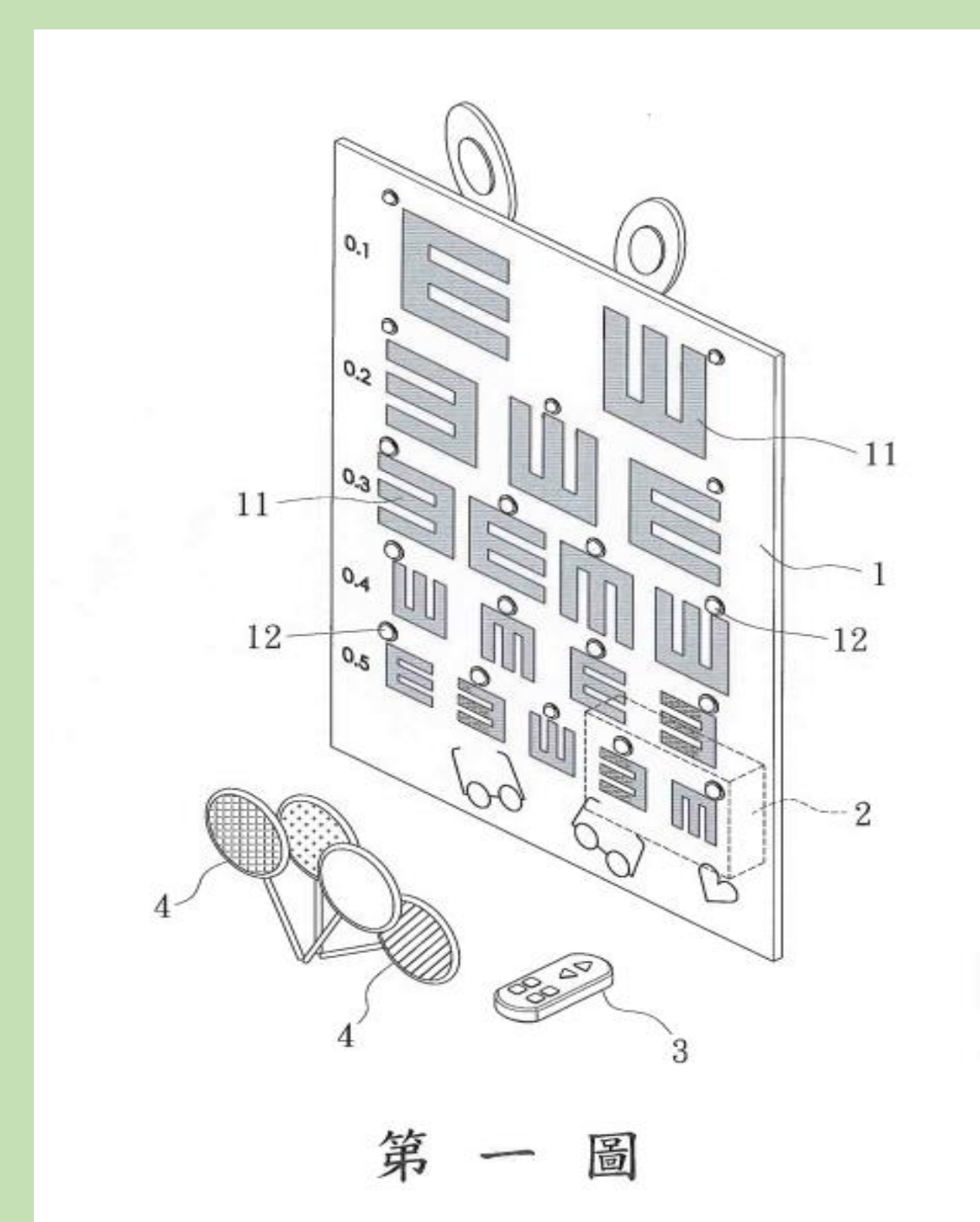
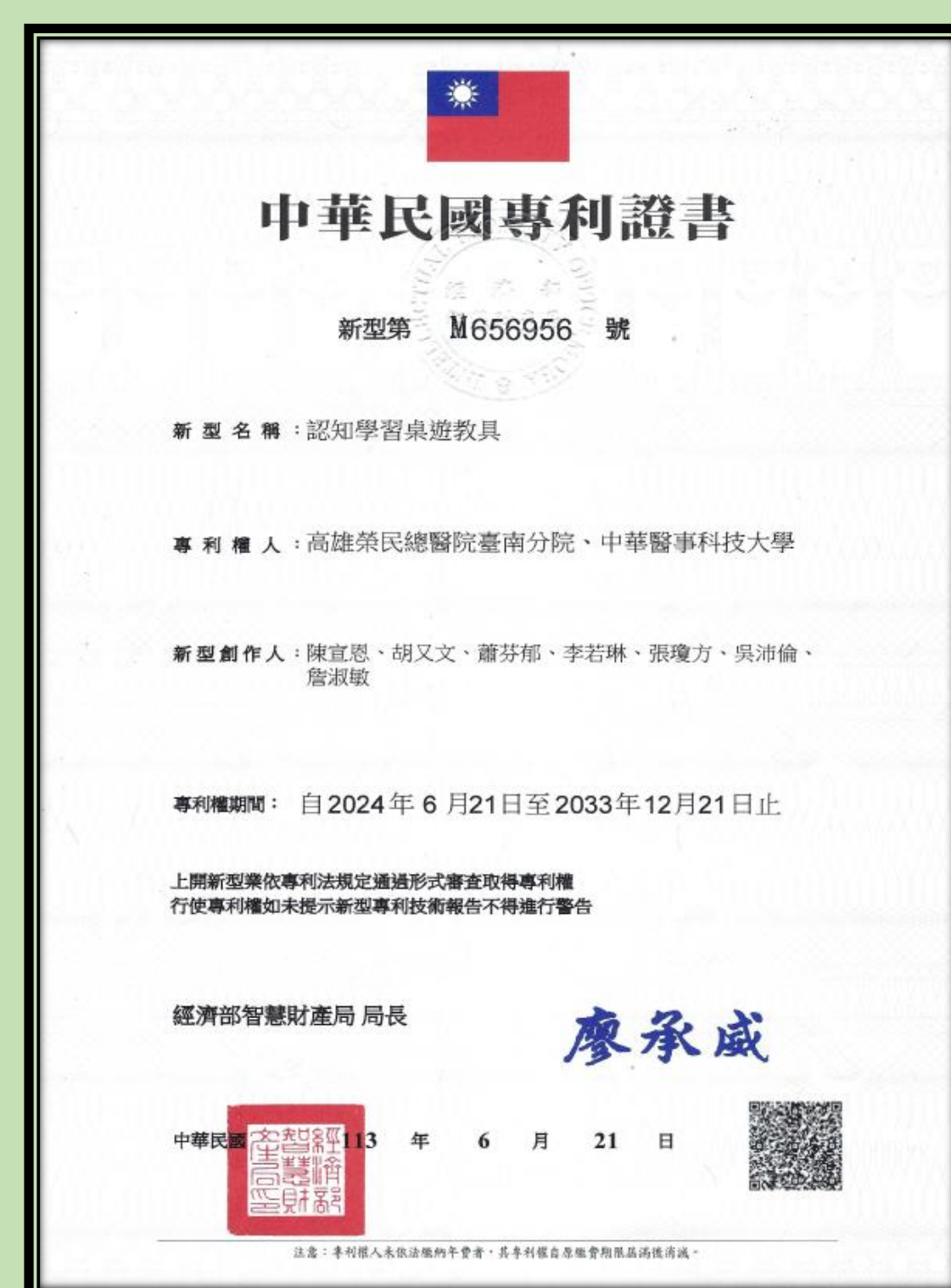
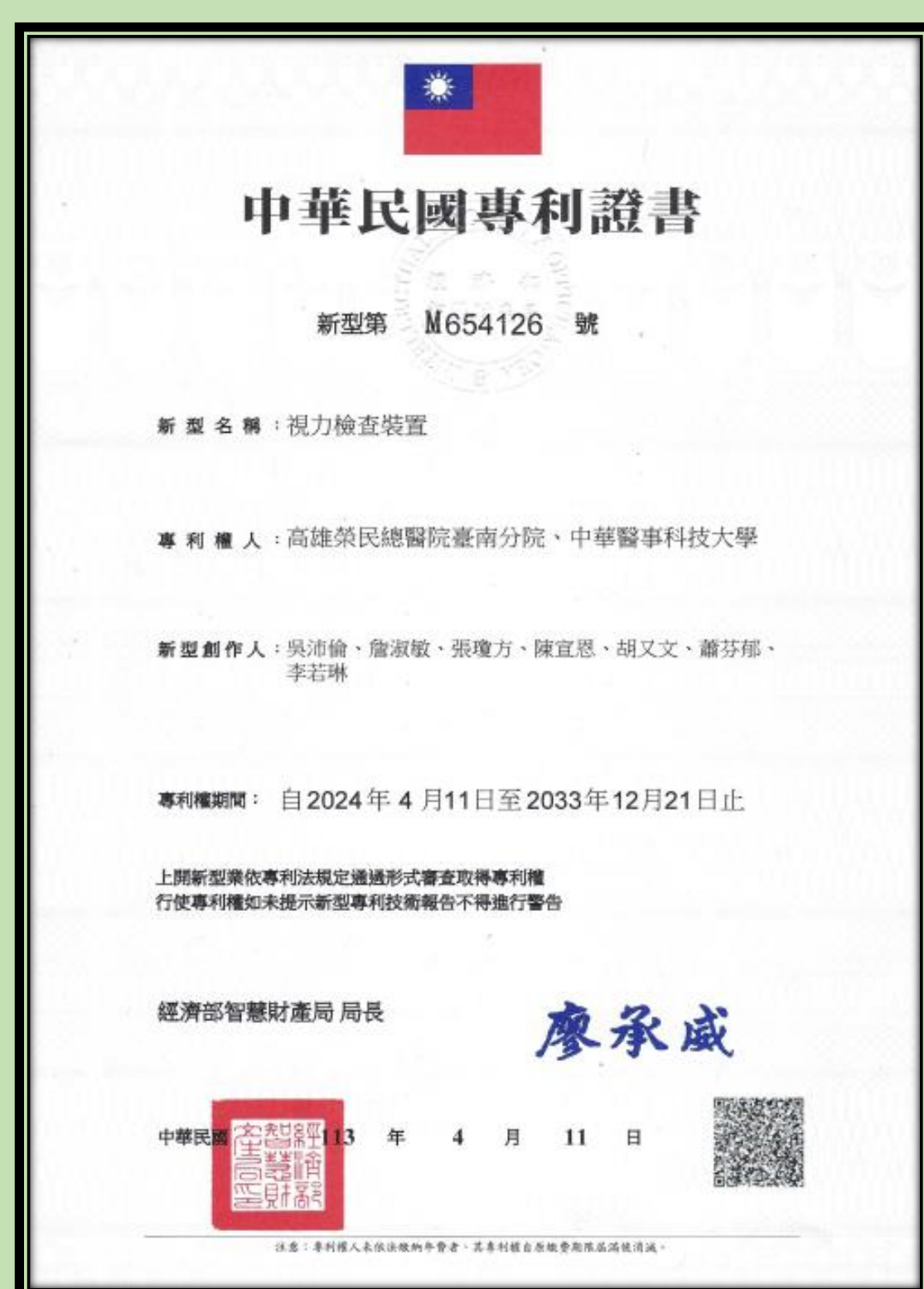
The teaching materials received national creativity golden award and patent. The intervention course using creative teaching materials improves senior's health literacy, social engagement, confidence boosting, and implementing health behaviors in life to meet the active-aging goals.

Conclusions/lessons learned

Improved eye chart incorporated with board game cards can preliminarily screen the vision and cognitive levels in community seniors. The presentation of quantitative data will further analyze the public characteristics and other courses needed for intervention.

Relevance to health promoting hospitals and health services

Improved eye chart creative teaching material can reduce cost of national health insurance on the public aspect, lift burden on family caregiver on the family aspect, and improve the living quality of seniors on the personal aspect.



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