



A Community Development

“Elderly Revolutions at Panti Sosial Gerbang Emas Anak Raja Pemulihan”

FINAL PROJECT BY SOCIAL PROJECT

**Submitted as one of the requirements to obtain
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ABSTRACT In this increasingly advanced world, prioritizing health and wellbeing is of utmost importance. In fact, in Indonesia, especially among the elderly population, these basic needs are not met evenly. To overcome this, we have initiated an "Elderly Revolution" in "Panti Sosial Gerbang Emas Anak Raja". This movement aims to improve preventive health care by educating the elderly about the use of basic health equipment, reducing the risk of disease, and empowering the elderly to live healthy lives. The Elderly Revolution was carried out in Pongol Kidul, Karawang Kulon, West Karawang, Karawang Regency, West Java Province and targeted 18 elderly people who were residents of "Panti Sosial Gerbang Emas Anak Raja Pemulihan" in line with the UN Sustainable Development Goals, in particular Goal 3 on Health and Well-Being, and the concept of Social Determinants of Health - a theory that can explain the role of social factors in determining inequalities in human health and well-being in the 21st century -, our efforts will offer education, consultation, and training sessions. These efforts are carried out by carrying out community development projects, collaboration with health experts, and interactive method approaches. To measure our success, there are three determining factors, namely increasing understanding about healthy living, increasing understanding about the use of basic medical equipment, and feedback from target participants. By empowering the elderly with knowledge about healthy living practices and training in the use of medical equipment for caregivers, we can uphold their right to primary health care, promoting their well-being without limits. Keywords: SDG no 3, elderly revolution, community development, nursing home

ABSTRAK Di dunia yang semakin maju ini, memprioritaskan kesehatan dan kesejahteraan adalah hal yang sangat penting. Faktanya, di Indonesia, khususnya di kalangan penduduk lanjut usia, kebutuhan dasar ini tidak terpenuhi secara merata.

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ABSTRACT

In this increasingly advanced world, prioritizing health and well-being is of the utmost importance. In fact, in Indonesia, especially for the elderly population, these basic needs have not been met evenly. To overcome this, we initiated the "Elderly Revolution" at the "Children's Golden Gate Social Institute". This movement aims to improve preventive health services by educating the elderly about the use of basic health equipment, reducing the risk of disease, and empowering the elderly to live healthy lives. SDG number 3, which aims to improve people's welfare and health, encourages us students as implementers in the program set by the international organization. Achieving universal health coverage and reducing deaths from non-communicable diseases and improving mental health are some of the main pillars in SDG number 3 in Indonesia. . The Elderly Revolution was implemented in Poponcol Kidul, Karawang Kulon, West Karawang, Karawang Regency, West Java Province and targeted 18 elderly residents of the "Panti Social Gate Emas Anak Raja Recovery" in line with the UN Sustainable Development Goals, in special Goal 3 on Health and Welfare, and the concept of Social Determinants of Health a theory that can explain the role of social factors in determining disparities in human health and well-being in the 21st century, our efforts will offer education, consultations, and training sessions. These efforts are carried out through implementing community development projects, collaboration with health experts, and interactive method approaches. To measure our success, there are three determining factors, namely increasing understanding about healthy living, increasing understanding about the use of basic health tools, and input from target participants. By empowering seniors with knowledge about healthy living practices and training in the use of medical equipment for caregivers, we can uphold their right to basic health services, improving their well-being indefinitely.

Keywords: SDG no 3, elderly revolution, community development, nurshing home

ABSTRAK

Di dunia yang semakin maju ini, memprioritaskan kesehatan dan kesejahteraan adalah hal yang paling penting. Faktanya, di Indonesia, khususnya bagi penduduk lanjut usia, kebutuhan dasar tersebut belum terpenuhi secara merata. Untuk mengatasinya, kami memprakarsai "Revolusi Lansia" di "Institut Sosial Anak Golden Gate". Gerakan ini bertujuan untuk meningkatkan pelayanan kesehatan preventif dengan mengedukasi lansia tentang penggunaan alat kesehatan dasar, mengurangi risiko penyakit, dan memberdayakan lansia untuk hidup sehat. SDG nomor 3 yang bertujuan untuk meningkatkan kesejahteraan dan kesehatan masyarakat, mendorong kita para pelajar sebagai pelaksana dalam program yang telah ditetapkan oleh organisasi internasional tersebut. Pencapaian cakupan kesehatan semesta dan penurunan kematian akibat penyakit tidak menular serta peningkatan kesehatan mental merupakan beberapa pilar utama dalam SDG nomor 3 di Indonesia. . Revolusi Lansia dilaksanakan di Poponcol Kidul, Karawang Kulon, Karawang Barat, Kabupaten Karawang, Provinsi Jawa Barat dan menysar 18 warga lanjut usia “Gerbang Sosial Panti Emas Anak Raja Pemulihan” sejalan dengan Tujuan Pembangunan Berkelanjutan PBB, pada Tujuan khusus 3 tentang Kesehatan dan Kesejahteraan, dan konsep Penentu Sosial Kesehatan sebuah teori yang dapat menjelaskan peran faktor sosial dalam menentukan kesenjangan kesehatan dan kesejahteraan manusia di abad ke-21, upaya kami akan menawarkan pendidikan, konsultasi, dan sesi pelatihan. Upaya tersebut dilakukan melalui pelaksanaan proyek pengembangan masyarakat, kolaborasi dengan pakar kesehatan, dan pendekatan metode interaktif. Untuk mengukur keberhasilan kita, ada tiga faktor penentunya, yaitu meningkatnya pemahaman tentang hidup sehat, peningkatan pemahaman tentang penggunaan alat kesehatan dasar, dan masukan dari peserta sasaran. Dengan memberdayakan lansia dengan pengetahuan tentang praktik hidup sehat dan pelatihan penggunaan peralatan medis bagi perawat, kita dapat menegakkan hak mereka atas layanan kesehatan dasar, sehingga meningkatkan kesejahteraan mereka tanpa batas.

Kata Kunci: SDG no 3, revolusi lansia, pengembangan masyarakat, panti jompo