

Home Care: Acceptable or Unacceptable to Batangueño Families

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Abstract – *This study aimed to explore on the emotional effects of nursing home care to elderly. Specifically, it identified the reasons for bringing the elderly to a nursing home and determined the level of acceptance of Batangueño families in nursing home care. Ten geriatric residents from two different home care institutions acted as participants of the study. They were interviewed using an interview guide questionnaire, and then recorded to gather the necessary information. One care giver of each institution was asked to answer a checklist regarding the reasons why the elderly was brought to the institution. Fifty families of each of the four districts in Batangas province was incidentally asked to answer the checklist regarding the level of acceptance in establishing nursing homes. Four themes were formulated and emerged as a result of the study, namely: feelings of sadness being away from home and family, longing for the presence of family members, feelings of abandonment, feelings of being a burden to their families and relatives. The main reason why the elderly was brought to the nursing home is “No available family member to take care of the elderly.” The results showed home care was moderately acceptable to Batangueño Families.*

Keywords – *Home Care, geriatric, care giver, sadness, abandonment*

INTRODUCTION

Taking care of the elderly is one of the aspects of nursing care. It is said that the scope of nursing constitutes from womb to tomb. Generally, an elderly client has special needs in which significant others along with health professionals need to provide. Nowadays, nursing homes are being established for elderly clients who need special care and much attention in terms of physical, emotional, social, mental and even spiritual. Because of this, home care should be a place of tranquillity, safety, and security to provide optimum health for the elderly to attain the maximum capacity of independency.

In the Philippines, taking care of the elderly has always been a tradition among the Filipino families. Multigenerational homes are common. Family members provide extensive support to elderly and represent the elderly's most significant social, emotional, financial resource [1]. Because of the changing times, abandonment and inability to provide home care and financial support and for some other reasons, institutionalization for the elderly was the last resort of some Filipino families for long term care.

Most of the elderly experience depression, fear, dependence to health care providers and family, physical changes as aging occurs. As the persons get older, they become more dependent and demanding. All aspects of the human body are affected physically, mentally, emotionally and socially. The people experience what is commonly known as the second childhood thus they become more difficult to understand and uneasy to get along with. When dealing with aging special care, attention and treatment should be applied.

Home care center, more so-called nursing home, is a facility that offers skilled and nursing care to geriatric clients [2]. They attend the elder's physical, emotional and mental needs. Services rendered often include bathing, hygiene, eating, and recreational activities [3] that encourage each client to function independently. Home care center institutions are intended to have an environment that is safe and accommodating to all the clients. They are willed to provide homelike and therapeutic environment to foster independency to elderly. Home care centers located in Batangas Province are Sagip Buhay Tahanan in Bauan, and Sta. Ana San Joaquin Bahay Ampunan Foundation Inc. in Tanauan which play an important role for caring for geriatric patients who are abandoned, sick, or handicapped.

According to the National Statistics Office [4] the total number of senior citizens (aged 60 and above) is 4, 565, 560, about 5.97% of the total Philippine population. It is an integral part of Philippine society and the State has a responsibility to protect its members. According to Department of Social Welfare and Development [5],

there are programs and approaches that are established by the Philippine government for the elderly. According to the Republic Act 9994 or “Expanded Senior Citizen Act of 2010 Sec.5” The government shall provide social services including residential care/group homes that are government-run or non-stock, non-profit domestic corporation organized and operated primarily for the purpose of promoting the well-being of abandoned, neglected, unattached, or homeless senior citizens, subject to the guidelines formulated by the DSWD.

The researchers became interested in this study to mainly create awareness among the present, future generation and even their parents, that there is developing trend in accepting among Batangueños in establishing and putting the elderly in nursing homes. This study can provide basis for giving assurance to the future elderly that there are possible nursing homes where they can settle for later life.

OBJECTIVES OF THE STUDY

Specifically, this study aims to determine the acceptability or unacceptability of homecare among Batangueño families. Secondary is to explore on the emotional effects of nursing home care to the elderly and to identify the reasons for bringing the elderly to a nursing home.

METHOD

This part consists of research design, informants of the study, study locale, instrument that was used, data gathering procedure and data analysis.

Research Design

To determine the emotional effects of the elderly living a nursing home, the researchers utilized the quantitative study to enable the gathering of data needed, and an interview guide is also used. The qualitative part of the study was considered as one of appropriate designs of the study to gather information about the emotional effects on the elderly as they are institutionalized.

Furthermore, the quantitative method was also used to identify the reasons why the elderly was brought to the nursing home and also to determine the level of acceptance of Batangueño families in putting them up in institutions.

According to Polit and Beck [6], qualitative research is the investigation of phenomena, typically in an in-depth and holistic fashion through the collection of rich narrative materials using a flexible research design. In addition, a qualitative study is also defined as the concern with subjective meaning of one’s experiences, focuses on the insights or perceptions of the individuals of the

phenomenon under investigation. Qualitative research is utilized because the study falls under a phenomenological study that focuses on life and emotional experiences giving a perception of a particular phenomenon.

Meanwhile, quantitative research is the investigation of phenomena that lend themselves to precise measurements and quantification, often involving a rigorous and controlled design. The appropriate research design for the quantitative part is the descriptive research design specifically the typical descriptive design which is defined as the design which examines characteristics or explores aspects of phenomena of interest of a single sample.

Study Locale

For the qualitative part, the study was conducted in the nursing home merely, Sagip Buhay Foundation in Bauan, Batangas and Sta. Ana, San Joaquin Bahay Ampunan Inc. in Tanauan, Batangas. The institutions can be easily accessible in terms of time due to location and transportation. The nursing homes can be reached through a public utility vehicle.

For the quantitative part, the study was conducted within the four districts. District one consists of Taal and Lemery. District two includes Bauan and Batangas City. District three comprises Mataas na Kahoy and Lipa City. Lastly, district four has San Jose and Cuenca.

Participants of the study

The study utilized residents of the two nursing homes, who fall under the criteria of the study, who are 60 years of age and above permanently living in that institution, can clearly understands the interview questions and capable of giving enough information to suffice the data needed in the study and they were purposively chosen.

The nursing caregivers were chosen purposively because they can provide the necessary information and reason why the elderly was brought to the nursing home since they are the ones who took care of them and know relevant information starting from their condition when they were brought in until now.

For the 200 family’s quota sampling was utilized 50 families per district where chosen as participants because this number can provide sufficient information and this number can already represent the whole population.

Data Gathering Instrument

For the in-depth interview of the informants an interview an interview guide was utilized to gather the necessary data needed in the study, this questionnaire

was based on related journals and some questions are self-made by the researchers.

For the caregivers, a self-made checklist was considered containing an itemized questionnaire about the reasons why they were brought in the nursing home, answerable by Yes or No. The questionnaire was based on related thesis and self-made constructed questions by the researchers.

For the 200 participants representing the families of 4 districts a self-made checklist was made using the Likert scale. They are required to rate the statements provided in the questionnaire. These were available in Tagalog and English for them to be easily comprehended.

Data Gathering Procedure

An In-depth Interview was conducted for the qualitative part of the study. Before the interview, an informed consent was signed by the key informants for legal purposes. Fortunately, the interviewees were cooperative and allowed us to have the interview. After the consent was signed, the interview was conducted. The interview lasted for 20-60 minutes during the day, in their chosen area of the institution, was tape-recorded and noted. The respondents were oriented about the purpose of the study before the participants were asked to answer the set of questions and informants were interviewed.

For the quantitative part of the study, the researchers handed out questionnaires for the caregivers of each institution. The number of questionnaires provided to the caregivers depends on the number of the residents living in the nursing home. The caregivers were to answer the questionnaires by checking the appropriate answer (Yes or No) for each item.

For the other quantitative part of the study regarding the representing families of the four districts, the researchers went out and commuted to the two chosen municipalities of each district. The researchers asked permission to the representative of the barangay to conduct interviews to the citizens of the community. The researchers conducted a house-to-house visit and asked them to answer the questionnaire by rating the answer using Likert scale.

Data Analysis

For the quantitative aspect of the study, data generated by the questionnaire were analysed using descriptive and correlational statistics. To further interpret and analyse the results, a four-point scale was used for the questionnaire of the Batangueño Families while for the reason why elderly was put into a nursing home a Yes or No questionnaire was utilized. The given

scale was used to interpret the result of the data gathered: 3.50 – 4.00 = Highly Accepted (HA); 2.50 – 3.49 = Moderately Accepted (MA); 1.50 – 2.49 = Fairly Accepted (FA); 1.00 – 1.49 = Not Accepted (NA).

Qualitative data were analysed thematically by producing a narrative output based on the responses to the interview guide made by the researchers [7].

RESULTS AND DISCUSSION

This section discusses the emergent themes formulated and the tabled data generated from the instruments used.

1. Emotional effects of Nursing Home Care to the Elderly

1.1 Feelings of sadness being away from the home and family

Emotionally, most of the informants felt sad when they realized that they needed to be put up in the nursing home. According to the informants we interviewed, they verbalized:

“Naiiyak ako”

“Nalulungkot ako kasi naiisip ko yung dating buhay”

“Malungkot pero okay lang”

“Noong una talaga ayaw ko dahil hindi kailangan, pero napag-isip isip ko, kailangan pala... kaya ayun nalungkot ako”

“Nalulungkot, di na makakalabas, mag-isa na lang ako sa buhay”,

“Malungkot talaga dahil namimiss ko ang aking pamilya”

Based on the previous related literature, institutionalization, the second stage of relocation, causes the feeling of helplessness, vulnerability and abandonment among geriatric clients. These feelings will eventually lead to sadness as they are separated from their family. The clients felt sad when they were brought to the nursing home as they were separated from their original homes and families. This is a natural, emotional response especially for a person who used to live in his own home and family. They will also experience a sense of loss with not having to live with the family anymore that will only also lead to sadness and become nostalgic. They will also be challenged to learn about the new living situation.

According to DePanfilis, D. & Daining, C. (2007) [8] that home is a true reflection of an individual and for an older adult. Therefore, older adults maybe directly affected emotionally by where he or she lives. Due to the new environment, the elderly was challenged to adapt to, he or she become uncomfortable and frustrated in coping up to this new phase of life and relocation, thus having

emotional sadness. Being away from the real home and family will directly affect the client's behavior and will aggravate the elderly's expected behaviors such as being rigid, irritable, dependent and querulous [9].

Being away from the family for the elderly would be difficult as this can weaken the family ties and make them alone and feel abandoned as the families have their own lives and live from each other separately. Although the nursing home would provide diversionary activities and companions to lessen the emotional sadness, the elderly cannot resist the feelings of being sad.

They are also afraid of being alone and are sad they don't have companions in life. It is inevitable in their situations to find social relationships since part of life is to find a sense of belongingness and friendship.

Karasu [10], chair of psychiatry and behavioral sciences at the Albert Einstein College of Medicine mentioned that "The elderly are lonely because they are alone," and that, "The seniors are put in nursing homes, assisted living communities. Those are totally disorienting experiences." Even when they're being taken care of by family caregivers, Karasu stated that there is often little attention paid to deep, engaging communication between a senior and the rest of the family.

1.2 Longing for the presence of family members

Regarding their relationship with their families, their responses were:

"Naiiyak ako pag naalala ko sila"

"Namimiss ko na sila"

"Nakakaramdam ako ng pag-iisa dahil wala na sila"

"Naiisip ko ang aking mga kapamilya"

Based from their responses, most of the respondents missed their former companions in life when they were still alive, or they were still together. Regarding their relationships with friends, their responses were:

"Kami kami na lang ng mga lola ang magkakaibigan at saka yung mga caregiver"

"Ang kaibigan ko na lang ay yung mga kasama ko dito nursing home"

Since they long for the presence of the family members, they find social relationships with the nursing home residents and caregivers. They find them as their social companions and see them as their own family while their biological families are not there to take care of them. They see them as their "own" family because they see them that they will take care of them at the very end.

Being away from the family make them miss and long for the presence of the family. They miss the times when they were together, they long for the bond and

companionship they've built throughout the years they were living together. When they become separated due to myriad of reasons, they will likely experience the immense longing for each other.

Definitely, loneliness is experienced mostly by the residents of assisted living facilities. They try to build up social interactions among their co-residents and the caregivers. The elderly establishes friendships with their co-elderly so that they can compensate their feelings of being separated from the families.

Visits from the family and significant others can also help the residents in a home care center by buffering the effects of being institutionalized or living far from own family. Residents who have more visitors are the one who perform better than those who have fewer visitors.

It is indeed a basic human need for individuals especially for the elderly that there must be an interaction between two or more individuals. Even if elders enter a home care facility, it shouldn't end there. Because if it ends there, the elderly client will experience sadness and sense of longing for the family who either left them or they have left behind. It is also truth and fixed in notion that the social environment plays a significant role in the quality of life of each patient. It includes the co-residents as well as the caregivers. Therefore, it is possible that one can build a satisfying relationship between co-resident/caregiver as well as being comfortable interacting to them. For the older person, his/her co-resident can be a confidant a family or a friend.

Meanwhile, in order for the elderly to cope up with the longingness for family, there are two important settings that should be considered in a home care center environment. First is the psychosocial environment which mainly focuses on the client's social interaction and deals with satisfaction of their living situation. The environment is socially therapeutic for nursing home residents that are designed to provide a positive and supportive environment that can boost communication, self-confidence, and hopefulness. Another thing given emphasis is the physical environment which is designed for the resident's safety and promotion of their functional status. Structural design of home care center is encouraging each resident to move and do activities independently while observing avoidance to injuries and overexertion on the daily activities.

Caregivers decrease the experience of the elderly by increasing the facilitation of social interactions. This increase can be achieved by balancing the social-worker-to-patient ratio while focusing on the concept of establishing an atmosphere comparable to a real home that caters to the physical, psychological, social, and emotional aspects of the elderly. Moreover, increasing

the daily visit limit of elderly nursing homes operated by both government and nongovernment organizations would be beneficial as it may promote socialization and improve social interactions.

In addition, De Guzman and Maravilla, [11] stated that including nursing home visits by nursing students would prove to be helpful. Such visits would not only bolster the experience and skill of the students, but they would also help the elderly to increase their social interactions within the nursing home. Lastly, promoting group interactions by providing adequate time for sharing of experiences, expertise, and knowledge to others would be good. Such sharing would provide the residents with adequate social engagements thereby lessening social isolation. By increasing and improving the social interactions the elderly has, the less feeling of social isolation, increased level of life satisfaction, and better social engagement can be felt. This will reduce an older adult's experience of loneliness.

1.3 Feelings of abandonment

Moreover, the interview, the informants were asked regarding how they felt when of being abandoned by the family members. According to the respondents:

“Naiiyak ako kapag hindi sila bumibisita”

“Nadedepress ako at nalulungkot”

“Nakakaramdam ng kaunting kalungkutan at pag-iisa”

“Nalulungkot talaga ako lalo't na't pag naalala”

“Nakakalungkot ako, at nakakainggit yung iba na may mga bisita minsan”, “Natatakot ako mag-isa”

“Nakakalungkot na pag kailangan ng tulong dati, tinutulungan ko sila, ngayong ako naman ang nangangailangan pinabayaan na nila ako”

Most of them responded that they were very sad whenever relative do not visit anymore. They feel worthless, unmissed, unappreciated and abandoned. They don't want to feel that way and don't want to feel lonely for the rest of their lives. The feel abandoned as they were left by their relatives in the nursing home.

In relation with the first and second emergent theme, the feeling of abandonment was caused by being rejected and neglected by their family because of not having their own family. In some cases, they have distant relatives that they don't care about them because they have own life to attend to.

In the study conducted by De Guzman and Maravilla, [11], most of the subjects who experienced loneliness were considered to be those not visited by family and relatives. Thus, this feeling of loneliness and abandonment are commonly experienced by elderly in the nursing home.

But in contrast, whether left by their relatives or family, the elderly still is looking on the brighter side of life as this is part of the Filipino culture. It appears that the Filipino elderly are part of the few exceptions possibly because Filipinos are naturally fun-loving and cheerful. Another possible reason is that most Filipinos believe that having a positive outlook in life gives the person strength to overcome difficulties in life.

In addition, from the article Aging in Place [12] cited isolation and abandonment are problems faced by the people in their old age. In today's society, many families are scattered far and wide or either left them due to inability of the family to take care of the elderly. Many older citizens do not receive visits from extended family and declining abilities often go unnoticed. They suffer loneliness and boredom to such a degree that it will impact all areas of their health and well-being.

1.4 Feelings of being a burden to their families and relatives

On the other hand, when they were asked about if they think they are “burdens” to their relatives, they answered:

“Pakiramdam ko pabigat ako, at sabi ng anak ko bahala na daw ako,”

“Bahala sila, kung ako nasa posisyon ng anak ko, di ako sasang ayon na mailagay sa nursing, dahil may mga sarili na silang buhay”

“Pakiramdam ko pabigat ako dahil pinabayaan nila ako na mag-isa dito”

“Nasasaktan ako, ayaw ko pag-usapan”

Based on the informants' responses, majority feels that they are burden to their respective families. They felt this as they were put in nursing homes with no relatives to be with. Most of them would rather stay in a nursing home than in their home because they felt they were not well taken care of by their families.

Being put in a nursing home already would make one realize the feeling of being a burden to the person who takes care of them because they think that their family has exhausted all their efforts and got tired, gave up in caring for the elderly. The nursing home became last resort and most appropriate option where the client can reside. Feelings of being a burden, however, is unusual and is uncommon for the elderly to feel that way because in the Filipino culture “Utang na Loob” is being practiced showing reverence and respect among elderly until the very end should be taken care of by the family as a sign of gratitude and close family ties.

The aging process makes a person insecure in many things. Deteriorating health and the onset of illness and eventually being dependent on others for help are enough to make a person feel “useless”. Many elderlies assume

that as their health deteriorates, they also begin to be a burden to their family members, the staff and the society. They now assume a different role, from being a productive then feeling of a certain frustration, shamefulness, and then to a finally and hopelessly on being so dependent and un-useful. This results in feelings of distress, loss of control and a negative self-concept. McPherson [13] refers these feelings to a person who sees himself/herself as a "Self-Perceived Burden." The participants were 65 patients with advanced cancer and their family caregivers. Patients completed measures of SPB and family members completed a caregiver burden scale. The study resulted that SPB was experienced at minimal to mild levels by 35% of patients, and at moderate to extreme levels by another 28%. It was correlated with some physical symptoms, but more frequently with psychological symptoms. The family members of patients who reported that SPB was a significant problem had higher scores on the caregiver burden scale than family members of other patients ($p=0.048$), although the overall correlation was modest. It concluded that SPB is a common and distressing concern for many patients receiving palliative care and is associated with a number of other distressing concerns.

The foregoing table discussed the Quantitative results of the study. Table 1 shows the reasons for the elderly being to bring the elderly in a nursing home.

The item that ranked the 1st highest for the Yes answer is, "no available family members to take care of the elderly" with frequency of 25, and percentage of Yes, 86.2%. Due to changing times, families of this generation have become more and more oriented and preoccupied to their personal businesses, especially to work. They tend to spend less of their time with family. As the children of the past generation become older, culture somehow also comes with it, forgetting to respect and give gratitude with the elders of their time. However, in Filipino culture, this is unacceptable but, in most countries, this kind of treatment is acceptable and placing the elderly in a nursing is not a big deal. The elderly in other countries accept this kind of treatment because they would have their own lives, having their own families who they will prioritize before the elderly, thus leaving the elderly alone.

In addition, another reason is that can contribute to the unavailability of the family member to elderly is that there are no significant others who are still existing, meaning they have died already. The elderly lost them due to their death, making them alone in life.

Furthermore, the family members become unavailable for the elderly is because the elderly left their

hometown they used to live in, thus never return, leaving their family behind. They relocate themselves or isolate from the real home due to conflict with the family. When the person becomes older and did not have family of their own, they eventually become lonely.

Due to unavailability of the family member to be placed in a nursing home, the elderly clients also decide for themselves that they should be put in nursing home facilities. They are also homeless, nowhere to go, and no one to be with. They believe that they'd rather be put in an institution wherein they will be taken care of rather than being homeless and wandering in the streets.

In the study conducted by De Guzman, & Maravilla, [11] among the reasons for staying in nursing homes were rescued (23.9%), homeless (13.9%), and abandoned (12.8%).

The Table 1 shows that ranked 2nd highest for the Yes category, with frequency of 23, and percentage of 79.3% is "the elderly is inflicted with terminal/degenerative illness that needs medical care" A nursing home is a facility which can improve or sustain the life and health of the elderly. It is designed to take care of the elderly who have deteriorating health because they have caregivers that know how to manage the elderly's condition and referrals and connections to other health facilities.

At the senility stage, their body functions degeneratively. There is a necessity for constant monitoring and assistance for the elderly especially those who already have chronic diseases. Not only chronic diseases but also normal physiologic changes that occur in aging process to be handled by the homecare health workers who are knowledgeable and skilful with geriatric care.

Terminally ill and clients with degenerative illnesses need medical care for extension of their lives and improvement of quality of life even at the late stages. Palliative care can be done in the nursing homes to alleviate the condition of the geriatric client. With this kind of care that can be provided in a nursing home, most of the families or the elderly choose this kind of institution because it provides the care they are looking for, and it is well equipped not only in human but also material and equipment resources.

Most of the elderly placed in nursing homes have degenerative illnesses, most commonly is dementia, along with Alzheimer's and other memory problems that their families may find difficult to handle. Nursing homes are place where they can give medical treatment or interventions that can minimize the extent of illness, and doctors or nurses are readily available on call.

Table 1. Reasons Why the Elderly are Brought to a Nursing Home

Indicators	Yes		Rank	No		Rank
	f	%		f	%	
1. The family lacks necessary equipment intended to care for the elderly such as hospital bed, wheelchair, and walker.	19	65.5	6	10	34.5	6
2. The income of the family is insufficient to sustain the special needs of the elderly.	22	75.9	3	7	24.1	7
3. The home environment may cause accident and is not suited for the elderly.	11	37.9	9	17	58.6	2
4. There is an inadequate living space for each member of the family.	15	51.7	8	14	48.3	3
5. The elderly is a burden on the part of the family.	2	6.9	10	25	86.2	1
6. The family is unable to sustain food and medication of the elderly.	18	62.1	7	7	24.1	7
7. The elderly needs assistance in the activities of daily living such as: If Yes,						
a. Voiding	22	75.9	3			
b. Defecating	21	72.4	4			
c. Bathing	22	75.9	3			
d. Eating	21	72.4	4			
e. Walking/Paglakad	20	69.0	5			
No	5	17.2				9
8. The elderly is inflicted with terminal/degenerative illness that needs medical care.	23	79.3	2	6	20.7	8
9. The family lacks capability in taking care of the elderly.	15	51.7	8	13	44.8	4
10. No available member of the family to take care of the elderly.	25	86.2	1	2	6.9	10
11. The elderly decided to put herself/himself in the institution.	18	62.1	7	11	37.9	5

The first item that ranked 3rd highest is “the income of the family is insufficient to sustain the special needs of the elderly” with frequency of 22, and percentage of Yes, 75.9%. Most of the elderly’s family belongs to the average level of living. With this kind of living, they will be able to provide their basic necessities like food, shelter, and medication but their special needs such as medications and medical equipment including the walkers, bed with siderails, canes, commodes, and wheelchairs are not part of budgeted expenses. Thus, putting the elderly in a nursing home, where quality care and well-equipped facility of medical supplies is at hand. Generally, these equipment’s are readily available in the nursing homes. Most of the families believe they would save money if they place the elderly at nursing homes rather than buying equipment’s that are needed to be paid in cash.

Some families prefer to put the elderly in a nursing home facility as it will save them in cost, instead of buying medical equipment’s which will only cost them more. Although the elderly and non-elderly share same categories of need (i.e., food, shelter, etc.), the extent of their need and its underlying cause could be dissimilar owing to the different life circumstances. The expenses to live in an assisted living residence will typically be much less than the costs of living at home with outside aid coming in Mac et al.[14].

The second item that ranked 3rd highest is “the elderly needs assistance in activities of daily living,

specifically voiding and bathing”, which has frequency of 22, and percentage of Yes, 75.9%.

The elderly in the nursing homes experience difficulty in voiding thus needing assistance when urinating. It is difficult for a family member to assist an elderly at home with regards to voiding because this needs hourly assistance which is hard to provide for the elderly, especially if the caregiver (family member) cannot give her full time in taking care of the elderly. Some elderly need assistance to go to the bathroom, some, who can afford, have commode at the bedside, while some who are in complete bed rest, use bed pans for urination. It is better for the families to put the elderly at home as the nursing home caregivers 24-hourly assist the client in voiding.

The need for assistance for the elderly in voiding is when urinary system undergoes changes too in which the urinary bladder reduces in size which leads to decreased bladder capacity. Many older people need to void when only 100 ml of urine is present. Urinary incontinence, the involuntary loss of urine is not a routine or normal occurrence with aging. A common bothersome disorder of older adults that requires skilful nursing attention is the involuntary loss of urine or urinary incontinence [15]. According to Eliopoulos, it shows that urinary incontinence presents 50% of the institutionalized older population, and the other 50% in community-based and hospital-based elderly. It is common more in women compared to men.

Bathing oneself is a skill and a necessity to maintain self-care and proper hygiene. This becomes difficult for the elderly as it increases the risk for slipping in the bathroom and also increases the risk for accidental burns after being bathed with unknowingly hot water since elderly's skin, as they age, have difficulty in distinguishing extreme temperatures. Bathing also becomes difficult as it demands scrubbing of the different body parts of the body; this lets the client bend and scrub areas of the body difficult to reach. This will be very difficult for the elderly especially those who have impaired mobility, those who still need to use canes or bars to assist in walking. Thus, elderly who are very weak not only physically but also mentally need assistance in bathing to ensure no accidents can occur. In nursing homes, they will be helped in bathing themselves as they are assisted by the nursing caregivers. The bathrooms are also designed with bars where the elderly could hold on while they are taking a shower. There are also commodes where they can sit up and be provided with a shower.

The item that ranked the 4th highest is "the elderly needs assistance in activities of daily living such as defecating and eating" with the frequency of 21, and percentage of 72.4%.

Defecating would be very difficult for the elderly specially those who are chronically ill or impaired mobility. It would also be difficult for family members who show ill and unemphatic relationships with the elderly, non-caregivers and are not willing to take care of the elderly but are "forced" to do so, to cleanse the elderly's diaper after defecating or cleanse the elderly after defecating on a toilet. This is difficult for the caregiver (present family member) because it would consume time and effort for them. Thus, this will resort them to choosing a nursing home where caregivers can do the work for them. Although this is a negative take on the family members, this for them, will surely help the elderly experience a more professional, appropriate and proper care by caregivers in the nursing home who know the techniques and quality practice on cleansing the elderly and keeping him/her dry after elimination of feces. Assistance is necessary for the elderly in ambulating to the bathroom, helping them sit on the toilet, and cleansing after their defecation. Defecation also takes so much time when elderly has difficulty in defecation, when there are impacted feces they find difficult to strain and release. This cause them pain not only physically but also emotionally as this cause discomfort. They need support, as unusual it may seem, to coach them throughout this process.

Regarding defecation during old age, from the article Mayo Clinic [16], constipation is more common in older adults. Changes in the small and large intestine of the elderly can cause constipation. Decrease physical activity and physical mobility is a big factor that causes constipation to the elderly. Factors that can contribute to constipation include a low-fiber diet, not drinking enough fluid and lack of exercise. Various medications including diuretics and iron supplements may also contribute to constipation. Certain medical conditions, including diabetes and irritable bowel syndrome, may increase risk of constipation as well.

Meanwhile, eating is another skill which an important aspect of daily living is definitely. It is actually the most important aspect because through eating consume nutrients, foods and anything that a person can invest in order to live. In relation to the study, eating would be difficult to the elderly as they gradually lose independence in feeding themselves. Most often, some elderly need to be spoon-fed by caregivers unless they are capable to do so. Spoon-feeding by the caregiver is done so that the elderly is adequately fed, avoid risk of aspiration and clean during feeding. Some elderly is also inserted with NGT or nasogastric tube for enteral feeding. This needs proper techniques in order for the elderly to be properly fed. This also requires for the caregiver to monitor patient every feeding, and to determine the preparation, type and amount of feeding to be fed for the client with NGT. This can be taught to the family member, but it would be very difficult for them to perform such specially when they are engaged into work and have no time for feeding or staying at home with the elderly. Putting the elderly in the nursing home is a choice the family members made in order to provide adequate nutrition for elderly. Eating also becomes a difficulty as the elderly would find time to prepare and buy his/her own groceries. Undeniably, the elderly need assistance for this aspect of living.

The following items would state the three lowest responses for the Yes answer. Ranked lowest of all the items for the Yes answer, with frequency of 2, and a percentage of Yes, 6.9%, is "the elderly is a burden on the part of the family". This is ranked as the lowest because considering the elderly a burden is unacceptable and unethical to most of the respondents who answered the questionnaire. This was ranked the lowest as the participants believed that the elderly is not a burden to the family. They were put in the nursing home due to unavailability of the family members to take care of the elderly. The significant others of the elderly are now preoccupied by their work and have difficulty in prioritizing time for the elderly, but they do not consider

the elderly as a burden or someone who gives a hard time on them. They just, rather, find it difficult to take care the elderly and make time for caring and assisting the elderly in their activities of daily living.

In the Filipino culture, reverence and respect to elderly is greatly valued. They are not seen as burdens, but rather children of these elderly should reciprocate what their parents have done to them as part of culture imbibed in the Filipinos.

The item that ranked the second lowest for the Yes response, with the frequency of 11, and a Yes percentage of 37.9% is “the home environment may cause accident and is not suited for the elderly.” This response obtained the 2nd lowest for the Yes answer because this was not the primary reason why the elderly was brought to the nursing home. The elderly’s original home was probably safe, but it lacks several equipment’s needed for special care of the client. The reasons of putting the elderly in the nursing home do not necessarily mean that the previous home was unsafe, or accident-prone. It was just lacking equipment’s and an environment where the significant others should always be present for the elderly.

Although the previous home of the elderly lack equipment’s, the home environment of the elderly is still considered safe but due to unavailability of family members to take care of the elderly, it is much safer for the elderly to be put in a nursing home for close monitoring of caregivers.

The item that ranked third lowest Yes answer, with frequency of 15 and percentage of 51.7% is “There is an inadequate living space for each member of the elderly.” This had the 3rd lowest Yes answer, meaning that the respondents do not fully agree with the statement. The previous home environment for the elderly probably have adequate living space but it does not mean it is a big reason why the elderly was put in a nursing home. It is true, that the form of Filipino families is usually an extended family, but it does not mean that all can afford to acquire large housing conditions and accommodate family members. This is somehow a reason for the respondent to answer No for this statement.

Table 2 presents the level of acceptance of Batangueño families on nursing home care. It was found out that the over-all assessment was moderately accepted with a composite mean of 3.12.

Among the items cited, there should be available nursing homes within the community ranked first with a mean score of 3.66 and verbally interpreted highly accepted. Since many elderlies in scope of the research study have no family because they were unable to marry and have their own child, they were better put in an

institution with someone that can suffice their necessities in order to have a high level of health status.

Table 2. Level of Acceptance of Batangueño Families in Nursing Home Care

Indicators	WM	VI	Rank
1. There should be available nursing homes within the community.	3.66	HA	1
2. Abandoned elderly should be put in a nursing home.	3.61	HA	2.5
3. Elderly should be put up in nursing homes even if he/she still have relatives to lessen the burden of the family.	1.80	FA	10
4. Insurance to pay for a nursing home should be made available.	2.51	MA	9
5. Elderly will be provided with better and proper care of caregivers in the nursing home rather than in the home with family.	2.59	MA	8
6. Elderly should be in nursing homes in order to improve health status: physically, emotionally, mentally, spiritually.	2.96	MA	7
7. There should be a written legal document of consent from the elderly before putting the elderly in a geriatric institution unless the patient is incapacitated to do so.	3.61	HA	2.5
8. Nursing homes provide safe and secured environment for the elderly.	3.53	HA	5
9. Nursing caregivers are more capable to care for the elderly.	3.57	HA	4
10. Elderly who are inflicted with terminal/degenerative illness should be put in a nursing home.	3.36	MA	6
Composite Mean	3.12	MA	

In the Philippines people have reverence for the elderly. The children take care of the elders. However, the younger generation loses that part of the culture after being interviewed by the trending culture today. Filipino senior citizens worry about who will take care of them in their old age as younger generations become more westernized and less involves in their parents and grandparents’ lives [17]. Nursing facility is the answer to meet the elderly need to meet optimum health. In order to meet the client needs, there are facilities that are mostly constructed in residential model that enable the

residents to have privacy and provide freedom and maintain their level of personal autonomy.

This is followed by “Abandoned elderly should be put in a nursing home” with weighted mean of 3.61, ranked 2.5, and was highly accepted. Abandoned elderly, or those who have no more family to take care of this elderly is necessarily be part in an institution. In the nursing institution, they can give the needs of the client to improve their health status. In order for the elderly to have a companion so when problem arises, they can count on someone regarding the basic necessities of the person such as food, clothing, shelter and other necessities that can help them to be better.

With the same rank, 2.5, weighted mean of 3.61, and was also highly accepted was, “There should be a written legal document of consent from the elderly before putting them in a geriatric institution unless the patient is incapacitated to do so.” Many of the participants agreed to this as this will assure that the elderly was not forced in going to the nursing home. He/she wholeheartedly accept whether to enter such institution that will change his/her quality of life. This process of putting the elderly in the nursing institution would not be easy specially if there would be resistance on part of the elderly. Ethically, in the field of healthcare, it is a must, that before any procedure or before anything that will be done to the patient, must require a consent or permission or else, this will violate the client’s right of autonomy, self-determination and self-disclosure.

In relation to this, according to Kamenetz [18] of takingcareofmomanddad.com, Legal documents should be fixed before an elderly become a resident of a nursing home. One of the important papers to be signed by the elderly and the relative, if present, is the admission contract. The admission contract compromises the contract between the nursing home and resident. It also consists of the consent or permission that elderly wants to reside in the institution. It specifies the services the nursing home will provide, and the fees, and the payer’s responsibilities. According also to the residents of the communities where data was gathered, before putting the elderly in the nursing home, the elderly must be asked for permission or consent if they would like to stay in the nursing home. DSWD centers also accept applicants for those adults toward becoming an elderly to be a resident of the nursing home.

The statement that ranked 4th is “Caregivers are more capable to care for the elderly” with weighted mean of 3.57 and nursing homes provide safe and secured environment for the elderly with weighted mean of 3.36.

According to the residents of the communities, it is a must to have nursing homes established especially for the

abandoned elderly within the community. Based on the latest research of the National Center for Geriatric Health Philippines, Dr. Ramos mentioned that nursing homes should be due to a demographic imperative. Society will change due to the aging population, change in culture, and increasing number of children of this elderly who are employed, getting jobs who will not be able to take care of the elderly who will be at home and alone. The values of having high reverence for the elderly and *Utang na Loob* towards the parents are gradually fading. On the other hand, since there is this kind of situation with many abandoned elderly being put into a nursing home, nursing homes are available in the province of Batangas. According to the caregivers of Sagip Buhay Tahanan in Bauan, and of Sta. Ana San Joaquin Bahay Ampunan Foundation Inc. in Tanauan, their main mission is to care geriatric patients who are abandoned, sick, or handicapped. Public health services in the Philippines are delivered to communities by the LGUs, with the DOH (through the CHDs) providing technical assistance. At present, other types of health care such as long-term care for the elderly and for persons with disabilities, palliative care, mental health care, dental health care and alternative/complementary medicine are still lacking [19].

According to Reinhard [20], nursing homes and skilled caregivers can provide care that promotes safety and security since the environment of nursing homes that have less risk of producing injuries and harm to the elderly. Caregivers spend a substantial amount of time interacting with their care recipients, while providing care in a wide range of activities. According to the caregivers of Sagip Buhay Tahanan in Bauan, and of Sta. Ana San Joaquin Bahay Ampunan Foundation Inc. in Tanauan, they always have scheduled activities that will promote betterment of health of the elderly client. The participants cited that nursing homes can improve health status: physically, emotionally, mentally, spiritually since nursing caregivers provide daily activities that can promote improvement of health.

The following are the items that ranked the lowest among the statements.

The item that had the least weighted mean, 1.80, fairly accepted, ranked 10th was the “Elderly should be put in nursing homes even if he/she still have relatives to lessen the burden of the family.” As what was mentioned before, the elderly is not seen as a burden to the family, but rather a responsibility that family member could not be able to make time for. The nursing home was not made for just letting the elderly live their old age in a retirement home, but rather to improve the quality of their lives. The respondents of this part of the research

believed that putting the elderly in the nursing home will lessen the burden on the family's part. This would reassure them that the elderly will be taken care of by professional and well-trusted caregivers.

The item that ranked 9th, with weighted mean of 2.51, moderately accepted, "Insurance to pay for a nursing home should be available." In order to provide an optimum health in the nursing home, the patient should be insured so that special needs can be given to the client. With this insurance the patient can gather what are needs looking for her, especially those patients needed a special care or those who have degenerative diseases, they are candidate for hospitalizations and confinement plus the medications and maintenance needed by the client to comply for his/her health, thus this insurance can help the institution to lessen the financial expenses especially to the government nursing institutions. It is best for the elderly to be insured so that when the relatives no longer visit and abandoned them, there will be an assurance that the elderly has no problem with his/her financial expenses.

On the other hand, the item that ranked 8th, with the weighted mean of 2.59, moderately accepted, is "Elderly will be provided with better and proper care of caregivers in the nursing home rather than in the home with family."

Elderly will be provided with better and proper care of caregivers in the nursing home rather than in the home with family. Nowadays elderly was left alone in the house taking care of non-blood related persons due to busy works of the other family members on their business and offices. Sometimes they are left alone with foods and everything that they need with the presence of anybody. Elderly might feel hopeless since they were alone and no intermediate family to talk to. Most of the elderly chosen for the study said that they might as well put to the nursing home than in their home with no one else to take care of them. Nursing home or assisted living facility is to provide individualized care in 24-hour basis. With this, client is monitored thoroughly and can be assured of safety and security, since nursing caregivers can provide what the client needs and assist them in ambulation.

CONCLUSIONS AND RECOMMENDATION

The residents of the nursing homes in Batangas Province experience sadness, longing for the presence of family members, feelings of abandonment and being a burden to their families and relatives. Although these are experienced by the elderly, they still consider each other as families and sources of joy while staying in the nursing home. Most of the elderly were placed in the nursing home because there were no available family

members or relatives to take care of them outside the nursing home. Being alone in life can greatly make one, especially for an elderly, realize the need of special care, dependent on the care of others, and decide for self to be put up in a nursing home so that actual needs can be met and be sufficed. The Batangueño families are accepting the establishment of nursing homes within the community especially for those who are abandoned. They viewed that legal documents or consent should be provided to the elderly before placing in an institution and a high acceptance for the belief that nursing homes have safe and secure environments and nursing caregivers are capable for caring the geriatric clients.

It is recommended that home care may devise a plan for scheduled visits of significant others to address the emotional aspects among elderly clients. Home for the aged may have linkages with different Nursing Schools for the improvement of the psychological, emotional, and social well-being of their constituents. The local government may provide nursing homes for every municipality as a result of the study which is highly accepted by majority of Batangueño families. Institutional promotion is necessary to acquire sponsorship and donations that can help improve the facilities and suffice the necessary equipment needed by the institution; this can be done through social networking and media. As future nurses the researchers recommend further study to identify the extent of putting up nursing homes in the province of Batangas, utilizing other variables not used in the study.

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