

ปัจจัยที่มีผลต่อการเลือกบ้านพักผู้สูงอายุเอกชนสำหรับผู้สูงอายุไทย

Factors affecting the selection of private retirement home for elderly Thai

กรวิชัย ตั้งอยู่ดำรงกุล^{1,2}, วิลาวลัย เลาวกุล², สิริพร ศาสกุล³

¹นักวิจัย คลินิกทันตกรรมสไมล์เวิลด์ จังหวัดเชียงใหม่

²คณะทันตแพทยศาสตร์, มหาวิทยาลัยเนชั่น

³คณะทันตแพทยศาสตร์, มหาวิทยาลัยเวสเทิร์น

Korravich Tangyudamrongkul^{1,2}, Wilawan Laowakool², Siriporn Sasakul³

¹Smile World Dental Clinic, Chiang Mai

²Faculty of Dentistry, Nation University

³Faculty of Dentistry, Western University

Received: 1 December 2018
Revised: 20 December 2018
Accepted: 25 December 2018

บทคัดย่อ

การวิจัยครั้งนี้มีวัตถุประสงค์เพื่อศึกษาปัจจัยที่มีอิทธิพลต่อการเลือกบ้านพักผู้สูงอายุเอกชนสำหรับผู้สูงอายุไทยในจังหวัดเชียงใหม่ โดยใช้แบบสอบถามเพื่อรวบรวมข้อมูลจากผู้สูงอายุที่อาศัยในจังหวัดเชียงใหม่ ในการใช้บริการสุขภาพในสถานพยาบาลเอกชนในจังหวัดเชียงใหม่ตั้งแต่เดือนมกราคม ถึง มิถุนายน พ.ศ. 2561 มีผู้เข้าร่วมการศึกษาจำนวน 439 คน ทั้งเพศชายและเพศหญิงอายุตั้งแต่ 60 ปีขึ้นไป การวิเคราะห์ข้อมูลใช้สถิติเชิงพรรณนา ผลการวิจัยพบว่า กลุ่มตัวอย่างส่วนใหญ่ ร้อยละ 30.6 มีรายรับ ระหว่าง 30,001 - 40,000 บาท ด้านการเลือกบ้านพัก พบว่า ร้อยละ 79.5 เลือกห้องพักเดี่ยว ร้อยละ 43.1 ยินดีจ่ายค่าห้องพักในอัตรา 1,001 - 1,500 บาทต่อวัน ร้อยละ 35.1 ยินดีจ่ายในอัตรา 20,001 - 30,000 บาทต่อเดือน ปัจจัยด้านความเป็นส่วนตัว ความสะดวกในการเข้าถึง ระบบรักษาความปลอดภัย ขนาดของห้องพักและช่องทางในการจองห้องพัก มีอิทธิพลต่อการเลือกบ้านพักผู้สูงอายุเอกชน อย่างไรก็ตามปัจจัยด้านที่ตั้งของบ้านพักผู้สูงอายุ มีผลกระทบต่อเลือกบ้านพักเอกชนของผู้สูงอายุ

คำสำคัญ : บ้านพักผู้สูงอายุเอกชน, การเลือก, ผู้สูงอายุ

Abstract

This study aimed primarily to investigate the factors affecting the selection of private retirement home for elderly Thai in Chiang Mai, Thailand. A questionnaire was utilized to collect data from elderly Thai living in Chiang Mai, Thailand during their utilizing private healthcare services in Chiang Mai, Thailand from January to June, 2018. Participants were 439 males and females with age 60 years old and over. The data analysis was conducted through descriptive statistical analysis. The results indicated the majority (30.6%) chose single room, 43.1% were willing to pay 1,001 - 1,500 Baht per day per room, 35.1% were willing to pay 20,001 - 30,000 Baht per month. Privacy, convenient to access, security system, size of room and different channel for reservation had an influencing on their selection of private retirement home. However, the factor of location had less impact on their selection of private retirement home.

Keywords : Private Retirement Home, Selection, Elderly People, Long Term Care, Aged Care Facilities

ผู้รับผิดชอบบทความ

ทพ.ดร.กรวิชัย ตั้งอยู่ดำรงกุล

นักวิจัย คลินิกทันตกรรมสไมล์เวิลด์ จังหวัดเชียงใหม่

คณะทันตแพทยศาสตร์ มหาวิทยาลัยเนชั่น

E-mail: korcm12smile@gmail.com

Corresponding author

Dr. Korravich Tangyudamrongkul

Smile World Dental Clinic

Faculty of Dentistry, Nation University

E-mail: korcm12smile@gmail.com

Introduction

Demand for private retirement home and care, including aged care facilities are expected to grow. The probability of utilization of private retirement home is relying on the readiness of private sectors to develop and marketing facilities to meet the needs of elderly both Thais and foreigners. The global larger proportion of elderly people demographic change results directly from the combination of low birth rate and increased longevity of citizen have a profound effect on the support ratio, defined as the number of workers per retiree¹. People are living longer, but that does not necessarily mean that they are living healthier. The increase in our aging population presents many opportunities and also several infrastructure challenges that we need to prepare for.

According to a survey by the United Nations, Department of Economic and Social Affairs¹, the proportion of the ageing population will be double; Thailand is the second largest proportion of ageing country in Asean. The number of elderly persons (defined as aged 60 and over) in Thailand has grown rapidly and will continue to move forward². Since 1960 the number of elderly people in the Thai population has increased seven-fold from approximately 1.5 million to 10.7 million by 2015 or 16% of the total population. Future population ageing will occur even more rapidly with the number of elderly persons projected to increase to over 20 million by 2035, of this number more than 30% of the population. Moreover, within the next few years, persons 60 and older will outnumber children under age 15 for the first time in Thai history³. Clearly, Thailand needs to urgently prepare ways and means of accommodating its aging population. This will involve the government, private sectors, community and family, especially in the areas of aged care facilities, ensuring enough accommodation for retirement, comfortable and social integration for better quality of life⁴⁻⁶.

Global ageing population presents opportunities to individuals and society to prepare for. However, as with any major demographic change, it also presents challenges on the business movement to develop facilities for the needs of this group, especially long-term care facilities. Traditionally, elderly Thais prefer to live in their own home and community and care by their children or other relatives^{7, 8}. The rise of nuclear family and the reduced number of children taking care of their parent add up to the need of external care⁹. This has prompted a paradigm shift in private retirement home and long term care from caring to curing illness to fostering quality of life of the elderly people¹⁰. The term "retirement homes" comprises all types of housing for elderly persons, from independent living apartments to aged care facilities, home healthcare and other age care related services. Long term care facilities for elderly people in Thailand are much fewer and new services in number compared to western countries due to the Thai traditional culture of caring elder people¹¹. But modern Thai culture in caring their elderly persons had been change massively, due to their families; relatives cannot look after by the younger generation in a home environment anymore⁹. Therefore, there is a great demand for private retirement home or long term care facilities to assist elderly people both Thai and foreign residents.

Choosing an aged care facility can be a very challenging decision to make for Thai elderly people or relative to be considered. Often, a decision is made under pressure, due to a sudden event that results in a loved one no longer being able to care for themselves in their own home. Perceived factors that influencing selection of aged care facilities is important for elderly people or relative to be considered before making a decision to use their services. Research on the factor of their selecting health care services has been extensive in acute care settings, whereas there has been only

limited research in residential aged care settings¹². Therefore, research into the factor influencing selection of aged care facilities need to be further investigating, especially in the Thai environment setting. The objective of this study was to investigate factors affecting the selection of private retirement home for elderly people living in Chiang Mai, Thailand.

Samples and Methods

The samples were composed of 477 elderly people living in Chiang Mai, both males and females with age 60 years old and over, whom utilizing private healthcare services in Chiang Mai, Thailand from January to June, 2018.

The research instrument consisted of two parts: Part one is a close-ended questionnaire examines general information of elderly people. Part two: Using Likert scale questionnaire 5 level rating their selection factors in choosing private retirement home. The questionnaire was reviewed by two academic expertise and testing reliability and validity by pre-test and post-test before collecting data. The data analysis was conducted through the use of descriptive statistical analysis.

For the current study, 477 questionnaires were collected for investigating the factors affecting the selection of private retirement home from elderly people who live in Chiang Mai, Thailand both males and females with age 60 years old and over in private healthcare services during January to June, 2018. Thirty-eight questionnaires were discarded since they were not properly completed, leaving a final sample of 439. This study used purposive sampling

to include only those attend the private health care facilities in Chiang Mai City area. In administering questionnaires, the researcher and assistance researcher (1) explained the purpose of the study, (2) obtained the informed consent form, and (3) explained how to fill out the questionnaires.

For data analysis, statistical analysis was carried out using SPSS 20.0 software to analyze the samples' personal. Descriptive statistics was used for interval scale items of elderly people selection including the mean for central tendency and standard deviations for variability

Results

The survey produced full responses from 439 of 477; for an overall response rate of 92.0%. The respondents' characteristics are summarized in Table 1.

As shown in Table 1, out of 439 respondents, the number of females (76.1%) was much greater than that of males (23.9%). The age group was between 60 to 65 years old (67.7%). Most of them were married (64.0%). For education level of respondent mostly was bachelor degree (64.0%). For their income mostly earn between 30,001 to 40,000 baht per month (30.6%). Lastly, most of them lived with their couple (54.4%).

Regarding type of room and cost of private retirement home, most of respondents prefer single room (79.5 %) and prefer cost of service between 1,001 to 1,500 baht per day (43.1%) and 20,001 to 30,000 baht per month (35.1%) as shown in Table 2.

Table 1 Personal information of the samples

No.	Personal Information	Frequency (n = 439)	Percentage (%)
1. Sex		105	23.9
	Male	334	76.1
	Female		
2. Age group (years)			
	60-65	297	67.7
	65-70	130	29.6
	71 over	12	2.7
3. Marital status			
	Single	67	15.3
	Married	281	64.0
	Divorce	40	9.1
	Separate	51	11.6
4. Education level			
	Under bachelor degree	51	11.6
	Bachelor degree	281	64.0
	Higher than bachelor degree	107	24.4
5. Income (Baht)/month			
	< 10,000	22	5.0
	10,001 - 20,000	35	8.0
	20,001 - 30,000	81	18.5
	30,001 - 40,000	135	20.6
	40,001 - 50,000	91	20.7
	> 50,000	75	17.1
6. Current living			
	Alone	112	25.5
	With couple	239	54.4
	With son or daughter	41	9.3
	Other	47	10.7

Table 2 Type of retirement room and cost of private retirement home

No.	Type and cost of private retirement home	Frequency (n = 439)	Percentage (%)
1.	Type of accommodation	105	23.9
	Single room	349	79.5
	Two bed in one room	51	11.6
	Four bed in one room	39	8.9
	More than four bed in one room		
2.	Rate of service/day (Baht)		
	Less than 500	66	15.0
	501 - 1,000	130	29.1
	1,001 - 1,500	189	43.1
	More than 1,501	54	12.3
3.	Rate of service / month (Baht)		
	Less than 10,000	118	26.9
	10,001 - 20,000	121	27.7
	20,001 - 30,000	154	35.1
	More than 30,001	46	10.5

For the factor that influencing elderly people selection of private retirement home in Chiang Mai, Thailand. Respondents were asked to rank six factors that influenced their selection of private retirement home. "Privacy" was ranked first among all the respondents, followed by "Convenient

to access." For "Security system" and "Size of room" were considered equally importance of their choice of selection. "Different channel for reservation" and "Location" was considered to be less important, respectively. A summary of these findings is shown in Table 3

Table 3 Factor selecting private retirement home

Factor	Mean (X)	S.D.
1. Privacy	4.82	.61
2. Convenient to access	4.78	.57
3. Security system	4.68	.59
4. Size of room	4.68	.60
5. Different channel for reservation	4.23	.98
5. Location	3.98	.92

Discussion

Changing economic and social contexts in Thai society resulting from an aging population have raised demand for long term care businesses¹³. Taking care of elder relatives is of great importance

in Thai culture⁸. Currently, the situation is changing due to economic growing and urbanization restrain the time available to care for elder family members¹⁴. Long term care businesses will be a good opportunities arising from the Thai aging population.

According to the Ministry of Commerce, Department of Business Development¹⁵; elder care businesses in Thailand are grouped into 2 types: Short term care and Long term care. For short term care focuses on services and support for daily activities offered both within and outside care facilities. This also includes activities for senior citizens to relax and socialize as well as health care services for those with chronic diseases who require constant care. On the other hand, long term care focuses on residential facilities for elderly people to move into. These facilities aim to provide convenience after retirement, especially for those who would otherwise live alone. The issue of moving from home to long term care among Thai citizen usually arises when people are older or critical illness. But there are many factors that affect elderly people decision making, whether they would like to move into retirement home or not. Therefore, this research is investigating those factors that impact their decision making moving into retirement home especially in a private sector. The information of respondents from this research mainly is female (76.1%) as shown in Table 1 and average age between 60 to 65 years old (67.7%). Most of them were married (64.0%) and lived with their couple (54.4%). Majority of respondents had a bachelor degree level (64.0%) and receive an income on the average between 30,001 to 40,000 baht per month (30.8%). According to information of respondent profile, the majority of respondent are on urbanization and socialization because of their level of education and average receiving an income quite high compare to Thai government normal wages scale for bachelor degree graduated.

Regarding their selecting on room type of retirement home or housing and cost of private retirement home and services, most of respondents prefer single room (79.5 %) and prefer cost of service between 1,001 to 1,500 baht per day (43.1%) and 20,001 to 30,000 baht per month (35.1%) as shown

in Table 2. These finding figures present a realistic data for long term care providers to be considered in developing facilities to meet the needs of elderly people who will be utilizing their facilities. Level of education of an individual has a profound impact on health benefit and associated with socioecological health model of their belief¹⁶ and strongly linked to health determinants such as health behaviours, risky contexts and preventative service use in healthcare. Its represents self-concepts and attitudes towards their needs; control over decisions making for long-term care, over their daily lives^{17, 18}.

For the factor that influencing elderly people selection of private retirement home in Chiang Mai, Thailand. Finding from Table 3. Respondents were ranking the important factors respectively: "Privacy" was ranked highest among 6 factors had been examined. Elderly people are concerning on their own rights to privacy. Respect people's right is the most important for Thai culture¹⁴. Privacy is open to interpretation and means different things to different people. To respect people's privacy, private retirement home and their services must be personalized as much as possible. "Convenient to access"; the perception of respondents are concerning on the facilities emergency medical services are not available on premises, how is transportation to access. "Security system" elderly people living on their own or living in their traditional home can leave them vulnerable to a wide variety of things. Retirement home secured grounds and ever-ready staff is a great system to protect elderly people who are increasingly vulnerable as they get older. "Size of room" facility size has a positive and direct impact on social interaction in the retirement home. It provides more care and social connection^{19, 20}. "Different channel for reservation" channel for respondent to communicate or get reservation services are one of the factor that respondent are care for. Care services for long-term care is different from other health care service, so it

is crucial to find out which what is the right channel of communication for reservation and services. Lastly "Location", respondent do not concern much on this factor. Mostly, private retirement home develop on the good location, easy to access with their family. That's why most of respondent from this research do not concern this factor.

The finding of this study suggested that, Thai elderly people are concerning many factors to select their retirement home. It is unique on the Thai cultural setting environment. Therefore, service providers should pay more attention to the important of these factors in affecting elderly people's needs and be more sensitive to respect elderly people's right to privacy.

There were several limitations to this study. First, the data were collected from private healthcare services environment, it might have been those had a better socio-economic status than other group of elderly people who lived in the different socio-economic setting. Future studies should conduct surveys on the generalized current status of elderly people. Second, this study investigated the factors affecting the selection of private retirement home for elderly Thai, this research focusing on elderly Thai context whom will be the bigger users in the future, but there are many groups who will be using facilities as well, therefore, it might be better to continue further investment in difference context, results will bring a better decision making information for service providers to develop facilities to meet their needs.

Conclusion

The results of this study illuminate some key factors that influenced elderly Thai decision making in selecting private retirement home in Chiang Mai, Thailand. Ageing population creating an opportunity for every sectors to be concerned to developed products to meet their need. Private retirement is one the sector needs to be urgently

investigation, especially, policy maker and Thai regulator need to investigate the need of retirement home for elderly Thai and create a beneficial scheme for caregivers and service providers in caring elderly people in long term care setting. The research finding had shown that "Privacy" and "Convenient to access" were the two most important factors for elderly Thai when selecting their private retirement home, depending on facilities infrastructure such as type of room, and cost of service. This research found that mostly elderly stay with their couple and had a better economic status. So, there will be a great demand for private retirement home to care for elderly Thai and foreigner who plan to retire in Thailand. Furthermore, hospitality of Thai medical professional services and Thai culture in respecting elderly people will bring into attention in a better care.

References

1. United Nations, Department of Economic and Social Affairs, Population Division. World population prospects: the 2017 revision. Key findings and advance tables. Working Paper No. ESA/P/WP/248. New York: United Nations; 2017.
2. Knode J, Teerawichitchainan B, Prachuabmoh V, Pothisiri W. The situation of Thailand's older population:an update based on the 2014 survey of older persons in Thailand. Chiang Mai: Help Age International; 2015.
3. Prasartkul P, Vapattanawong P, Kanchanachitra M, Chuanwan S, Rittirong J, Saena K. et al. Situation of The Thai elderly. Foundation of Thai Gerontology Research and Development Institute (TGRI). Nakhorn Pathom : Institute for Population and Social Research, Mahidol University; 2016.
4. Khan AR, Tahir I. Influence of social factors to the quality of life of the elderly in Malaysia. Open Med J. 2014; 1:29-35.

5. Vitman A, Lecovich E, Alfasi N. Ageism and social integration of older adults in their neighborhoods in Israel. *Gerontologist*. 2014; 54 :177-89.
6. Li S, Hagan K, Grodstein F, VanderWeele TJ. Social integration and healthy aging among U.S. women. *Prev Med Rep*. 2018;9:144-8.
7. Knodel J, Chayovan N. Population ageing and the well-being of older persons in Thailand. Michigan: Populations Studies Center, University of Michigan: Institute for Social Research; 2008.
8. Thanakwang K, Isaramalai S, Hatthakit U. Thai cultural understandings of active ageing from the perspectives of older adults: a qualitative study. *Pacific Rim Int J Nurs Res*. 2014;18: 152-65.
9. Knodel J, Kespichayawattana J, Wiwatwanich S, Saengtienchai C. The future of family Support for Thai elderly: views of the populace. Population Studies Center Research Report 12-779. Michigan: Populations Studies Center, University of Michigan: Institute for Social Research; 2012.
10. Curry N, Castle-Clarke S, Hemmings N. What can England learn from the long-term care system in Japan?. Research report 2018. London :The Nuffield Trust; 2018.
11. Sasat S, Choowattanapakorn T, Pukdeeprom T, Lertrat P, Aroonsang P. Long-term care institutions in Thailand. *J Health Res*. 2013;27:413-8.
12. Kebede A, Hassen K, Nigussie Teklehaymanot A. Factors associated with institutional delivery service utilization in Ethiopia. *Int J Womens Health*. 2016;8:463-75.
13. Knodel J, Teerawichitchainan B, Pothisiri W. Caring for Thai older persons with long-term care needs. Research Collection School of Social Sciences. Paper No.1945. Bangkok : Chulalongkorn University;2016.
14. Manasatchakun P, Roxberg A, Asp M. Conceptions of healthy aging held by relatives of older persons in Isan-Thai culture: a phenomenographic study. *J Aging Res*. 2018: 3734645. doi:10.1155/2018/3734645. eCollection 2018.
15. Thai Franchise Center. Manual business of eldercare home [Internet]. 2005 [cited 2018 Nov 22]. Available from: http://thaifranchise-download.com/dl/11_13_Manual_Eldercare.pdf
16. Zimmerman EB, Woolf SH, Haley A. Understanding the relationship between education and health: a review of the evidence and an examination of community perspectives [Internet]. 2015 [cited 2018 Nov 22]. Available from: <https://bit.ly/2mKZYMi>
17. Baker DP, Leon J, Smith Greenaway EG, Collins J, Movit M. The education effect on population health: a reassessment. *Popul Dev Rev*. 2011;37:307-32.
18. Kumpunen S, Trigg L, Rodrigues R. Public reporting in health and long-term care to facilitate provider choice. Denmark: WHO Regional Office for Europe; 2014.
19. Ramsay JD, Sainfort F, Zimmerman D. An empirical test of the structure, process, and outcome quality paradigm using resident-based, nursing facility assessment data. *Am J Med Qual*. 1995;10:63-75.
20. Moos RH, Lemke S. Evaluating residential facilities:The multiphasic environmental assessment procedure. Thousand Oaks, CA, US: Sage Publications;1996.

