

**PERANCANGAN PROGRAM PENDAMPINGAN LANJUT USIA  
BERBASIS *HOME CARE* DI POSBINDU  
KELURAHAN GEGER KALONG**

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**ABSTRAK**

Penelitian ini dilatarbelakangi bahwa program yang sudah ada di Posbindu Miana VIII RW. 08 Kelurahan Geger Kalong terbatas hanya pemeriksaan kesehatan dan senam, sementara untuk pendampingan lansia berbasis *Home Care* belum terdapat program yang terstruktur dan sistematis, padahal lansia yang berada di luar panti masih membutuhkan pendampingan, khususnya dari keluarga dan masyarakat lingkungan sekitar. Tujuan penelitian ini untuk menghasilkan program pendampingan lansia berbasis *Home Care* di Posbindu Kelurahan Geger Kalong. Penelitian ini menggunakan Metode *Research and Development* dengan Model Addie yang meliputi *Analysis, Design, Development, Implementation* dan *Evaluation*. Partisipan dalam penelitian ini dipilih keluarga yang memberikan pendampingan secara aktif kepada lansia yang terdiri dari 12 keluarga, 25 lansia non potensial dan 10 kader Posbindu. Program dirancang terdiri dari komponen program, yaitu: tujuan, sasaran, bentuk pendampingan, lembaga penyelenggara dan pelaksana program, selain itu, program dilengkapi modul pendampingan lansia. Bentuk pendampingan lansia meliputi aspek fisik, sosial, mental dan spiritual. *Expert judgment* program dilakukan oleh akademisi (dosen partisipan skripsi) dan praktisi lembaga pelayanan lansia. Perbaikan program dilakukan dengan cara direvisi dan dikembangkan sesuai masukan dari validator. Uji coba program yang sudah direvisi dan dikembangkan dilakukan kepada seorang nenek non potensial berusia 80 tahun. Uji coba tersebut dilakukan oleh pendamping dari lingkungan keluarga dan pendamping Posbindu Miana VIII RW. 08 Kelurahan Geger Kalong. Rekomendasi untuk keluarga lansia dan Posbindu, program dapat diimplementasikan untuk memenuhi berbagai kebutuhan lansia. Bagi lansia harus mawas diri terutama dalam kesehatan dan mengikuti anjuran yang direkomendasikan oleh pihak terkait. Bagi peneliti selanjutnya program pendampingan lansia berbasis *Home Care* dapat dikembangkan atau dimodifikasi sesuai dengan kebutuhan penelitian.

**Kata Kunci:** *home care*, pendampingan, lansia, keluarga, posbindu.

## **DESIGN PROGRAM ACCOMPANIMENT HOME CARE BASED FOR ELDERLY AT POSBINDU GEGER KALONG DISTRICT**

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### **ABSTRACT**

*This research is motivated that existing programs at Posbindu Miana VIII Geger Kalong district limited medical examination and gymnastics, while for assisting the elderly Home Care based program there has been no structured and systematic, where as the elderly who are outside the home still need assistance, especially from the family and community environment. The purpose of this study to generate elderly assistance Home Care based program at Posbindu Geger Kalong district. This study uses a method of Research and Development with Model Addie which include Analysis, Design, Development, Implementation and Evaluation. Participants in this study were selected families who provide active assistance to the elderly is composed of 12 families, 25 elderly non potential and 10 cadres Posbindu. The program is designed consists of program components: objectives, goals, forms of assistance, organizing institutions and implementing the program, besides, program modules include assisting the elderly. Form of assistance the elderly cover physical, social, mental and spiritual. Expert judgment program conducted by academics and practitioners elderly service agencies. Repairs done by the revised program and developed according to feedback from the validator. Trials program that has been revised and expanded to do a non potential grandmother was 80 years old. These trials were conducted by the companion of the family environment and the companion Posbindu Miana VIII RW. 08 village Geger Kalong. Recommended for families and the elderly Posbindu, the program can be implemented to meet the various needs of the elderly. For the elderly should introspect, especially in the health and follow the advice recommended by related parties. For further research the elderly assistance program based Home Care can be developed or modified according to the needs of research.*

**Keywords:** home care, assistance, elderly, family, Posbindu.