

HEALTH CONDITIONS AND HEALTH CARE PRACTICES OF THE AGEING POPULATION IN SRI LANKA

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This paper attempts to present an analysis of health status and health care practices of the ageing population in Sri Lanka. More specifically, several health conditions, health care practices and habits, and self and social perceptions on health status of the ageing population are examined. The study uses primary and secondary data. The primary data are drawn from a purposive sample of 731 elderly persons over aged 60 through an interviewer-administered questionnaire and secondary data are from the Census and Sample surveys conducted by the Department of Census and Statistics. The study uses the cross sectional and exploratory analytical approach by using appropriate descriptive statistics in univariate and bivariate level. The qualitative responses are also converted onto quantitative terms in order to handle the data easily through the substances in those questions are summarized in verbatim. The study finds that the majority of the elderly are educated at least up to junior level education. Substantial number of elderly does not engage any jobs due to weaken health conditions. Chronic diseases and degenerative diseases are remaining high among the aged people whilst the chronic conditions are higher among the female elderly. Due to negative perceptions on diseases and health care practices of the elderly they may neglect the health care and necessary medical treatment. The education is profoundly important towards the perception and health care habits and practices. The financial constraint is the major obstacle to prevent their necessary medical treatment. The paper focuses the empowerment of the family and strengthen the community care network are useful to uplift the health conditions and health care practices to the elderly in Sri Lanka.