



Social Engagement

Geriatric Care and Lifestyle Intervention

The village are surrounded by rice field, forest, hills, and river. It has many potentials, the villagers are very welcomed and open minded, students will be able to live among the villagers and experience life in nature.

"The students are not only meant to sit in classes all day listening to lecture, they need to get out and practice as well."

Jatisari village is located in Cileungsi Bogor, West Java. Majority of the villagers are working in the field of agriculture. Unfortunately, the village has poor access to the nearest health facility. As a consequence, it causes poor understanding on health problems, specially regarding the elderly. Many elderly are neglected with major health problems such as musculoskeletal disorder and dementia. Other main health problems due to their poor lifestyle are chronic back pain, arthritis, pneumonia,

OVERVIEW THE VILLAGES

Faculty of Medicine and Health Sciences has guided the village over several years ago. We regularly hold social activities to help villagers in improving healthier life styles. Mostly the activities revolve in health education and opening up health clinic. The villagers work from morning till noon at the rice field as farmers, this requires pinching, stooping, prolonged static postures, awkward positions, continual bending and twisting at the waist while handling excessive or asymmetrical weights during work. Because of this, many of the villagers are having musculoskeletal disorders (MSD's). The elderly are poorly cared by their families because the family (young generation) has to work to improve their economy status and thus have less time for taking care of the elderly

ACTIVITIES

Ergonomic intervention are needed in terms of supplying lighter tools, schedule work time, improve working environment, and regular medical check up for the farmers. For the elderly, we can provide facilities and help their family to care more by regulating work schedule. Students and participant of the summer school will have experience by giving intervention to the villagers such as health education and promotion, work together with the local authorities to supply lighter equipment and improve working environment, organize body exercise that help improve their posture and overcome MSD's, conduct regular check up for the elderly and help creating facilities that elderly friendly. Participants will also be able to live in a village with the villagers, working in the rice field, exploring the forest and hills.



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