

In research of Mental Health advocacy and Preventing Suicide of the elderly in Taiwan

Tai-Fen, Chen¹ 、 Yuchia, Chen² 、 Chenghsiung, Lee³ 、 Chenyu, Ho⁴



1*. Assistant professor, Graduate Institute of Education, Tunghai University, Taiwan

Email for correspondence :
daphnechen@go.thu.edu.tw

2. Associate Professor at National Tainan Junior College of Nursing

3. Honorary President of Taiwan LifeLine International

4. Research fellow and lecturer in Department of Social Work at Tung Hai University





CONTENTS

- 01 Background
- 02 Motivation
- 03 Purpose
- 04 Methodology
- 05 Result
- 06 Conclusion

1 Background



This study was based on the Taiwan's elderly suicide situation that reasons were melancholy tends to be the most, followed by "emotional factors in family"(Taiwan Lifeline International,2015)



While major depression is the main precipitant of suicide at all ages, social isolation is an important risk factor for suicide among the elderly. And older men, more so than older women, often become socially isolated (Brody,2007).



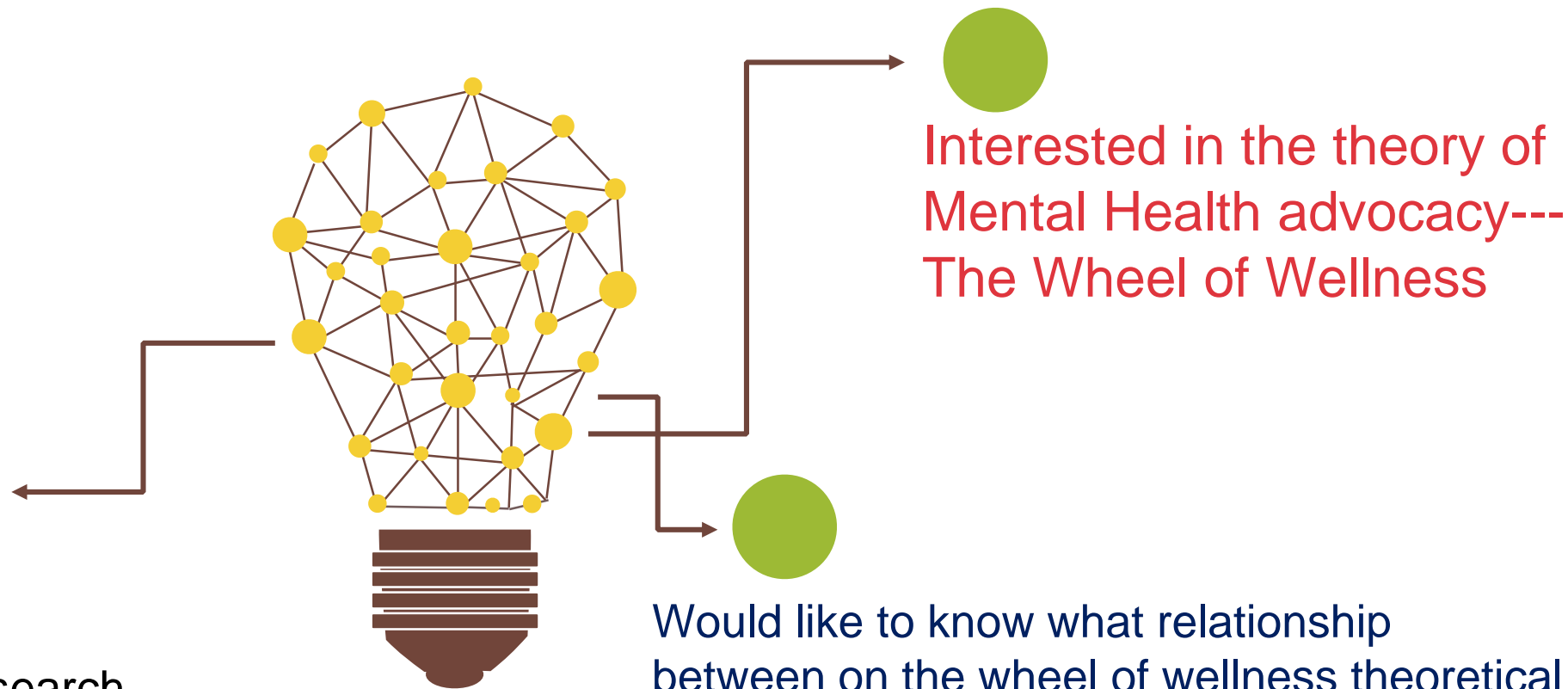
How **to health** one's mind and relationship will be so important for the suicidal ideation of elderly.



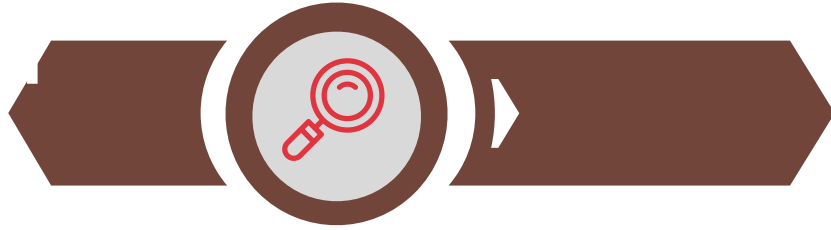


Since the hotline service was introduced in Taiwan a half century ago, it has had a great many of contributions to the suicide prevention work of Taiwan. Currently, the hotline services which are familiarized by the public are “En-Sin Line”, which is entrusted to conduct by the government; and the “Lifeline”, which is set independently by private sectors.





This paper is going to research the development tendency of suicide prevention hotlines in Taiwan through empirical materials, and propose practical suggestions for the future.



It aimed to determine the relationship for advocacy for elderly suicide prevention and the wheel of wellness by using staggered check.

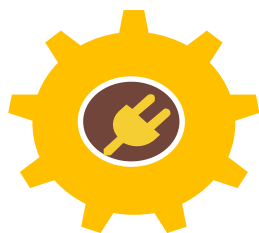
14 Methodology



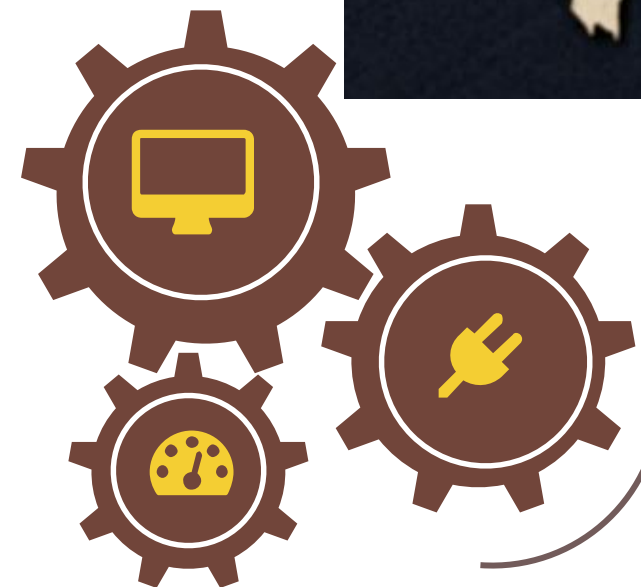
This research applies secondary data analysis, use the data from Taiwan Lifeline service statistics of 2015-2016.

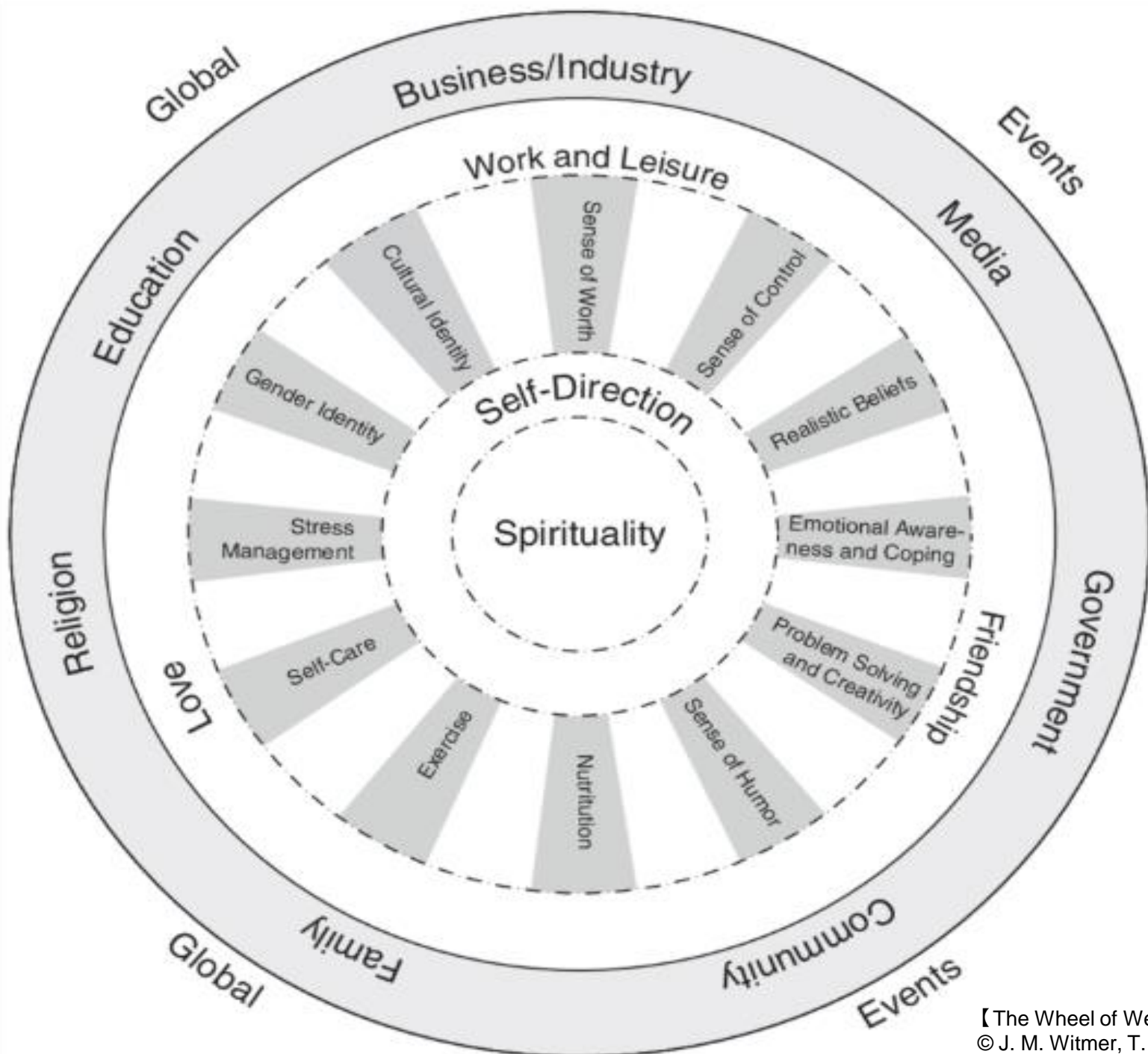


Thought literature review on the Wheel of wellness which has six levels from core life task to global events, define the implications for preventing suicide.



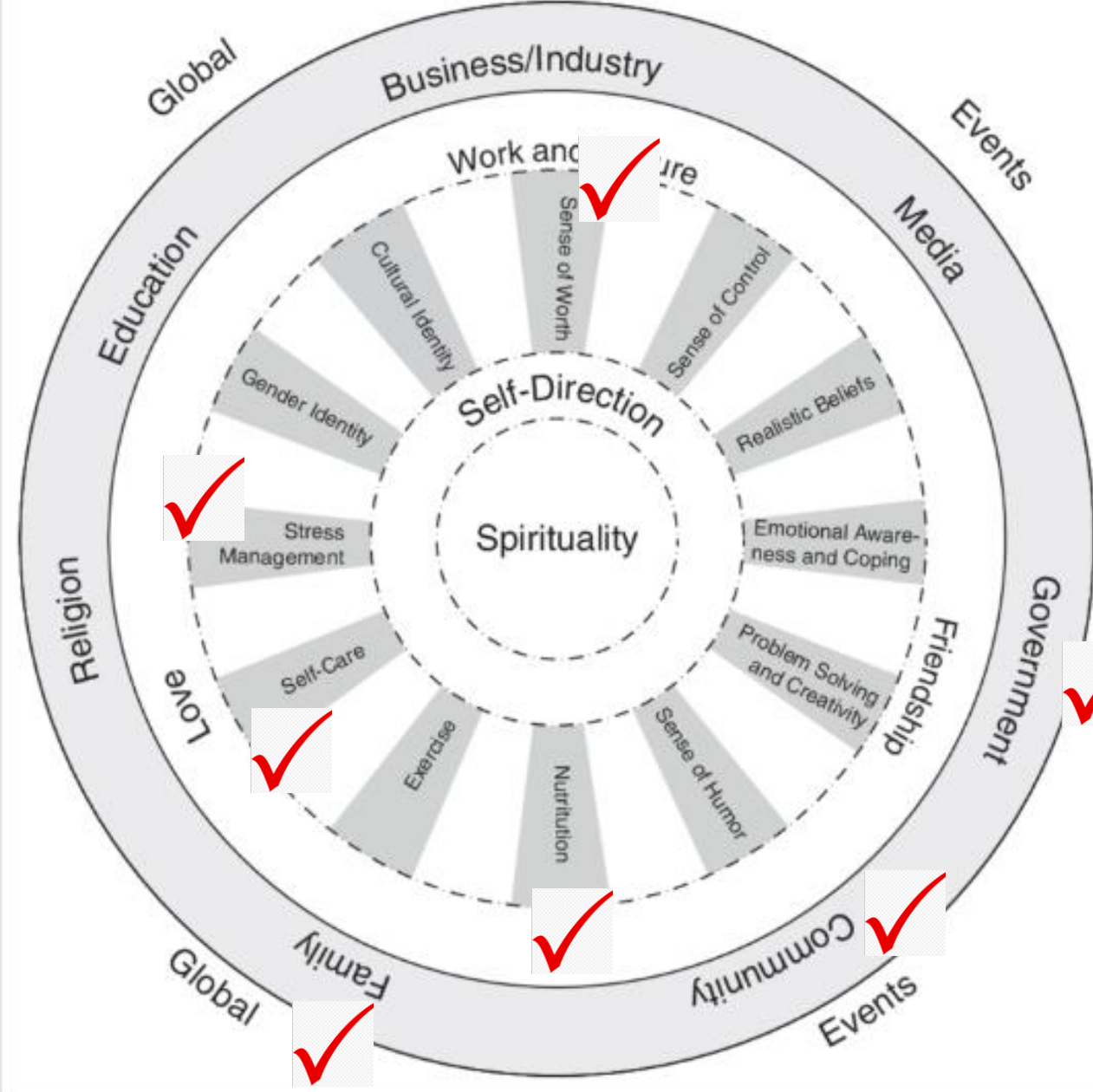
This study checked among 3 areas of Taiwan, included Chiayi County, Kaohsiung, Keelung City, that carried out the preventing suicide plan which the effectiveness of suicide prevention and control in all of 3 areas in Taiwan.





【The Wheel of Wellness】 .
 © J. M. Witmer, T. J. Sweeney, and J. E. Myers (1996). Reprinted with permission.

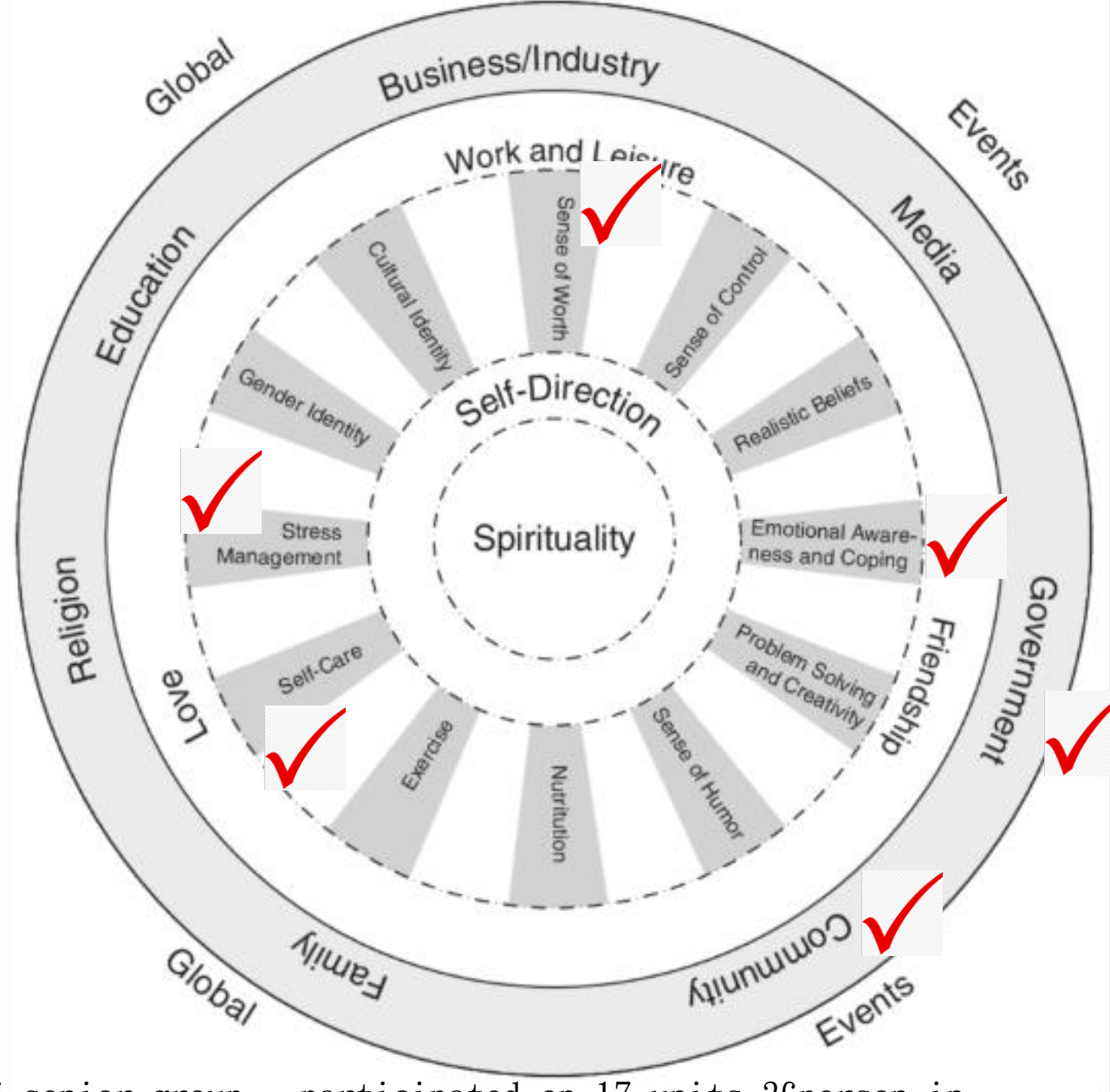
Chiayi County



- Depression elderly in the community served 599 times, **calling service for 211 people/times, visited on 197 people/times**
- 2016 serviced for 29 cases on Care Visit Service in 「program of melancholy elderly in Community」

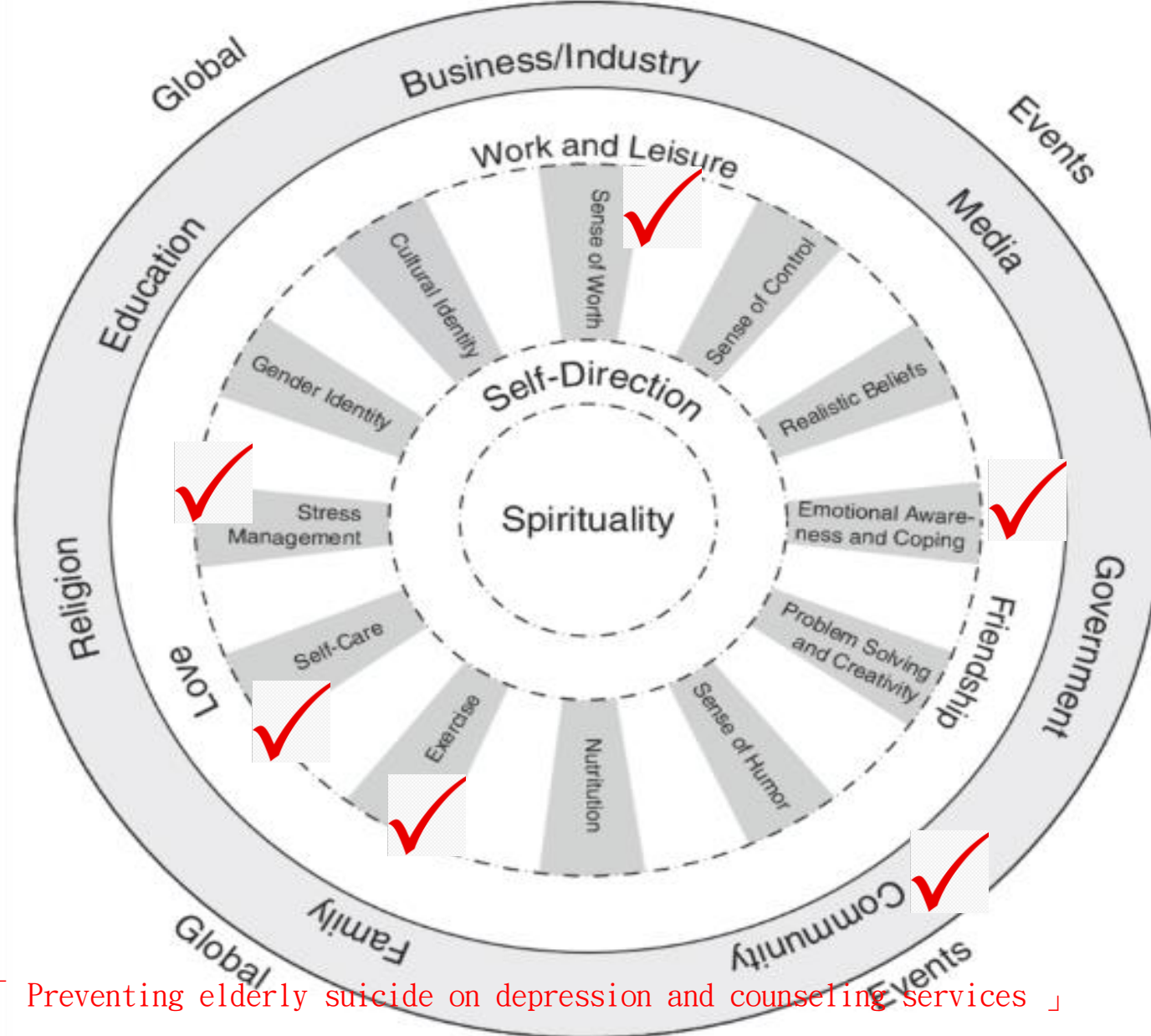
Note, copyright form <https://www.unh.edu/health/ohep/wellness>

Kaohsiung




- ◆ Workshop 2 times, leaders of senior group, participated on 17 units, 36 people in
- ◆ 2016 elderly psychological support groups with 8 institutes on long term care, 45 sessions, 240 people/time ◦

Keelung City



- 2016 provide program on 「 Preventing elderly suicide on depression and counseling services 」
- 10 times of speeches, service for 421people/time, visit on 25 person, totally service on 103 people/time · calling service for 30 person, totaling service on 155people/time.
- From the speeches, we can screen out the suicide crisis elderly who need to visit the service



01 Three areas of preventing program, meets the wheel of wellness which including exercise, self-care, stress management, sense of worth and emotional awareness

02 Three areas of preventing program, all ignore the wheel of wellness which Including cultural identity, sense of control, realistic beliefs, gender identity.

03 **Keelung city**, provided the exercise; **Chiayi County attention on family**; identity.

Conclusion



Suggestion

01

Three areas of preventing program should continue the content of prevent

02

Three areas of preventing program should fill the wheel of wellness which including cultural identity, sense of control, realistic beliefs and gender identity in next year plan

03

Encourage **Taiwan LifeLine International** to give full support, make local implementation more fulfilling and exact needs of the elderly

