

Assessment of state policy and legal framework related to enhancing the well-being of the elderly in Thailand

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Abstract. The ageing of society significantly influences the economic system and social stability and is a global challenge of the 21st century. The study aimed to explore ways to improve the quality of life of older people in the Lower Central Region of Thailand. The study was based on a qualitative approach and was conducted by collecting information from 8 key informants through structured interviews. The study substantiated the expediency of creating a centralised database to improve communication between all actors in the system of ensuring the welfare of the elderly, which improves the quality of services provided, contributes to a better basis for political decisions and promotes a more rational use of resources. The study noted that key respondents identify expanding access to healthcare, increasing financial assistance and strengthening social support systems to ensure the holistic well-being of older people as urgent problems in the region. The need for wider use of the latest technologies and the creation of an intelligent information management system in the area of elderly people's welfare is emphasised in the study. Given the negative impact of social isolation on the quality of life of older people, particular attention is devoted to the effective management of senior clubs, namely the priority of various activities, intergenerational interaction and meaningful leisure to strengthen social ties and belonging to society. The integration of Buddhist principles and psychological theories is emphasised as an important tool for developing compassion, mindfulness and positive outcomes. Overall, the findings highlight the importance of integrated approaches and comprehensive measures to optimise care for older people and improve their well-being. The results of the study can be used to determine the content of information to be included in the centralised database and to develop an algorithm for exchanging information between its users

Keywords: life quality; centralised database; ageing; demographic; Buddhism; social protection; health care

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Introduction

The increase in the proportion of the elderly population is a global phenomenon driven by declining birth rates and longer life expectancy. According to certain forecasts, by 2050, the global population over the age of 60 will exceed 22%, which is twice as much as in 2015 (World Health Organisation, 2022). The ageing of society results in a range of concomitant problems of both demographic and economic nature. The speed with which the age structure of society is changing requires a quick response from the state, which necessitates a study aimed at identifying the needs that may arise both in the state as a whole and in each specific region.

More than 12 million older people reside in Thailand, accounting for about 18% of the population, while this number is projected to increase to 28% by 2033 (Thailand's leadership and..., 2023). These data are in line with the forecast that Thailand will become a "super-aged" society by 2036, with the share of the elderly population rising to 30% (Thailand will become..., 2023). Thus, an ageing society is already taking shape in Thailand and the coming years it will become a country with a fully elderly society. The main problems of older people include mobility problems, which lead to the need for assistance in everyday life, and the share of such older people is 8.2%, while a third of them do not receive the necessary support. Traditionally, most older people in Thailand have lived with their families, but as the ageing population grows, this is becoming increasingly problematic. By 2050, most older people are expected to be 80 years old, which will require more care to address health issues (Caring for Thailand's..., 2021).

Studying the problems associated with ageing, K. Chan *et al.* (2022) point out that their main characteristic is multifactorial, as age-related changes affect all areas of human life. C. Henning-Smith *et al.* (2022) highlight the need to address the significant differences between the elderly in urban and rural areas. Specifying the needs of older people, N. Kohli *et al.* (2020) point to the need for care, specialised healthcare, as well as psychological support and social protection. F. Sierra (2019) points out that global ageing will increase the imbalance towards a sharp decline in productive forces with an increasing demand for resources. On the other hand, as noted by J. Li *et al.* (2021), the rapid development of the latest technologies successfully addresses the problems arising from the care, monitoring and overall improvement of the quality of life of older people. P. Nillaor *et al.* (2022) highlight the need to improve information collection on older people, which is characterised by significant fragmentation, which does not allow for effective coordination of different services.

Improving the well-being of older people in the lower central region requires coordinated efforts to strengthen the social security system. This involves both strengthening existing programmes and introducing new initiatives aimed at significantly improving the quality of life (Bocheliuk *et al.*, 2021). As N. Jentsantikul (2023) notes, a crucial factor in this is ensuring access to basic health services, such as health insurance and reimbursement of medical expenses, which correlates with a reduction in the likelihood of poverty among older people. J.B. Komaraiah *et al.* (2023) also address the important role that financial assistance, including social support and its adequate level, plays in addressing food insecurity and improving overall well-being. H. Liao *et al.* (2023) highlight the role of both formal

and informal social support channels in the system. By addressing these complex factors and implementing comprehensive social welfare programmes, effective solutions can be developed to improve the well-being of older people in the lower central region.

Thus, given the need for not only a national but also a regional approach to addressing the issue of improving the well-being of older people, the study aims to identify ways to improve the well-being of older people in the lower central region of Thailand.

Literature review

The creation of a centralised database (CDB) on elderly care is an integral part of the elderly care system as a whole. As such, Y. Xu *et al.* (2023) note that such a database can be a comprehensive resource that provides valuable information about the needs, preferences and health status of older people, which can be used by healthcare professionals, caregivers and policymakers to make informed decisions and tailor services to meet the specific needs of each individual. Following W. Aneksak *et al.* (2023), this approach ensures more personalised and effective care, which contributes to the well-being of older people.

The academic literature points out that the most important component of the CDB is the introduction of smart elderly care services based on intelligent technologies and advanced equipment. According to H. Xiao and Y. Sun (2023), this approach ensures that the functioning of the elderly care system is more efficient, thus improving overall well-being. In addition, digital information and technology bridge the digital divide by providing convenient access to the necessary care information (Krasivskyi, 2023). The creation of an intelligent system of medicine and healthcare will optimise the use of medical resources based on reliable data on the health of older people. This intelligent service model, which focuses on primary care and health, promises to improve the quality of care while improving the accuracy of care data recognition.

Senior clubs are crucial centres for fostering social connections and a sense of belonging among older people, and their effective management is key to maximising their impact. As K.H. Park and B.J. Lee (2022) points out, that this involves the organisation of a variety of activities, workshops and events that cover the different interests and abilities of older people. S.F. Alradade *et al.* (2022) point out that promoting intergenerational interaction and active participation in public life can help combat social exclusion and increase overall well-being. According to N.E. Pope and E. Greenfield (2022), full-time leisure activities provided by these clubs, including community rituals and opportunities for giving and sharing, provide a deep sense of belonging and happiness, thus attendance at social clubs for older people has a significant impact on their functional status, quality of life and physical activity levels. In summary, the effective management of senior clubs has significant potential to improve the well-being and social interaction of older people, contributing to healthy ageing and independence (Cheberyako & Skulish, 2022).

The integration of Buddhist principles with psychological theories provides insights into improving the well-being of older people. S. Gallagher *et al.* (2023) point out that Buddhism's emphasis on compassion, mindfulness, and acceptance of impermanence can help foster positive thinking,

reduce anxiety, and promote acceptance. At the same time, F.S. Kiani and S. Ehsan (2023) emphasise that psychological theories such as positive psychology and cognitive behavioural therapy provide practical ways of improving mental well-being and resilience in older people. According to M. Elfahmi and L.I. Mariyati (2023), the incorporation of Buddhist principles and theory into interventions and support programmes will provide a holistic approach that can effectively address the overall well-being of older people.

Thus, certain issues related to the well-being of older people are a frequent issue of consideration in the academic literature. The focus is on psychological, organisational and social issues. At the same time, improving the well-being of older people requires considering many factors, including regional ones. The present study focuses on consolidating approaches to address a specific problem – improving the well-being of older people in the Lower Central region of Thailand.

Materials and methods

Four key areas were addressed to address the issue of improving the well-being of older people in the Lower Central Region of Thailand: the creation of a centralised database on elderly care; strengthening regulation in the social security sector; managing clubs for the elderly; and introducing Buddhist principles and psychological theories.

Key informants were selected using purposive sampling from 8 older people with good knowledge and relevance to the research topic in the lower central region of Thailand. Thus, the criteria for selecting respondents were age (over 60); involvement in social life and thus awareness of existing opportunities; interest in receiving social support; and lack of legal education, which provided objective data on the accessibility of the existing social protection mechanism for people without special knowledge. The study was conducted in the fourth quarter of 2023. The method of in-depth interviews and non-participatory observation was used with respondents. The interview included a study of respondents' opinions in four areas: the creation and operation of a centralised database; improving regulation in elderly welfare; ensuring effective management of senior clubs; and introducing Buddhist principles into the area of elderly care. To identify the need to improve regulation in the social security sector, respondents were asked to identify which areas require additional regulation to improve the welfare of older people. The respondents were also asked to formulate their suggestions on what types of activities they consider appropriate for elderly clubs to make them a more effective tool for organising the social life of older people. The respondents' opinion on the expediency of including Buddhist practices in the system of care for older people was also sought.

The study also included direct observation of senior citizen clubs, the activities that take place there, and the use of Buddhist practices in conducting such activities. Detailed notes were taken to capture relevant information, which were subsequently used during the interviews to ensure accuracy, clarity and understanding between the researcher and key informants. The data set obtained from the interviews and observations was structured for effective analysis of the results using three main principles: data reduction and filtering, display and description of information, and concluding thematic analysis. This process involved analysing and refining the data, presenting and explaining relevant

information, drawing conclusions and interpreting the findings. The groundwork for further study and interpretation of the results was created, ensuring a consistent and unified approach to analysing the research findings.

The regulatory framework of the study is based on the provisions of the Thai Civil and Commercial Code (1925) and the Social Security Act (1990). The information base for the study was the data from the Research on the International Cooperation Projects for Response to Population Aging in Thailand (JICA, 2022) and the Situation of the Thai older persons (2021; 2022). These sources were analysed to assess whether there is a legal basis for the possibility of taking action to improve the well-being of older persons and to identify gaps, if any, in such regulation.

Results

The Thai government identified the issue of older people as a national agenda and continues to develop an action plan. For instance, the National Plan for 2002-2022 set a goal to prepare for the full integration of older people into society by 2021 (The 2nd National..., 2002). However, there are still areas that need to be improved, such as population preparedness, promotion and development of older people, and social protection. Therefore, the National Committee for the Elderly has adjusted plans for 2022-2023 to focus on key issues such as preparing for old age, fostering positive attitudes towards older people, increasing employment opportunities for older people, helping vulnerable older people, transforming small schools into centres for the development of older people, and promoting retirement savings (Situation of the Thai..., 2021). A high degree of information centralisation is one of the distinctive features of the Thai healthcare system (JICA, 2022). At the same time, this is not sufficient to provide the required level of care for older people, as such care includes many other aspects, including non-medical ones.

Similar to any centralised database, the elderly care database is an array of information within a single mainframe accessible to authorised users from anywhere in the world. The creation of a CDB has several goals. Firstly, in the context of the global ageing of society, it should contain all the data necessary to maximise the fulfilment of the needs of the elderly in non-stationary care. The second task is preventive in nature and aims to timely prevent exacerbations of existing problems and the emergence of new ones, primarily of a medical nature (Choi *et al.*, 2022). Thus, an important issue in the functioning of a centralised database for elderly care is the issue of its information content. Such content should cover the full range of problems faced by older people and reflect the personal needs of each person. Previous studies have shown the feasibility of including information on both physical and mental health (general data, medical history, current medical prescriptions), general assessment of well-being, lifestyle, social activity, and current needs in the CDB (Jaraeprapal & Jinpon, 2018).

The study confirmed the feasibility of implementing a centralised database of care for older people, referring to its versatility of benefits. The respondents noted the benefits of using a database as “facilitating communication and cooperation between healthcare professionals”, which makes it possible to develop individual care plans based on complete information about the needs and preferences of older people. The respondents expressed the view that the creation

of such a database would allow for a “more individualised approach to care” for older people and thus ensure their well-being more effectively. In addition, respondents, focusing on the potential use of a centralised database on elderly care in terms of policymaking, pointed to the role of the database in providing “invaluable information” for making “more informed decisions” on resource allocation and policy development. Thus, the role of the database as a platform for tripartite information exchange, which is used to plan and coordinate actions aimed at ensuring the well-being of older people, is noteworthy. The second important aspect is the system of information exchange and decision-making using CDB. Three main actors of this system can be distinguished: older people themselves (conventionally – beneficiaries of services); service providers (medical institutions, social services and other relevant services with access to the CDB); and state structures, whose competence includes public policy issues concerning older people.

When exploring ways to improve CDB functioning, respondents highlighted the need to “introduce smart elderly care services” to use technology to improve the quality and efficiency of care. There were also reports of the importance of “using digital information and technology” to “bridge the digital divide” among older people by providing access to relevant information and care services. The development of an “intelligent system of medicine and healthcare” to optimise the use of resources and more effectively identify health problems in real time was also mentioned as a necessary component of the development of the DBD. Harnessing the potential of an “intelligent model of care for older people” was noted as a necessary component to improve the quality of care through prevention and early intervention, which will reduce costs and improve health. Respondents also noted that an integrated approach to building a centralised database, combined with smart technologies and a smart healthcare system, addresses critical challenges in elderly care, including personalised service delivery, resource optimisation and bridging the digital divide, which can significantly improve the quality of care and well-being of older people. Overall, collective views emphasise the importance of integration, innovation and inclusivity in improving the quality of elderly care services.

The Social Security Act (1990) is the basis of the social security legislation. Aside from defining the powers of special bodies in the field of social protection, such as the Social Security Committee, its office, and the Social Security Fund, the law defines its beneficiaries, including older persons (Chapter 7). The Act defines the elderly as those who have reached the age of sixty. The provisions of the Act relate to the activities of the Foundation and the National Committee for Older Persons. It also defines the rights of older people, including the right to medical care, the right to information and education, self-development and social activity, the right to comfort and safety in public places, the right to material security and other social guarantees. These provisions are basic for all of Thailand. The thematic analysis of the interview responses identified three main strategies for strengthening the social security system to improve the well-being of older people in the lower central region: improving access to healthcare services, increasing financial assistance and strengthening social support systems. The respondents’ answers emphasise the importance of access to healthcare services, stating that “this includes

improving health insurance coverage and improving reimbursement schemes for medical expenses”. Financial assistance is also emphasised, with the need to introduce “social support programmes and direct financial assistance to address issues such as food shortages”. Respondents emphasise the need to create reliable social support systems, suggesting that “both formal and informal support channels should be strengthened”. Overall, respondents advocate a comprehensive approach that addresses multiple dimensions of well-being, reflecting the recognition of the interconnectedness of health, financial stability and social support in the care of older people.

Central and local governments have been active in the development of senior clubs since the early 21st century (JICA, 2022). Senior clubs in Thailand operate as community-based organisations, with the main areas of activity being health promotion and educational activities. The academic literature also indicates that financial support as well as partnership programmes, particularly with healthcare organisations, are important aspects of making such organisations operational (Rojpaisarnkit, 2021). Statistics show that there is a demand for the services provided by such organisations (Fig. 1).

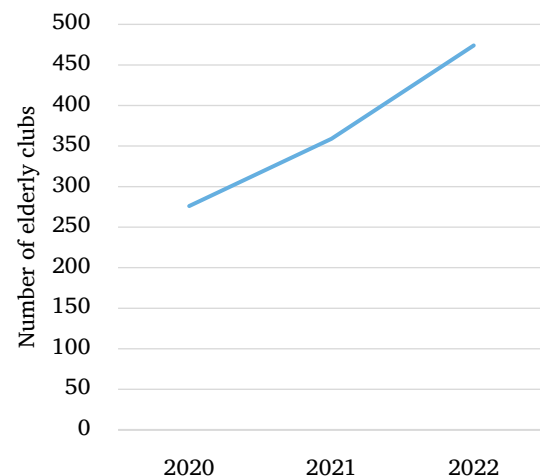


Figure 1. Dynamics of the number of clubs for the elderly in 2020-2021

Source: Situation of the Thai elderly (2022)

The thematic analysis of the interview responses identified several key strategies for the effective management of senior clubs that promote social connections and a sense of belonging among older people. Respondents emphasise the importance of a variety of activities that meet the interests and abilities of club members. For example, respondent 1 stated: “I suggest that senior clubs should offer a wide range of activities to meet the diverse interests and abilities of older people”. In addition, according to respondent 2, it is important to develop intergenerational interaction: “To maximise the impact of senior clubs, it is necessary to promote intergenerational interaction in society”. Creating meaningful leisure activities through activities such as community rituals and opportunities to share experiences is crucial to strengthening the sense of belonging and happiness of club members, as noted by Interviewee 3. Overall, the effective management of senior clubs implies prioritising inclusivity, intergenerational communication and meaningful leisure

activities to promote well-being and social connectedness among older people.

It is worth noting that there is no special legislation regulating the activities of such clubs. Their establishment and operation as legal entities are regulated by the Thai Civil and Commercial Code (1925). The establishment of such organisations is registered by local courts as legal entities, and, being a legal entity similar to an association, they must remain within the scope of their mission stated during registration. A logical continuation of the legislative regulation of the activities of organisations such as senior citizens' clubs would be the adoption of a law on the operation of non-governmental organisations (Draft Act on the Operation of Not-for-Profit Organisations). However, the adoption of this act is hampered by the presence in the draft of provisions that are a direct violation of Thailand's human rights obligations (Thailand: NGO law..., 2022).

Buddhism is considered a doctrine at the intersection of philosophy, religion and culture, as well as the basis of positive psychology (Segall & Kristeller, 2022). The Buddhist approach to psychology is an effective combination of the principles of self-sufficiency, optimism, continuing education and meditation practice, which can have a positive impact on the psyche of older people, overcome the phenomena of depression and anxiety and increase social activity, which leads to an improvement in the quality of life in general (Harnkijroong & Klomkul, 2019). Thus, an approach that can be conditionally called "healthy ageing", which is based on the perception of ageing as a natural process to which all living organisms are subject, and a conscious perception of the inevitability of ageing allows avoiding psychological problems associated with it, is worth noting (Songkaeo, 2023).

Thematic analyses of interview responses indicate the importance of integrating Buddhist principles with psychological theories to enhance the well-being of older people. Respondents emphasise the importance of diverse activities, intergenerational interaction and serious leisure time to develop social bonds and a sense of belonging among older people. Interviewee 7 suggests: "I suggest organising a variety of activities and events in clubs for older people to promote social bonding and a sense of belonging". Furthermore, interviewee 8 emphasises the need to consider the serious leisure experiences provided by clubs, stating, "Effective management of clubs for older people involves addressing the serious leisure experiences they provide". These considerations are consistent with the principles of compassion, mindfulness and acceptance of impermanence in Buddhism, as well as psychological theories such as positive psychology and cognitive behavioural therapy. By integrating these principles and theories into interventions and support programmes, holistic approaches can effectively address the overall well-being of older people. At the same time, the findings suggest that promoting an approach to caring for older people based on the principles of Buddhist philosophy will be more effective when applied to older people's clubs, as it provides collective perceptions and collaborative practices.

In the development of legal regulation on improving the well-being of older people, awareness raising of both older people and service providers (primarily social services and medical institutions) about the available opportunities is of great importance. Clubs for the elderly as a way to ensure

the social activity of the latter, have great potential for overcoming the psychological consequences associated with the perception of the individual processes of ageing and forced social isolation. In this regard, the draft law on the activities of non-governmental organisations should be supplemented with a provision obliging organisations that provide services to the elderly to notify regional social services and healthcare institutions of their registration with a detailed list of services provided and terms of cooperation. In turn, social services and healthcare institutions should be obliged to provide this information to older persons under their care. In addition, it is proposed to establish a favourable advertising regime for the activities of clubs for the elderly.

Discussion

The study of the problems associated with providing appropriate care and improving the quality of life of older people is an important area of research, as the solution to the problems arising from this is not only important for individuals but also for society. As indicated in the academic literature, an ageing society will inevitably lead to a drastic increase in health and social care burdens (Ma & Shen, 2023). Thus, given the trends of population ageing, delaying the development of this area and the associated lack of planning will lead to a deterioration of the social situation and an increase in state-wide problems (Asadzadeh *et al.*, 2022). The above confirms the relevance of the conducted research, although it refers to the global aspects of the problem of population ageing, while the obtained results indicate that the means of counteracting the impact of population ageing on the economic and social situation in the country should be based on the consideration of both global and regional factors.

The research demonstrated that the proposed components of building a system of care for older people are supported both by respondents who are carriers of the opinion of the population of a particular region, and generally supported by the authors of relevant academic studies. For instance, a centralised database to collect and share information on the situation needs and demands of older people was identified as an important component of the elderly care system. Respondents to the study were unanimous in their support for such a centralised database of care for older people, emphasising its critical role in improving communication, personalising care, shaping policy and optimising the use of resources. This is consistent with the findings of W. Aneksak *et al.* (2023) who highlight the importance of the database in modernising decision-making processes and improving the quality of care. A centralised database containing information from different actors in the elderly care system and thus reflecting the views of all stakeholders, especially older people as beneficiaries of the system, provides an integrated basis for informed decision-making, which ultimately improves the effectiveness of care for older people. The integration of intelligent technology further enhances the value of the database by ensuring that it accurately reflects the needs of older people and contributes to data-driven improvements in elderly care services. Interview responses identify three key strategies for improving the well-being of older people in the lower central region: improving access to health care, increasing financial assistance, and strengthening social support systems. These findings echo studies by J.B. Komaraiah *et al.* (2023) and H. Liao *et al.* (2023) emphasising the importance of financial assistance and social

support in meeting the needs of older people. In agreement with these studies, the suggestions presented in the data of few reliable and effective strategies for caring for older people, emphasising an integrated approach to improving their quality of life in the region.

Social isolation is one of the most common problems faced by older people (Chorny & Chorna, 2017). The statistics presented in the study showed an increase in the number of senior clubs, indicating their demand by society. In the interview responses, respondents also indicated the importance of diverse activities, intergenerational interaction and meaningful leisure activities for effective management of senior clubs. Respondents emphasised inclusivity, stating that tailored activities and the development of connections are vital to the well-being and social connectedness of older people. These findings are consistent with K.H. Park and B.J. Lee (2022) emphasises the importance of offering a variety of activities to build trust and positive relationships in the community. In addition, these findings coincide with S.F. Alradade *et al.* (2022), who emphasise the need for interaction between different age groups to reduce loneliness and improve well-being. Organising activities that relate to life achievements through enjoyable and meaningful experiences contributes to achieving these goals.

Interview responses emphasise the integration of Buddhist principles and psychological theories to enhance the well-being of older people. Respondents favoured a variety of activities, intergenerational interaction and serious leisure activities, which is consistent with the principles of compassion, mindfulness and positive psychology. The findings are consistent with S. Gallagher *et al.* (2023) who emphasise that compassion and mindfulness promote positive emotions and reduce stress. H.X. Vu (2024) also highlights that the positive effects of Buddhist practices have found confirmation in their long-term application and their acceptance by different branches of psychology. Of particular relevance to older people are techniques for dealing with negative destructive emotions that often accompany the ageing process. Positive psychology and behavioural theories further improve well-being, which is consistent with recommendations for integrated care to improve the quality of care and satisfaction of older people (Pytel & Wroński, 2023). At the same time, it should be understood that Buddhist psychology aims to promote psychological well-being by accepting the age-related changes that occur at the physiological level (Visasvora & Phaensomboon, 2022), thus avoiding the illusion that incorporating Buddhist teachings into care programmes for older people can have a significant impact on their physical health, whereas the impact on psychological health is undeniable.

Issues related to the activities of informal carers require special attention. This aspect was not mentioned by the respondents, however, academic literature points to the relevance of this issue. Thus, S. Wongpun and S. Gauhati (2019) highlight that an online support system for informal carers is an effective tool to reduce stress and ensure effective communication between them and relevant institutions. In particular, such a system also reduces the burden on the health care system, improving the quality of care for older people. Thus, informal carers can be included as beneficiaries in the CDB system. It is also worth noting that the study focused on the well-being of older people in a particular region. The situation regarding the level of care provided to older people

is not homogenous. The difference in approach is not only due to differences in the care policies that are in place in different countries but also between urban and rural areas within the same country (Chorny, 2013). This position is also supported by academic literature. Attention should be devoted to the position of P. Lhakard (2023) regarding the role of the community in addressing the issue of care for older people and its role in improving the quality of services provided. This approach is fully justified as the local community is the most informed actor in the field of local problems, needs and opportunities. N. Kim and I. Ha (2023) points out that relevant community-based services can be an alternative to traditional social services, especially when they are scarce, which is especially true in rural areas. The local community thus holds an intermediate position between elderly care providers (social services, health centres) and government agencies.

The findings of the study are supported by the academic community. The need to address regional aspects when dealing with issues related to improving the well-being of older people is undeniable. Thus, in addition to studying the problem of an ageing society on a global scale, studies focusing on problems specific to certain localities in the context of urban/rural areas, as well as narrow-regional studies, are becoming more relevant today. In addition, the constant development of the latest technologies allows to talk about the relevance and possibility of creating “smart systems” for monitoring the well-being of older people and exploring the possibilities of artificial intelligence to achieve these goals.

Conclusions

The study identified features that need to be considered specifically for the Lower Central region of Thailand, leading to a set of recommendations for further development and research. Thus, the implementation of a centralised database in the care of older people requires prior preparation, including technical requirements, confidentiality issues and interoperability standards. The survey of respondents confirmed the relevance and feasibility of a CDB, which can facilitate communication between users of such a system (older people, service providers and the public sector); individualise services and thus better ensure the well-being of older people. At the same time, the creation of an intelligent information exchange system and the inclusion of informal carers and local communities in the structure of the actors of the Centralised Database require separate studies.

Senior clubs are crucial in overcoming psychological problems associated with changing lifestyles and reducing the number of social contacts. For the region under study, the respondents noted the need to increase the diversity of activities conducted by clubs; to attract people of younger age to participate in activities to prevent the loss of communication between generations. The analysis of legal regulation of clubs' activities has shown that their existing regulation within the framework of general provisions on legal entities may be insufficient to achieve their objectives. This problem can be solved by including a provision before the legislation regulating the activities of non-governmental organisations that oblige clubs to inform the competent services in the field of care for older people (social and medical) about their registration and areas of activity. The introduction of preferential treatment for the placement of relevant advertising could also be an effective way to encourage the dissemination

of information about the activities of such clubs. Also, given the regional specificities identified by respondents, improving the management of older people's clubs to promote social connections and well-being requires the development of separate strategies for their development.

Consideration of the feasibility of using Buddhist practices as a tool to stabilise and improve the condition of elderly people and improve their quality of life revealed the proven effectiveness of this tool. The principles of interaction with the world and people and the attitude to personal life embedded in Buddhist philosophy allow to successfully overcome crisis states associated with the ageing process. Respondents noted the need for a greater variety of activities related to such practices. The most effective such activities can be carried out within the framework of the activities of senior clubs. The solution to the problem of improving the well-being of older people is complex. The

role of legislation, as a reflection of government policy in this area, is to create the best possible environment for both the agencies involved in the welfare of older persons and to maximise the protection of their rights. In general, Thailand today has specific legislation on the elderly, such as the Older Persons Act. Concerning regional issues, ways of addressing them can be regulated through regional acts, development plans and programmes, which should consider the results of regional studies, as this is the most appropriate approach to ensure that the interests of the local population are fully addressed.

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Conflict of interest

None.

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Оцінка державної політики та нормативно-правової бази, пов'язаної з покращенням добробуту людей похилого віку в Таїланді

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Анотація. Старіння суспільства суттєво впливає на економічну систему та соціальну стабільність і є глобальним викликом XXI століття. Метою дослідження було вивчення шляхів покращення якості життя літніх людей у Нижньому Центральному регіоні Таїланду. Дослідження ґрунтується на якісному підході і проводилося шляхом збору інформації від 8 ключових інформантів за допомогою структурованих інтерв'ю. У дослідженні обґрунтовано доцільність створення централізованої бази даних для покращення комунікації між усіма суб'єктами системи забезпечення добробуту людей похилого віку, що підвищить якість послуг, які надаються, сприятиме кращому обґрунтуванню політичних рішень та більш раціональному використанню ресурсів. У дослідженні зазначається, що ключові респонденти визначають розширення доступу до охорони здоров'я, збільшення фінансової допомоги та зміцнення систем соціальної підтримки для забезпечення цілісного благополуччя людей похилого віку як нагальні проблеми в регіоні. У дослідженні наголошується на необхідності більш широкого використання новітніх технологій та створення інтелектуальної системи управління інформацією у сфері добробуту людей похилого віку. З огляду на негативний вплив соціальної ізоляції на якість життя літніх людей, особлива увага приділяється ефективному управлінню клубами для літніх людей, а саме пріоритетності різних видів діяльності, взаємодії поколінь і змістовного дозвілля для зміцнення соціальних зв'язків і приналежності до суспільства. Інтеграція буддійських принципів і психологічних теорій підкреслюється як важливий інструмент для розвитку співчуття, уважності та позитивних результатів. Загалом, результати дослідження підкреслюють важливість комплексних підходів і всебічних заходів для оптимізації догляду за літніми людьми та покращення їхнього добробуту. Результати дослідження можуть бути використані для визначення змісту інформації, яка буде включена до централізованої бази даних, та розробки алгоритму обміну інформацією між її користувачами

Ключові слова: якість життя; централізована база даних; старіння; демографія; буддизм; соціальний захист; охорона здоров'я