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## Specialized Program for Senior Citizens of Selected Cities of National Capital Region- Philippines, towards a Revitalized Quality of Life and Improved Benefits and Privileges

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### ABSTRACT

The protection of the welfare of senior citizens was first established in 1992. Republic Act No. 7432 of 1992 is an act to utilize the contribution of the elderly to national building, grant benefits and special privileges, and for any other purposes is the study aims to assess elderly availment of Benefits and Privileges of Senior Citizens in terms of health; social; fin, social, financial, education, financial; education; and employment. Likewise, it also includes the problems encountered and the solution offered in the availment of benefits and privileges of the Senior Citizens. The study made use of three hundred sixty (360) respondents, which is composed of two groups of respondents, the senior citizens of three hundred sixty (360) respondents, which is composed of two groups of respondents: senior citizens and barangay OSCA officials. Assessments revealed the following results: The common benefits and privileges enjoyed by the elderly adult include free health checkups and medicines and discounts on private services. Free movies and access to recreational facilities; access to basic education, and being offered job opportunities fitted to their skills and talents. Moreover, the most serious problem encountered by senior citizens is the limited medical services due to a lack of adequate facilities. However, the highly recommended solution is centered on employment benefits, particularly in making ties with companies that may offer jobs to senior citizens. Finally, the specialized program maybe proposed should focus on dental services, recreational facilities, more discounts to grocery items; special training course; and employment.

### INTRODUCTION

To better understand how senior citizens in our society can evolve for the better, it is also important to appreciate where our origin and where we want to be. It's now time to discover the various parts our senior has played throughout the past and somehow advance to a better sense of path for tomorrow.

Now a days a lot of elderly people are more visible in different part of the cities, barangay's and even in our own household. They are part of our day to day lives which give us inspirations and wisdom. And as Filipino, we always see to it that all our elderly are given equal love and attention like what they did to us during our youthful days. To som, getting old corresponds to weakness, but for others, it's not; it is more fun to get old in the Philippines, particularly because the government provides the elderly with discountst and benefits that will help ease their cash in their future years.

In our country, it is our duty and responsibility to take care of our able and disabled senior family members whether they are our parents or not. We should be the first person who should look after our elderly, and secondarily by our government who use to create laws to continuously protect our senior members. The protection on the welfare of the senior citizens was first established in 1992. Republic Act No. 7432 of 1992 is an act to utilize the contribution of elderly adult to national

building, provide benefits and special privileges, and for any other purposes. After a decade, this act was amended by Amended by Republic Act No. 9257 of 2003 an act that provides a comprehensive medical health care and full rehabilitation system for less fortunate senior citizens to stand-in their capacity to achieve a most meaningful and productive ageing. To further recognize the welfare of senior citizens, those two republic acts were amended and it now known as the "Expanded Senior Citizen Act of 2010. It is an act granting additional benefits and privileges to senior citizens. It is an act to utilize the contribution of elderly adult to national building, provide benefits and special privileges and for any other purposes. This study aimed to evaluate the Availment of Benefits and Privileges of Senior Citizens towards Improved Quality Life as basis for the formulation of specialized program towards a revitalized quality of life and improvement of benefits and privileges.

The study sought answers to the following questions:

1. What is the status of availments of benefits and privileges of Senior Citizens?
2. How do the respondents assess the benefits and privileges availed by Senior Citizen from the government in terms of the following
  - 2.1. Health;
  - 2.2. Social;
  - 2.3. Financial;

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2.4. Education; and

2.5. Employment?

3. Is there a significant difference in the assessment of the respondents when the above-mentioned variables are considered?

4. What are the problems encountered and the solution offered in the in the Specialized Program for Senior Citizens of selected cities of NCR?

5. Is there a significant difference in the assessment of the respondents in the problems encountered?

6. Is there a significant difference in the solution offered in the availments of benefits and privileges of Senior Citizens?

7. What specialized program maybe proposed towards revitalized Quality of Life and improve benefits and privileges?

### Health

American Senior Community (2021). Ageing and lifestyle play a huge role for specific health conditions. However, a huge number of health conscious for seniors can be prevented or the progress slowed by making smart, healthy choices and regularly consultation on your doctor for a regular screening and consultations. Some of the most common health issues the seniors include: Balance issues, Cognitive decline, dental health concern, Osteoarthritis or osteoporosis. Respiratory diseases, Influenza or pneumonia. Loss of Vision or hearing impairment and Cancer. Elderly adults most of the time face a variety of health problems that affect their overall quality of life. By understanding the main concerns in seniors, they can create some changes in their modern lifestyle that age can be as healthy as possible.

Smith, (2021). Getting older can seem daunting—greying hair, wrinkles, forgetting where you parked the car. The National Center Institute for Chronic Disease Prevention and Health Promotion recommends the elderly adult to have a regular consultation with their physician plus a regular annual physical examination. If a proper discipline will be maintained with a healthy diet plus regular exercise routine definitely will help regulate and or prevent chronic diseases. Obesity or overweight is a growing problem within seniors and especially those who are engaging in unhealthy lifestyle behaviors. A proper discipline can help reduce obesity and other associated chronic diseases.

All kinds of sensory impairments, such as vision and hearing, are very common for elderly adults who are over the age of 60. According to the other study, more than half of older adults have a visual problem and one out of four has a hearing impairment. Fortunately, both of these issues are more likely easily treatable. With the help of new technologies, most of the sensory impairment concerns can be addressed. Like Vision, with the help of eye glasses, it can be treated, for hearing concern, can by assisted by hearing aids.by aids such as glasses or hearing aids.

### Social

National Institute of Ageing (2020). Common behavioral

and other lifestyle factors have shown a great impact on elderly lifestyle and lifespan. Older adults can achieve a longer lifespan if they can adopt a recommended lifestyle, in which they have to follow proper diet, take proper nutrients, and improve their behavior by avoiding bad habits such as smoking. With this, they might achieve a longer lifespan, which corresponds to a quality of life.

Meyer (2017). Networking and connecting with friends may also help boost brain health, which may lower the risk of dementia. With proper socialization, the elderly strengthen not only their mental but also their physical health.

Connecting to friends, relatives, and colleagues is the same as socializing, which helps people to live longer and stay young at heart. It strengthens the emotional vibrant, as well as sharpening individual mental health. As the seniors continue to enjoy life, it is important to prioritize the work life balance which you enjoy our adult period, while keeping your physical and mental health in great condition.

Mohyuddin, & Rehman (2015), Connecting and collaboration is very important for every human being, as in the absent of interaction, survival will be very difficult. For every survival, interaction is the key, as connections lost, it might lead to social isolation, that results to complicated issues. Hence, older adults are becoming the number one victim of this so-called social isolation, and the common reason is the distance created by them with their family and friends. Once social isolation developed in every individual it increases the process of aging. Since social isolation is becoming rampant among the elderly, loss of social integration connections is becoming the reason why the elderly cannot enjoy the quality of comfort in their remaining lives.

Powell & Chamberlain (2012). Social Welfare, Aging, and Social Theory help everyone how easily understand why the relationship changes between social welfare and human aging. The textbook provides its own impulsive approach with a good example of what social welfare in local, international and global contexts. possibilities can be encountered.

### Financial

Publisher (2021). Medicaid is additional financial support provided to less fortunate Americans of any age with medical costs. It provides not only assistance but as well the personal care services and nursing home care, which Medicaid does not cover; the medical care ensues to covers most prescription of drug costs. Each step administered Medicaid, however it depends on the is administered by each state, so eligibility requirements.

Social participation is a process in which most individuals are characterized by precise, collective, conscious and voluntary actions, which finally leads to self-actualization and achievement of goals. For over 2 decades, researchers have become increasingly interested in the concept of social participation. Numerous studies indicate that diseases, mortality, and quality of life of the elderly are

related to their social participation. Thus, paying attention to the concept of social participation in the elderly people is of particular important, and its promotion is one of the key recommendations of the World Health Organization in response to concerns about the aging population. Paskaleva, Tufkova & Res. (2017).

MSSD (2019). The Social Pension Program is a government assistance monthly stipend amounting to Php 500.00 to supplement the daily subsistence and other medical needs of indigent senior citizens. This is in line with the fulfillment of the commitment of the government government's commitment to the most susceptible sector through social protection and for the full implementation of RA 9262 of the Expanded Senior Citizens Act of 2010. The stipend amount is received by the beneficiary on a semestral basis or every 3 months, using the most cost-effective and efficient payment modality such as but not limited to direct payment to the beneficiary through cash advance by a designated Special Disbursing Officer (SDO), door to door delivery scheme or use of cash card depending on the availability of funds.

### Education

The University of Minnesota (2021). Are just few institutions that give assistance to education, in which this university provides senior citizens with opportunities in higher (college) education. The Senior Citizen Education Program (SCEP) is part of a Minnesota state statute that applies to all state-supported institutions of higher education in Minnesota. Minnesota residents who are aged beyond 62 years of age, may enroll in courses at the University for reduced costs, either to audit or earn college credit.

Blog (2015). The programs are often offered at nearby colleges and universities where senior citizens or elderly adults reside, and they are offered at moderate or low cost. In such institutes, the senior citizens are given the chance to select, deliver and manage their own college level learning, followed by glowing and excellent reports. As a state senior citizen, they can find ways to get back to university and continue their further education with state, university, private scholarships and grants and discount programs.

White (2021). Each state operates a post-secondary education system consisting of a link of community colleges and universities. Some offer discounted or free educational opportunities to senior citizens. The state of Alabama, for example, sponsors a scholarship program for senior citizens. This program provides free in-state tuition at 2-year colleges to individuals 60 and over who qualify for admission. The requirements and availability of financing normally vary greatly from one state to another.

Garrett (2017). While there are different grants that various government agencies award senior citizens who apply for higher education, they should begin their search with state grant programs for which anyone can apply. No government agency will discriminate against college

students because of age, and state grants may be sufficient to pay for a college education.

Kepper (2019). Student education loans help thousands of Americans attend college each year. It doesn't matter what your age, you can apply for a student loan. With more older adults going back to school, growing numbers of non-traditional students are looking for ways to finance their education costs. As programs sponsored by higher education continue to attract retired elderly of the community, post-secondary schools are becoming more aggressive at targeting older individuals.

Dawalibi, Goulart, Prearo, (2014), Population aging is a social spectacle that demands the care of health professionals. This article seeks to analyses the influence of possible prevailing factors on the quality of life of the elderly. To evaluate the subjective perception of quality of life, the World Health Organization Quality of Life questionnaire was used. Multiple linear regression analysis was performed on the dependent and independent variables. A significance level of 5% was adopted. The results showed that the absence of disease positively influenced the quality of life on the four domains evaluated. In the environmental domain, full college education, old age, the absence of disease and being a resident in Sao Caetano do Sul positively influenced the quality of life of the elderly. The factors associated with better quality of life were: full college education, old age, the absence of disease and being a resident in Sao Caetano do Sul, in that order of importance Daily Caring (2021).

### METHODOLOGY

#### Research Design

In this study, the researcher employed the research design survey in collecting data. Survey is beneficial in describing the characteristic of the respondents. Survey ensures a more accurate sample to gather targeted results that could be draw conclusions and make important decisions. The researcher administered this method through paper surveys for it is most effective and efficient one since data can be collect directly.

This study used the descriptive methods of research, as it is devoted to the gathering of information about prevailing conditions or situations for the purpose of description and interpretation. This type of research method is not simply tabulating facts but includes proper analysis, interpretations, and identification of trends. The use of the descriptive research design allows the researchers to assess the implementation of 20% discount privilege to selected seniors citizens in selected barangays in Quezon City, Manila, and Caloocan.

#### Respondent of the Study

The respondents of the study are the selected 300 senior's citizens from 2 Barangays in Quezon City, namely, barangay Talipapa in Villa Sabina, Talipapa, Quezon City. Barangay Bagbag in Parokya ng Pagkabuhay Road, barangay Bagbag Novaliches with 100 respondents. 2

Barangays in Caloocan City, namely barangay 97 in Zone 9, District II, 11th venue Caloocan, and barangay 98 in Zone 9, District II, 11th Avenue Caloocan with 100 respondents.

A purposive sampling technique was used in selecting Senior Citizens from Quezon City, Manila, and Caloocan, with the purposive sampling, it is possible to select the respondent on purpose and reason as required by the study. The researcher used two types of data in this study, the primary data came from the respondents through survey questionnaires while the secondary data came from the related studies used.

### Statistical Treatment

The following will be undertaken for the treatment of the gathered data from the survey questionnaires.

1. Weighted Mean.
2. Rank.
3. T-test.

### Legend

WM -weighted mean VI-verbal interpretation  
OWM - overall average weighted mean GM- grand mean  
3.26 – 4.00 Strongly Agree (SA)  
2.51 – 3.25 Agree (A)  
1.76 – 2.50 Disagree (D)  
1.00 – 1.75 Strongly Disagree (SD)

## RESULTS AND DISCUSSION

### Status of Availment of Benefits and Privileges of Senior Citizens

The senior citizens generally avail the hospitalization benefits. They have given free medical checkup at the public hospitals and discounts in private hospitals. There is senior citizen lane to give priority to their needs. In addition, they have given discounts in the purchase of medicine in the drugstore.

### How Do the Respondents Assess the Benefits and Privileges Availed by Senior Citizen from the Government

The respondents' overall assessments on the indicators in health aspect of benefits and privileges availed by Senior Citizen from the government, had stressed that medical and dental benefits should be given priority by the OSCA Office. The given indicator was given a rate as "agree" and had the lowest average weighted mean, indicating the urgency of effecting improvement on coordinating the local government officials concerning the conditions of the public hospital concerning the facilities to be used for the senior citizens to avail the medical and dental services of the government.

The respondents' overall assessments on the indicators in social aspect of benefits and privileges availed by Senior Citizen from the government, had stressed that recreational facilities and leisure park should be given priority by the OSCA Office.

The respondents' overall assessments on the indicators

in financial, aspect of benefits and privileges availed by Senior Citizen from the government, had stressed that discounts in the grocery should be given priority by the OSCA Office. The given indicator was given a rate as "agree" and had the lowest average weighted mean, indicating the need to coordinate with the business sector concerning the selected items in the grocery were given discounts in order to this businessman to make necessary adjustments on the discounts given the items which are needed by the senior citizens.

The respondents' overall assessments on the indicators in education aspect of benefits and privileges availed by Senior Citizen from the government, had stressed that allowances and free tuition fee should be given priority by the OSCA Office. The said indicator was rated as "agree" and had the lowest average weighted mean, indicating the urgency of effecting improvement on the implementation of the educational benefits.

The respondents' overall assessments on the indicators in employment aspect of benefits and privileges availed by Senior Citizen from the government, had stressed that support from the local government should be given priority by the OSCA Office. The said indicator was rated as "agree" and had the lowest average weighted mean, indicating the urgency of effecting improvement on calling the attention of the local government officials to strongly support the senior citizens in providing the job opportunities to them in order to eliminate total dependency to the government by giving them chance to work.

### The Result for the Test of Significant Difference in the Participants Evaluation on the Availment of Benefits and Privileges of Senior Citizens from the Government

The result for the Test of Significant Difference in the participants evaluation on the availment of the benefits and privileges availed by Senior Citizen from the government in terms of health, social, financial, education, and employment is shown in Table 6. The statistical test using t-test showed that the computed t-values of 11.46, 12.01, 20.46, 11.22, 8.14 are greater than the tabular t- value of 1.66 (one tail), 1.99 (two tail), indicating the rejection of the null hypothesis.

### Problems Encountered in the Specialized Program for Senior Citizens of Selected Cities of NCR

The respondents' overall assessments on the indicators in the problems encountered in the availment of benefits and privileges of the Senior Citizens had stressed that medical and dental service should be given priority by the OSCA office. The given indicator was given a rate as "very serious" and had the highest average weighted mean, indicating the urgency to improve the medical services provided by the government unit to the senior citizens particularly the dental services which is very expensive when they consult to the private clinics. The dental facilities may be provided by the local government

unit through the public hospitals in order to increase their access dental check which is the most serious problem of the senior citizens.

#### **Offered Solutions to Address the Problems Encountered in the Specialized Program for Senior Citizens of Selected Cities of NCR**

The respondents' overall assessments on the indicators offered solutions to address the problems encountered in the availment of benefits and privileges of the Senior Citizens had stressed that job opportunities should be given priority by the OSCA office.

#### **The Result for the Test of Significant Difference in the Participants Evaluation on the Problems Encountered in the Availment of Benefits and Privileges of Senior Citizens from the Government**

The result for the Test of Significant Difference in the participants evaluation

The result of test of significant difference in the respondents' evaluation on the problems encountered in the availment of benefits and privileges availed by Senior Citizen from the government is shown in Table 9. The statistical test using t-test showed that the computed t-value of 36.69 is greater than the tabular t-value of 1.65 (one tail), 1.97 (two tail), indicating the rejection of the null hypothesis.

#### **Test of Significant Difference in the Respondents' Evaluation on the Offered Solutions to the Problems Encountered in the Availment of Benefits and Privileges of Senior Citizens from the Government**

The result for the Test of Significant Difference in the participants evaluation on the offered solutions to address the problems encountered in the availment of benefits and privileges availed by Senior Citizen from the government is shown in Table 15. The result of statistical test that use t-test showed the computed t-value of 11.46 which is greater than the given tabular t-value of 1.66 (one tail), 1.98 (two tail), that indicates the rejection of the null hypothesis.

#### **Proposed Specialized Program Towards Revitalized Quality of Life and Improve Benefits and Privileges Health Care**

To improve the health facilities designated for elderly adults and to increase access to medical benefits and services

#### **Social Life Enhancement Program**

To ensure availability of recreational facilities entirely for senior citizens and to increase senior citizen to socialize with people.

#### **Financial Stability Program**

Financial capability of the senior citizens for their personnel needs and to support the entrepreneurial program of the senior citizens.

#### **Education Enrichment Program**

To encourage continuous education among senior citizens and to develop their skills needed in their job.

#### **Employment Opportunity Program**

To provide employment opportunities to the elderly who wish to work on a part-time basis or even a full-time irregular and to increase motivation among senior citizens to work and earn a living.

#### **CONCLUSION**

The status of availment of benefits and privileges of Senior Citizens in the cities of Caloocan, Manila, and Quezon revealed that the registered senior citizens received the benefits and privileges as stated in the senior citizen act. The common benefits and privileges enjoyed by senior citizens include free medical checkups and medicines and discounts on private services. Free movie and access to recreational facilities; access to basic education and being offered with job opportunities fitted to their skills and talents.

The OSCA personnel and Senior Citizens agreed in the health, social, financial, education, and employment benefits from the government. However, they need to have more access to dental services, recreational facilities, more discounts to grocery items; special training course; and strengthening support to employment program.

The respondents have different perceptions concerning the benefits and privileges provided by the government to senior citizen with regards to health, social, financial, education, and employment benefits due to the level of their experience on the availment of benefits stated under the Senior Citizens Act. The most serious problems encountered by the senior citizens is the limited medical services due to lack of adequate facilities. However, the highly recommended solution is centered on employment benefits, particularly in making ties with companies that may offer jobs to senior citizens.

The respondents experience different level of seriousness on the problems encountered in the availment of benefits of the senior citizens due to the level of their economic status. The Senior Citizens have different views concerning the effectiveness of the proposed solutions to the problems encountered by the senior citizens compared to the perception of OSCA personnel. The specialized program maybe proposed towards revitalized Quality of Life and improves the benefits and privileges should focus on dental services, recreational facilities, more discounts to grocery items; special training course; and employment program.

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