

An Empirical Review on the Relationships between Learning and Health of the Community Elders

—A Case Study of Chiayi County

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Abstract

This study aims to investigate the relationship between the elderly to participate in community learning activities and health promotion. An empirical investigation for 25 Evergreen Active Stops in Chiayi County was conducted. The purposes of this study were: (1) to understand the connection between course design and the needs of the elderly in community; (2) to explore the impact of learning activities on the healthy performance of the elderly; (3) to provide the specific recommendations for future planning of community care programs. The analytical results show that the handling performance on the learning activities of Evergreen Active Stops worthy of recognition; the service types for the elderly should be considered to the community as a whole; elderly curriculum planning must take into account the educational needs of the elderly, especially for individual differences; the willingness to participate in learning activities depends on the arrangements of the course contents; diversified learning activities for the elderly should be integrated into normal community development activities. Based on the findings, recommendations were provided.

**Keywords: elder-education courses, Evergreen Active Stop, health promotion,
learning activity**