Self-care: Lay Initiatives In Health

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lay initiatives in health - Babcock University Library catalog 1976, English. Conference Proceedings edition:
Self care, community participation and health promotion are emerging but dominant areas in the developed countries. Elements of a programme for health promotion in the developing countries following key principles of self care and community participation are proposed. Demonstration programmes may be initiated to assess the feasibility and effectiveness of this programme before large scale implementation. Keywords. Levin LS, Katz AH, Holst E: Self care: lay initiatives in health. London: Croom Helm. 1977Google Scholar. Self-Care: Lay Initiatives in Health. New York: Prodist. Norburn, J.; Bernard, S.; Konrad, T.; Woomert, A.; DeFriese, G.; Kalsbeek, W.; Koch, G.; and Ory, M.(1995). Self-care behavior, a key concept in health promotion, refers to decisions and actions that an individual can take to cope with a health problem or to improve his or her health. Examples of self-care behaviors include seeking information (e.g., reading books or pamphlets, searching the Internet, attending classes, joining a self-help group); exercising; seeing a doctor on a regular basis; getting more rest; lifestyle changes; following low fat diets; monitoring vital signs; and seeking advice through lay and alternative care networks, evaluating this information, and making decisions to act. Self-care activities are health promotion behaviors that allow individuals to take initiative and responsibility to maintain their own health and functional ability (Levin, Katz, & Hoist, 1979; Pender, 1996). Maintaining functional ability is essential for older adults to maintain their independence as long as possible. Self-efficacy is a critical factor in the development of favorable health practices in both well and ill older adults. Southerland (1988) used a nonprobability sample of 249 well adults older than age 65 (60% women, 40% men) to investigate the relationship of self-efficacy, health knowledge, and health practices. Selfcare: Lay initiatives in health. New York: Provost. Lipson, J.G., & Steiger, JJ.