

科技部人文社會科學研究中心

跨領域整合型研究計畫之前置規劃案成果報告

發展跨領域成功老化促進策略規劃案

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執行機構及系所：亞洲大學健康產業管理學系

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摘要

目的：本規劃案以五個月為期 (2015 年 7-11 月間)，目標是完成整合型計畫書概念架構，以發展跨領域的成功老化促進策略，以利申請 105 年科技部整合型研究計畫。

方法：包括各子計畫文獻探討、跨領域對話及構想討論研究會議、成果工作坊線上社群討論等。

結果：本整合計畫提出幸運草型之研究架構，以綜合之成功老化為核心，家庭關係與韌力、健康識能、認知功能、抗衰弱為四大分支，為強化成功老化的策略。同時本整合計畫有別於其他成功老化介入計畫之特色在於跨領域(健康促進、健康服務利用、老年醫學、家庭關係、社區研究)及整合性(資源整合、場域整合、與專業整合)，同時各子計畫又能保有各自獨立的特色。

結論：透過本規劃案，已實質提升跨領域對話及提升對研究議題的合作層次。本研究團隊預定申請 105 年度整合計畫，若能順利通過，預計未來將可達到跨領域研究成果的發表，並應用研究成果於一般民眾之老年健康促進。

關鍵字：老化、健康促進、介入、成功老化、跨領域

Abstract

Purpose: The purpose of this 5-month planning project (from 2015 July to November) was to develop interdisciplinary successful aging promotion strategies and to construct the conceptual framework as the basis for submitting the 2016 integrated research proposal for Ministry of Science & Technology (MOST).

Methods: The methods included literature, cross-disciplinary dialogue, group meeting for integrated research project, the outcome workshop, and online academic discussion group.

Results: We proposed a four-leaf clover framework of the integration project. The core was the comprehensive successful aging strategies, and the four elements to strengthen successful aging were the family relations and resilience, health literacy, cognitive function, and anti-frailty. The unique characteristics of our integrated intervention project, other than the similar health promotion intervention project for the older people, were interdisciplinary (health promotion, health services utilization, geriatrics, family relations, community research) and integrated (in resource, in setting, and in specialty). Meanwhile each research project still holds its specific characteristics in its field.

Conclusion: The interdisciplinary dialogue and integrated cooperation has increased the level of the research issue, and we will submit the integrated proposals for 2016 project. The publication of the research findings and the application for general older population are expected if our grand proposal and sub-proposals are passed and conducted in the future.

Key words: aging, health promotion, intervention, successful aging, interdisciplinary