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Abstract: This study examined the impact of a community-based intervention on the well-being of older adults. The intervention focused on social support and health promotion. Results showed that participants in the intervention group reported significantly higher levels of social support and better health outcomes compared to the control group. The findings suggest that community-based interventions can effectively improve the well-being of older adults.

**Keywords:** older adults, social support, health promotion, community-based intervention, well-being

### Introduction

The aging process is a complex and multifaceted phenomenon that involves physical, psychological, and social changes. As the population of older adults continues to grow, it is essential to understand the factors that influence their well-being and to develop effective interventions to support them. This study focuses on the impact of a community-based intervention designed to enhance social support and health promotion among older adults.



Figure 1: Conceptual Model of the Intervention

...the study of aging and the elderly. The purpose of this study was to explore the experiences of older adults with dementia and their families in the context of long-term care. The study was conducted in a long-term care facility and involved interviews with 10 older adults with dementia and 10 family members. The findings of the study are discussed in terms of the experiences of older adults with dementia and their families in the context of long-term care.



Figure 1. Performance over time.



Figure 2. Performance over time.



Figure 3. Performance over time.