



COMPASSIONATE CITIZENSHIP PROGRAM

LECTURE ON
CARE OF ELDER

Supervised by Ms Tabassum Fatima and Shiva Parvathi

PILOT PROJECT BY

COVA

Peace Network

In Collaboration With SCERT (Telangana State)

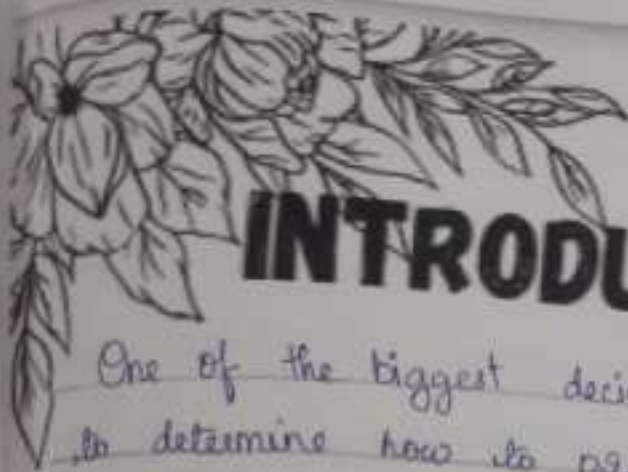


INDEX

1	INTRODUCTION	Pg: 1
2	RESEARCH METHODOLOGY	Pg: 2
3	FIELD OBSERVATION	Pg: 3
4	INTERVIEW	Pg: 4
5	FINDINGS	Pg: 5
6	RECOMMENDATIONS	Pg: 6
7	RESULTS ACHIEVED	Pg: 7
8	CONCLUSION	Pg: 8
9	KEY LEARNING	

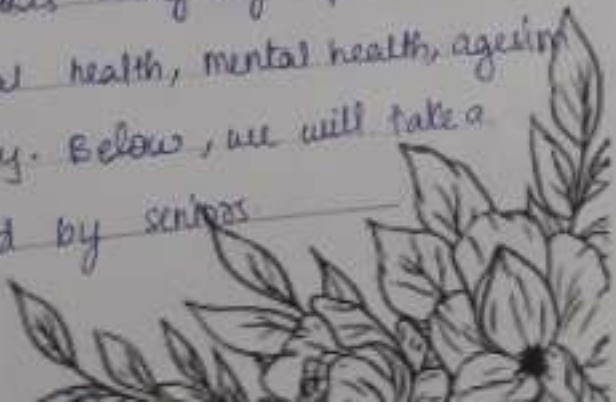
**COMPASSIONATE
CITIZENSHIP
PROGRAM**





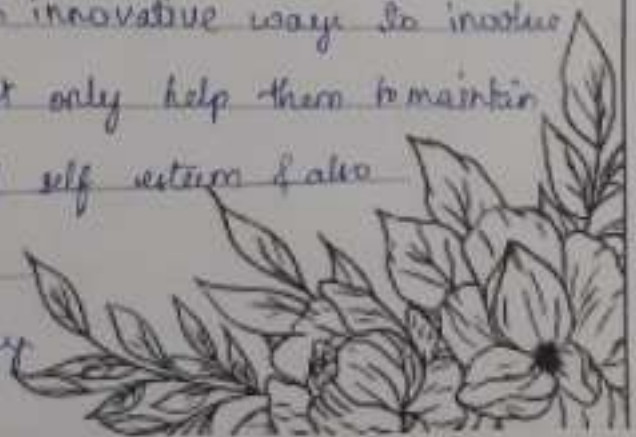
INTRODUCTION

One of the biggest decisions a family may have to determine how to provide care for elderly parents or relatives when those elders are no longer able to live independently. Families resolve this complex and emotionally charged issue in variety of ways. Some families find ways to provide elders with sufficient assistance such that they are able to safely remain in their own homes. Other families move their elders in with them so as to personally provide care. Still other families find that placing their care facility is the best solution for all involved. Problems of the elderly can be attributed to a number of factors. Everyday problems for the elderly include physical health, mental health, ageing & financial insecurity. Below, we will take a look at problems faced by seniors.





The biggest challenge to older adults can be their health ~~to~~ ~~models~~. It is well known that as a society we are living much longer thanks to improved living conditions & health care. While being able to reach old age is something to be thankful for, in many ways, there are several challenges facing the elderly which we all need to pay more attention to. Often it is not until we start to age ourselves or we see a loved one struggling that we sit up and take notice. But as a society we can do more to make life easier for our aging population. Elderly people can lead to isolation and marginalization in a lot of community. By coming up with innovative ways to involve older people, we cannot only help them to maintain a sense of identity & self-esteem & also tap into the wealth of knowledge & experience they have for the society's development.



FIELD OBSERVATION...

Objectives: To understand how the society views elders, are elders important?

Old age is sensitive phase; elderly people need care and comfort to lead a healthy life without worries and anxiety. Lack of awareness regarding the changing behavioral patterns in elderly people at home leads to abuse the lives of senior citizen and further complicate into major physiological problems.


It is just not the age disease that affects old age; there are various other issues that govern the downfall of the health of the old people. One of the main issues is the negligence from the younger generation. Old people need supervision, the laxity to understand the need

and worries of elders make them appear strangers to the younger generations, who still regards them as burden.

Elderly people are subject to abuse from family members over property & disputes, some of them are even forced to sell their belongings and live in penury till death. Many of them are too scared to expose themselves as for being humiliated by their loved ones.

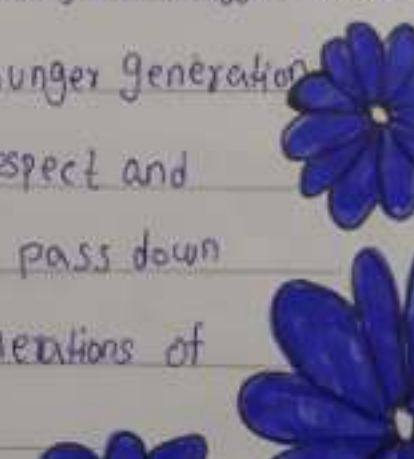
Understanding their needs & concerns, will ensure their good health - lending an emotional support.

To the elders keep them jovial, which is inevitably the ideal way to live a healthy lives. However, for many people, providing care and attention to elders is not possible due to work priorities. By helping others experience happiness, especially the elderly, you are making the world a better place to live.



1) How Do ELDERS CONTRIBUTE TO OUR SOCIETY?

Older people are rich in years, but they also have a wealth of skills and experiences. They have been through and survived many difficult situations in life that we cannot even think of. However, when people age and become frail, many think of them as more of a burden than still functioning citizens. They are the greatest treasure of the family, society, and nation. They have an immense ocean of knowledge, experience, and wisdom which serves as a guidepost for the younger generation. Many cultures view elders with respect and kindness, and depend upon them to pass down knowledge to the younger generations of people.



WHAT PROBLEMS DO ELDERERS FACE?

Old age is a unique life phase characterized by various health, cognitive, emotional, social & financial problems or changes. Physical decline & illness are one of the biggest problems aging people experience. Also, chronic illness in the elderly may limit or cause a loss of independence which is distressing for most people.

Mental disorders and cognitive decline are often associated with old age. Aging adults

The decline in health and mental ability makes people dependent. Additionally, many

aging adults face emotional challenges

such as feeling of loneliness & isolation.

Aging adults are susceptible to

dementia, psychotic depression, personality

changes, mood swings & other health

& mental problems.

Recommendation

★ For an elderly person, family is the most important social group to which he/she is usually tied by a strong bond. Member of family should be supportive & should motivate them.



★ Offer love, affection & respect, share time discuss their experience & event which they have gone through.

★ Spend some quality time, Bond with them, serve them with basic need & requirements, give the comfort & let them be secured.

Recommendation and Solutions:

During this project I have be expose so much on this topic that is case of elders so I recommend the people who disrespect their elders people give back answers to them don't give medicines to them. on time send them to old age homes who says caring of elders is huge budden no its wrong please I request you to

- 1) Please stay with them
- 2) Don't send them to old age homes
- 3) Never give bad words and back answers to old people and take care of their health.

2) We we went to a cobbler who has no child at the age of 78 he stays with his wife. He works and earn money and life live. By this interview I and my team members have learn something new.

Findings:-

- 1) We have to take care of elders
- 2) Never ever send them to old age home.
- 3) Spend time with them.
- 4) Take advice from them they give nice advices.
- 5) ask about their childhood
- 6) Never leave them alone in home.
- 7) Take them to health checkup.
- 8) Give medicines, food etc on time.

SUGGESTIONS TO OVERCOME THE ISSUE

- Spend Time and listen, express your Appreciation, Discuss family history & heritage.
- Understand their need and concerns give them emotional support.
- Encourage them to be active, get involved with them, get into their shoes & understand their problems.
- Have patience, show love & affection & get responsible.

Suggestion For action :-

I suggest to government of India to keep a old line like we have child line logs like we should also have old line if any disrespecting is happening against old people they should call to old line and government should take strict action on them.

Results Achieve :-


We have been got many results during our survey which might bring changes in our society I hope this survey might change the world one day.

STEPS TAKEN BY THE GROUP

- We helped one of our neighbour to develop an interest in their Family History.
- We made an effort to spend time with them.
- We tried to communicate & talked our level best to fulfill with their emotional needs.
- We discussed what parents expect or want us to act or to do we hence, got to know what we should do against our parents.

RESULTS ACHIEVED...

Being Aware will give you an insight into your beliefs and whether they are positive or holding back. We made people aware of what is going on in our society. And people are trying to address the problem. We made elders happy by appreciating them. 😊



"Where there is unity there is
always Victory"!!!...

problem can be solved when we

all come together, same way

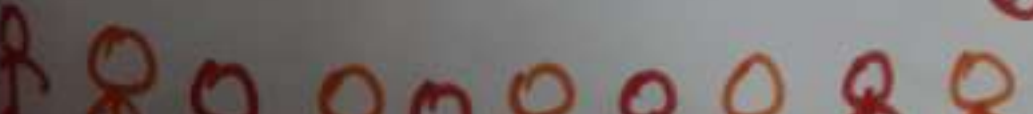
we can address 'care for elders'

actually it should be done by the

family but still it is a social

problem...

CONCLUSION.



THANKS GIVING...

We thank the COVA on behalf
of our school for their efforts.

They explained us about the various
aspects of the society and
how government deals with
the problems of people

we also thank them for

helping us with our field work
& interacting with the people about
particular problems.

