



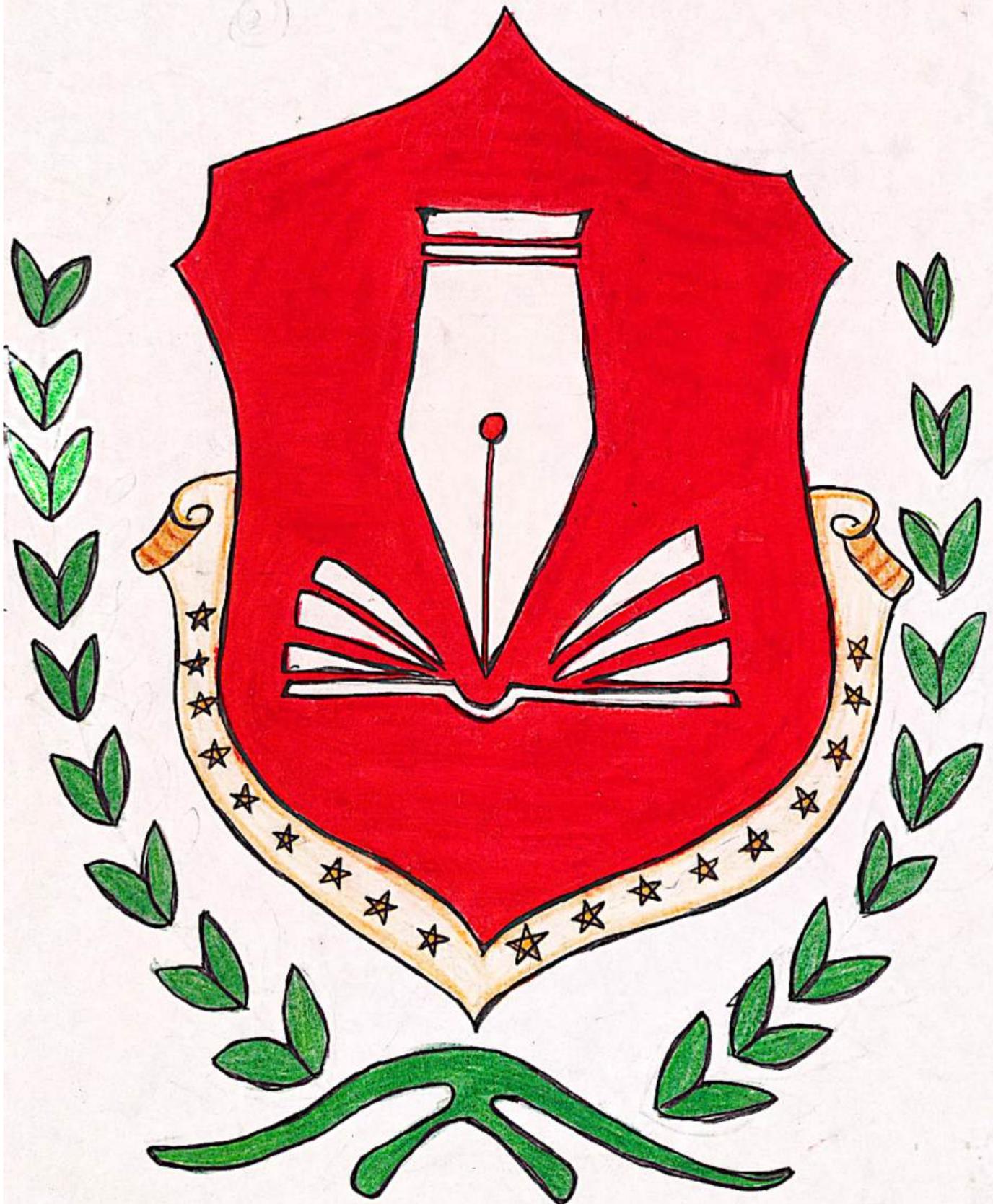
care of Elders...

Compassionate
Citizenship of
Programme



Topic :- Care of Elders

TGMRS JC (VOC) GIRLS-2 MBNR





Preliminary Information

Name of the school:

JGIMRS & JCGirls-2MBNR

Supervised by: K. Vijaya Lakshmi
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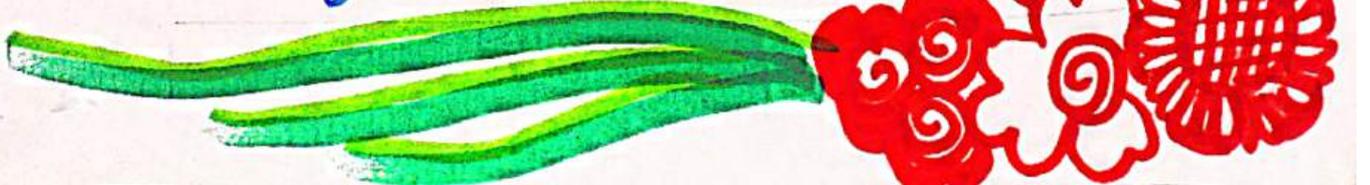
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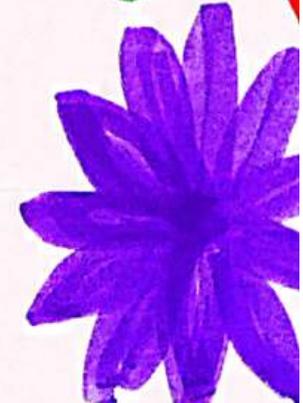
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Care

of

Elders





"Kindness to
the elders is
a reflection of
a compassionate
heart"

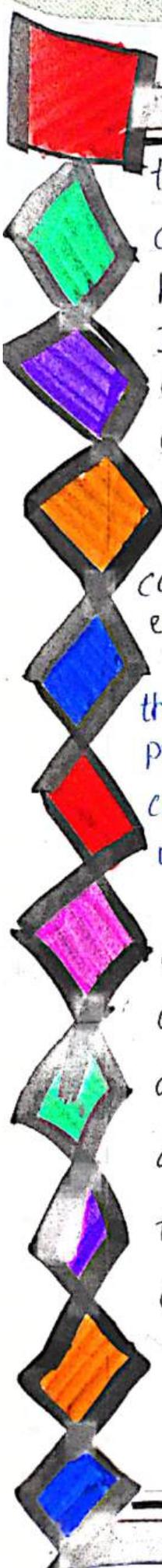
Definition

Elderly care or aged care refers to specialized comprehensive services designed to meet the unique physical, emotional and social needs of seniors.

Introduction

Care of elders refers to the physical, emotional, social, and medical support provided to older adults to ensure they live with dignity, comfort, and respect. As people age, they may experience changes in health, mobility, memory, and independence. Proper elder care helps meet these changing needs while promoting a high quality of life.

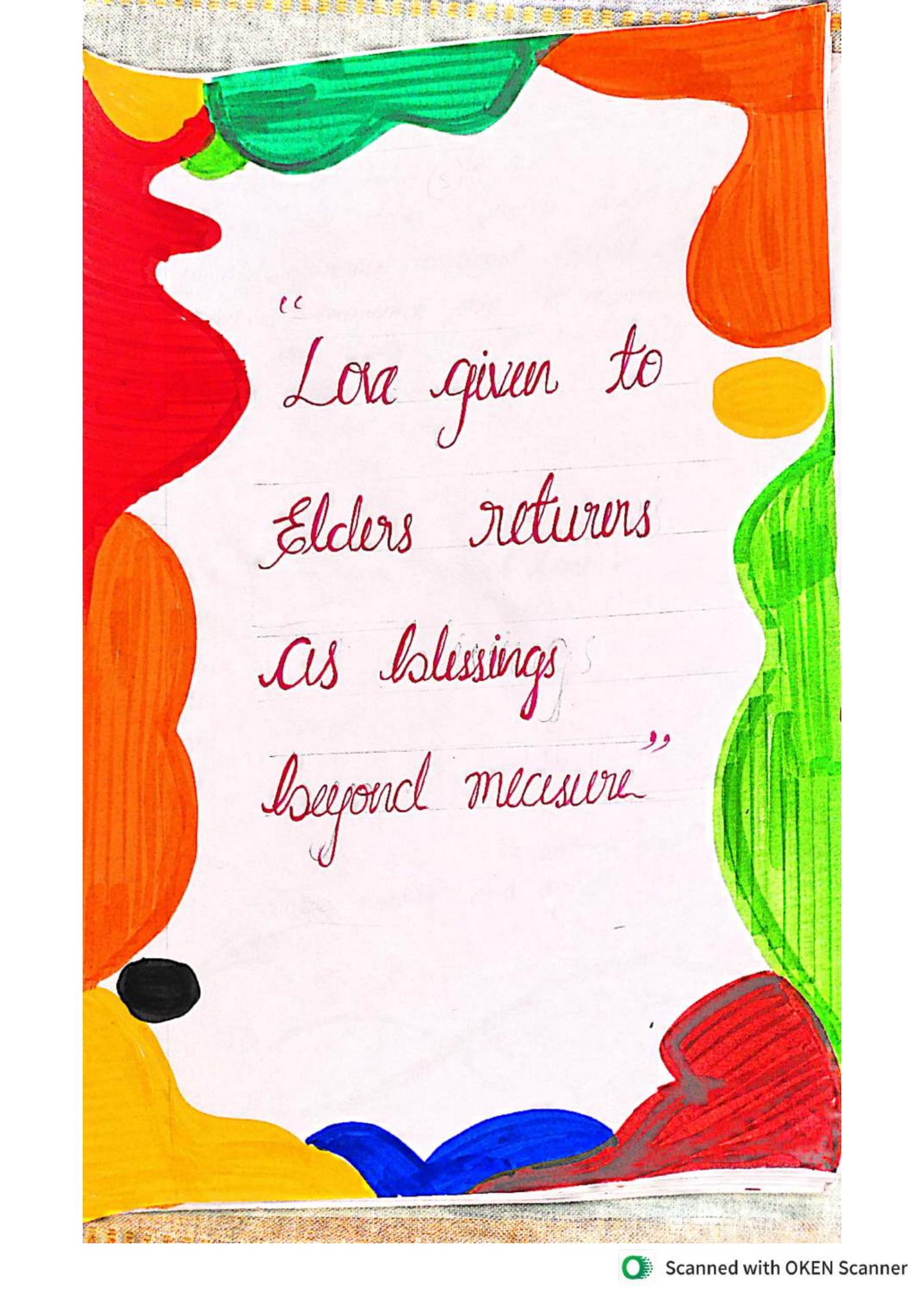
Elder care includes assistance with daily activities such as bathing, dressing, eating, and



taking medications. It also involves providing companionship, emotional support, and ensuring safety at home. In many cultures, especially in countries like India, caring for elders is considered a moral responsibility and an important family value. With increasing life expectancy, the number of elderly people is growing worldwide. This makes it essential for families, communities, and government to work together to provide health care services, social support systems, and secure living environments for seniors.

Respecting and caring for elders not only improves their well-being but also strengthens family bonds and preserves cultural traditions. Proper elder care reflects compassion, gratitude, and responsibility towards those who have contributed greatly to society.

Elderly care, also known as geriatric care or aged care, provides specialized medical, personal, and social support to help older adults age with dignity, safety, and a high quality of life. As people age, they often face a range of physical and mental challenges.



“
Love given to
Elders returns
as blessings
beyond measure”

Sentences about Topic :=

Caring for elders involves providing physical assistance, emotional support, and respectful companionship to ensure their safety and dignity. It is a responsibility that requires patience, proper nutrition.

Regular medical check-ups, showing gratitude, listening to their experience, and spending quality time with them makes them feel valued and secure.

Physical and medical care :=

- * Ensure they receive regular medical checkups, timely medications, and proper nutrition.

- * Help them with daily tasks like bathing, dressing, and moving around safely.

- * Create a safe, clean and comfortable living environment to prevent accidents.

- * Encourage gentle, regular exercise, such as walking, to maintain mobility and strength.



Quotation on Care of Elders

* "The best way to respect your future is to care for your elders today."

* "A society that values its elders builds a stronger tomorrow."

* "Listen to your elders, their wisdom is a treasure earned through time."

* "Where elders are respected, homes are blessed."

* "Old age is not a burden; it is a crown of experience."

* "Elders may walk slowly, but their wisdom moves generations forward."

* "Respect for elders is respect for life itself"

Case Study

1) With Elders:

Name: utlaramma wife of shankaraya

Age : 60

Gender : Female

Address : Timaspate, Ippallapally.

Questions

1. Name 3 problems that you bother most....

Ans: 1. The problem I faced is economical problems like torcher with borrowed persons.

2. At the torcher of him no one will give loans to us.

3. My husband hand has fractured.

2. How do you address them---

1. By requesting others to borrow money.

2. Going to Govt. Hospitals.

3. Name 3 things that make you happy....

1. living with grand children & children.

2. Working with or in Agriculture fields.

3. Seeing Series in T.V.



4. What activities you do with your grand children.....

Ans: The children will not support to me to do activities.

With children

7) Name: Insiya
Class: 9th

Adress: Boklampally, MBNR

1. What activities you do with your grand parents..

Ans: Learning House hold works

2. One thing you like about living with your grand parents.

Ans: If any one comes and fights with me she will protect me.

3. One thing about your grandparents you find most annoying / problematic..

Ans: She will tell Repeating the words again and again.

4. Do you think grandparents should stay with families or in old age homes.

Yes! but some times no....



Name: Gangamma after married Chanakistamma

Age: 60

Gender: Female

Address: Hanvoda, MBNR

1. Name 3 problems that you bother most...

Ans: Economical problems

Not having own homes, sons transferred
son teacher.

2. What activities will you do with your grand childrens.

Ans: Doing household works, wearing plates, feeding
etc...

Name: Prashanthi

Class: VIII

Gender: Female

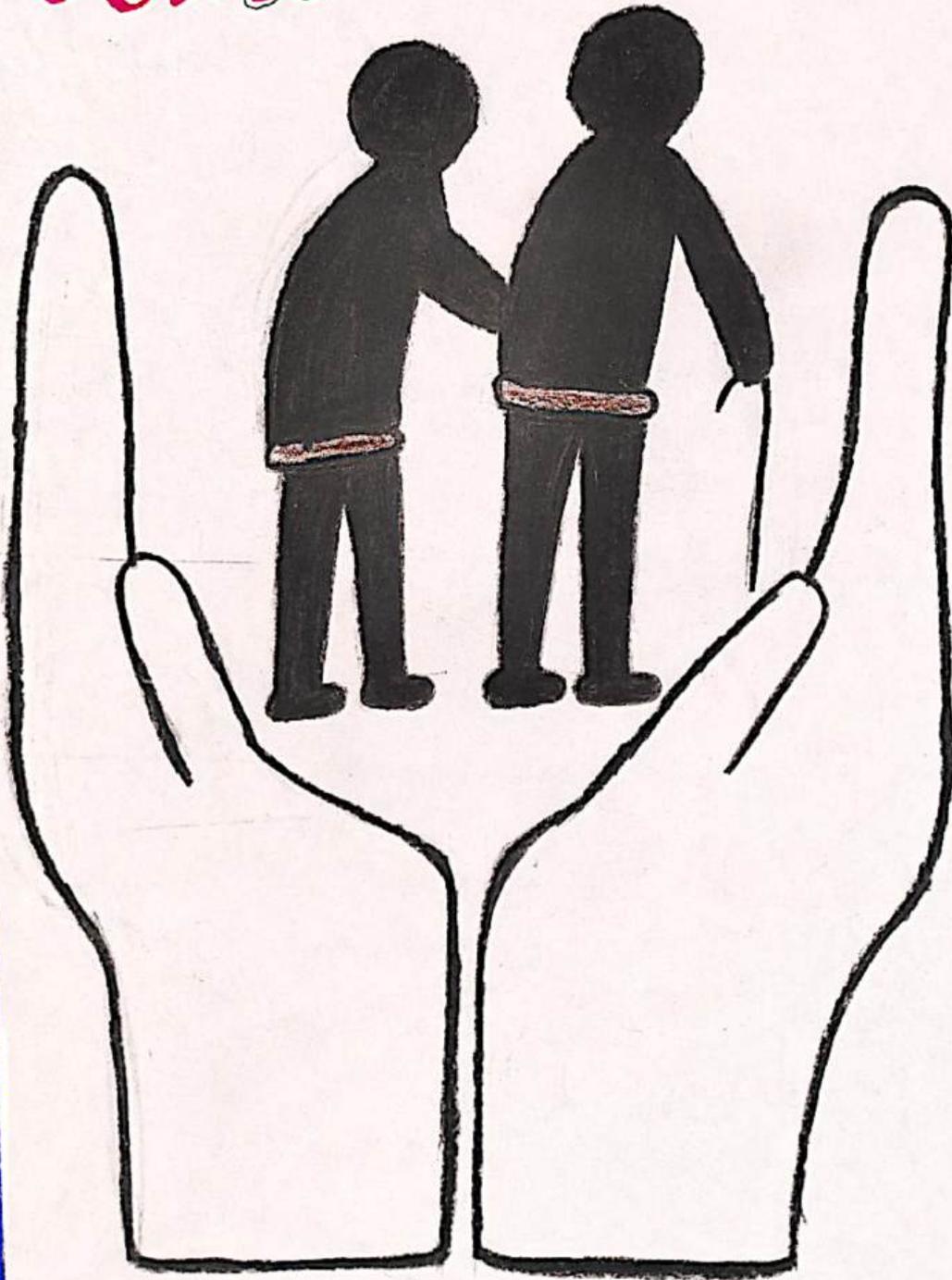
Address:

1) One thing that you like most...
telling jokes

2) One thing that your grandparent make problematic?
Drinking alcohol, scolding bad works.

Age with dignity,

Care with love



(18)

Quotation

"To care for
those who once
cared for us
is one of the
highest honours"

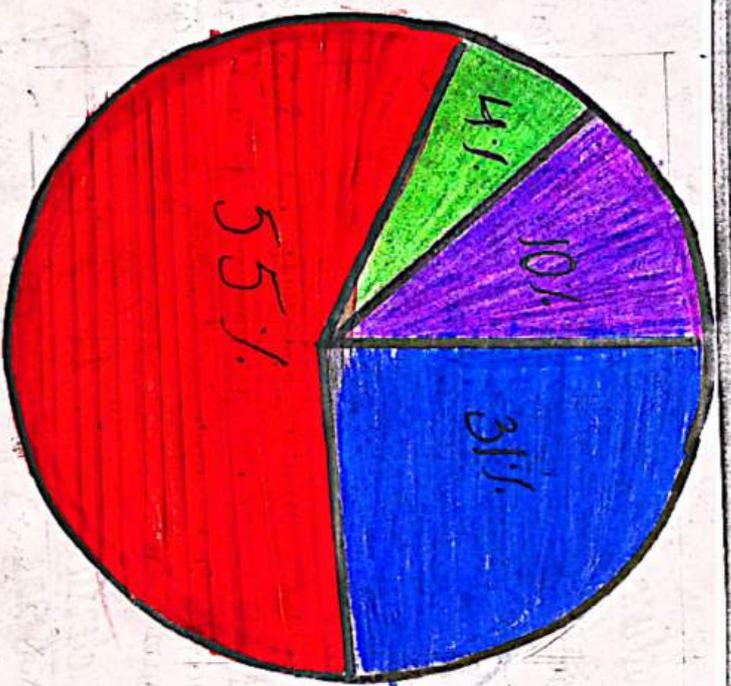
Findings

Findings on elders care highlight critical gaps in accessibility and affordability, with many seniors lacking necessary support for daily living. Key issues include high rates of functional

dependence, significant caregiver burnout - particularly among women - and a growing need for specialized, affordable, and comprehensive geriatric services, especially in rural areas.

Understanding the cause of care of elders

Care for the elderly is necessitated by age-related decline, including chronic illness, reduced mobility, and cognitive impairment like living. Declined physical health, chronic illness, cognitive decline (e.g. dementia) and decreased mobility, which necessitate support for daily living. It is essential for maintaining safety, providing emotional companionship, and managing complex medical needs. Effective care involves creating a personalized, proactive.



- No family
- No body to take care in the family
- Family settled in abroad
- Reversed Elderly

Assessing its Psychological and Social Implementation

Assessing the psychology and social dynamics of elder care involves understanding the emotional, mental, and social shifts that accompany aging, as well as the "impairments" - or efforts to improve the quality of life - through social and psychological interventions. Effective care requires moving beyond purely physical care to address loneliness, social isolation, and the psychological impact of losing independence.

Physical

Nutrition and Hydration

Provide a balanced diet high in fiber, calcium, and protein while limiting sodium. Monitor fluid intake to prevent dehydration, as thirst signals can diminish with age.

Emotional

Caring for elderly loved ones is an deeply emotional journey often marked by profound love, nostalgia, and sadness as roles reverse and health declines.

Respect and Attitude

* Always speak politely and treat them with the dignity they deserve.

* Show gratitude for their lifelong contributions and wisdoms

Involve them in family conversations and decisions to make them feel included.

* Be patient with their slower pace of life and potential memory issues

Emotional & Social Support

* Spend quality time talking with them to make them feel loved and valued.

* Listen patiently to their stories and concerns to reduce feelings of loneliness and depression.

* Respect their autonomy by allowing them to make their own decisions whenever possible.

* Show patience and empathy, understanding that they may become frustrated due to health struggles.

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Name: Piyas Begun

Age: 55

Gender: Female

Address: Amrapally, Anjila.

1. Name 3 problems that you bother most...

Ans: Not leaving with son and not have home.

These is more to take care of us.

The children not spending time with them.

2. How do you address them

Ans: Taking prison card eating rice, saying etc.

3. Name 3 things that make you happy.

Ans: Seeing family in a house (Joint family)

Saying stories to their grand children

Talking with neighbours.

4. What activities you do with your grand children

Ans: saying stories, Joking, Bath, in the sake of the grand children should make happy he do many things.

with grand children

Name: Priyadharshini

Class: T-10 years

Address: Vitranapet, Mervu

1. What activities you do with your grand parents

Ans: Singing songs

2. One thing you like about living with your grand parents.

Ans: For anything he will give permissions

3. One thing about your grandparents you find most problematic.

Ans: Giving financial matters.

4. Do you think grand parents should stay with families or in old age homes.

Ans: Home.



8) Name: Yadamma wife of Rangreddy

Age: 60

Gender: Female

Address: peddapalli, Tadcherla.

Questions.

1. Name 3 problems that you bother most...

- Ans: 1. NO fields to do agriculture
2. I have leg fracture
3. less pension.

2. How do you address them.

- Ans: 1. Taking from Govt. to eat
2. Taking help from my husband
3. Taking borrow from others.

3. Name 3 things that make you happy.

- Ans: 1. Spending time with children
2. playing with children.
3. Spending time with neighbours.

4. What activities you do with your grand children...

Ans: Taking them bath, feeding, etc...

with children:

Q) Name: Liona

Class: 7th
7th Shanishabad, Rangasiddhi

1. What activities you do with your grand parents...

Ans: Playing chess with them.

2. One thing you like about living with your grand parents

Ans: There is lot of love with them.

3. One thing about your grandparents you find most annoying/problematic.

Ans: The thing I don't like is my grandparents will be scold a lot.

4. Do you think grandparents should stay with families or in old age home?

Ans: Yes.....

Q) Name: Kamalamma wife of Venkatesh

Age: 65

Gender: Female

Address: Bandaripalli, MENR.

1. Name & Pr. Nms that you bother you most

Ans: Turkey of son and daughters in law
Ablt living with son and having proper food

2. How do you address them.

Ans: I am living with my daughters eating with she only.

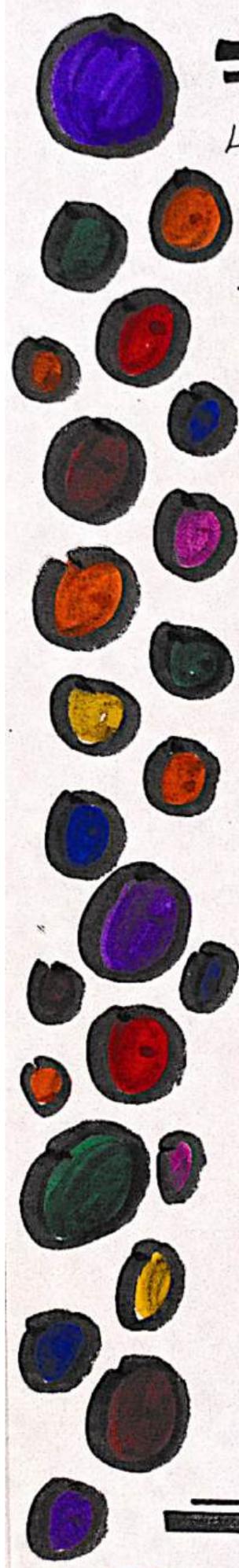
3. Name & things that you make happy.

Ans: 1. living with daughters chicken
2. Spending time with daughters.

3. All things.



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4. What activities you do with your grand children - ...

1. Playing with them.
2. Saying morals and stories and about Bhagavatam.
3. Doing bathing...

5. With children?

1. What activities you do with your grand Parents.

1. listening stories, Bhagavatam, taking bath, eating with them.
2. One thing you like about living with your grand parents.

knowing morals etc. - -

3. One thing about your grandparents you find most annoying / problematic..
drinking alcohol - - -

4. Do you think grandparents should stay with families or in old age homes.
Yes, but sometimes NO.

5) Name: Kamalamma wife of Krishnayya

Age: 60

Gender: Female

Address: Karkonda, MBNR.

Questions

1. Name 3 things that make you happy.

1. I like to go to meet son and daughters homes.

2. Living with grand children

3. Going to famed Temples.

2. What activities you do with your grand children
Wearing plates, saying about previous days,
saying stories and morals.

6) Name: Sindhu

Age: 12

Gender: Female

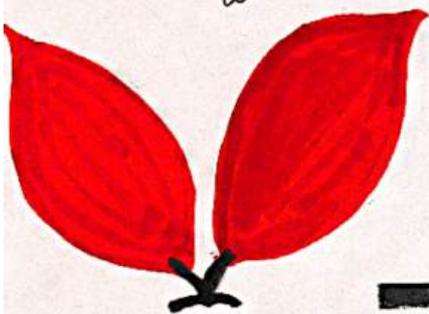
Address: Hyd

1. One thing about your grand parents you find most annoying/problematic

scolding for a silly thing

2. Do you think grand parents should stay with families or in old age homes

No, I need to see my grand parents in my house itself



Slogans on Care of Elders

✦: "Helping seniors age with grace and dignity"

✦: "Loving and caring for our seniors."

✦: "Empowering independence at any age."

✦: "Helping seniors live their best lives."

✦: "Aging gracefully with love and support"

How can we prevent care of elders.

Preventing the need for intensive, long term care of elders involves proactive management of their physical, mental, and environmental well-being to maintain independence.

a) Grand parents:-

Grand parents think should live with their children and make them happy children and children should not feel upset. Their grandchildren to live happy. They will say some more morals to their grand children and say which is good and which is bad And teaches good tradition to the youth of their children.

b) Children

Children thinks that should live with their grand parents in old age homes. grand parents may irritate by doing stupid thinks like doing washrooms, drinking alcohol etc. . .

c) Our Opinion

grand parents should with their children should not live in old age homes. should take care of grand parents.



Slogans on care of Elders

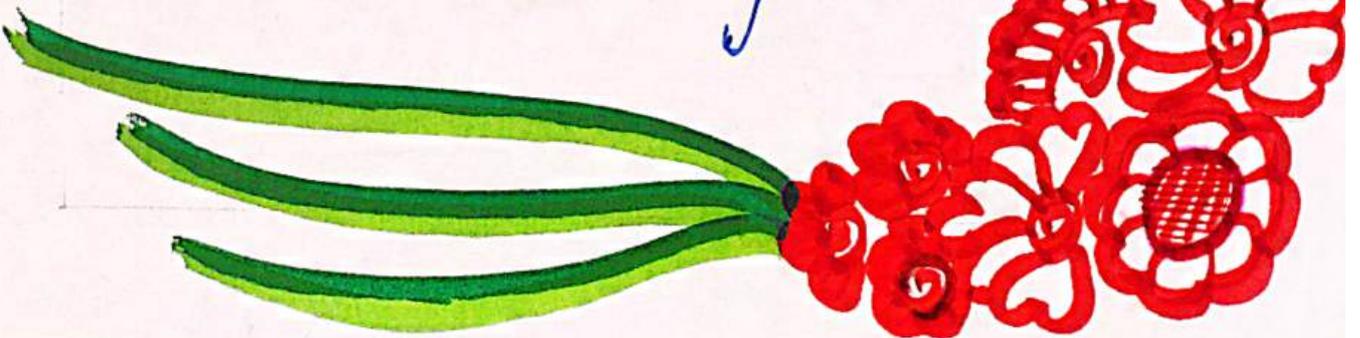
1. "Age with Dignity,
care with love"

2. "care with Heart,
Serve with Kindness"

3. "Age is just a number,
care is forever"

4. "care today, Secure tomorrow"

5. "Empowering Elders,
Enriching lives"



Tele manas toll free numbers

14416 OR 1-800-8-91-4416

Tele manas reflects the government's commitment to nurturing the nation's mental well-being. The Tele MANAS toll-free helpline numbers 14416 or 1-800-891-4416 offer multi-language support in 20 languages and have been pivotal in facilitating communication between callers and mental health professionals.

Tele manas is for all citizens. If there are any problems call to them they will solve. Do implement to go to old age homes for good lives. Tele manas will be 24 hours protection for all. So be safe in the old age homes. Government has given a good opportunity. Tele manas will guide the old citizens to how to go in a good way or bad way.

How do you address them

* I saw when my hand pains I would cry, I would not say to anyone because of my hand fracture.

* In my neighbour's uncle suffers from cancer he don't have his parents and children are doing work in abroad so, he died even he died noone care him to buried.....

* My mother in law can't walk properly she even cries when I am going to work she says please don't leave please be hear itself but me I will leave and I will lock in a room and I come she face thought of problems.....

Observation

* I observed that the grandparents are facing a lot of problems like not caring them, not having proper food, not having good families, not having interest to take bath, lunch etc... And grandchildren all are wishing to take care of them and not sending them to old age homes. Some grandparents are having his husband's fracture and she's fractures.

Suggestions

- * I suggest that if grandparents not having his own families then go to old age homes. They take care like a family. Old age homes is provided by government.
- * Should implement more pension for them because of they don't have own fields, houses, rice etc....
- * Should drop in the old age homes govt have given a good chance.

Compassionate citizenship of Programme.

From cova so many lectures came to teach us

1. Climate change - Aaranya mam & Srinivas sir
2. Research & Questionnaire - Arjun sir & Srinivas sir
3. Care of elders: Pandi parvathalu sir, & Srinivas Sir.
4. Social Advocacy: Bharath sir & Srinivas Sir.

I am Proud to be a tmreis student because so, many things and lectures are coming to our school and teaches and tells more things. learned more things about cova These lectures teaches us Valuable and Important lessons. for us.

In tmreis we serviced for a grand parents who sings are migrates they don't have legs [Fracture], money etc... we given to them money. so, many crafts will be come to our school then we buyed that and by this way we helped from our side.

Conclusion :-

We learnt from cova project is
care of elders. We should respect the
elders. should join old age homes.
No one should suffer from hungry or
health issues. Only who don't have or
who are orphanage only they should
join the old age homes. If they have
their children they should only care them
they should not leave. they feel like we
don't have anyone why should I live
like this. grandchildren will share their
opinions and problems to the grandparents.

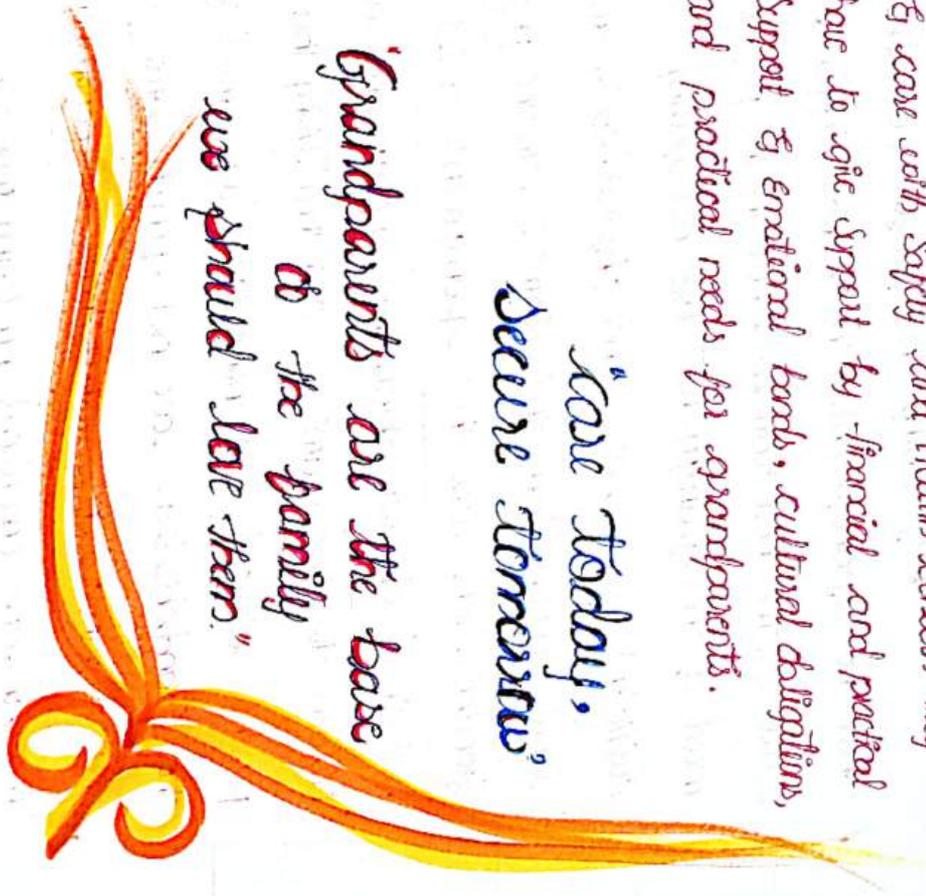
conclusion :

By doing this project we conclude that the grandparents should have support, care from their families, but in this project most of the grandparents are not getting sufficient food, care and physical, social, emotional support from their families. In this project Grandchildrens love their grandparents a lot but their childrens think that grandparents are burden to their families. And they are living their parents at old age homes. Nowadays most of the Grandchildrens are not spending time with their Grandparents and they are becoming mental and emotional by using mobiles. So, Grandchildrens spend time with grandparents because they provide a selfless care and love to the children. Grandparents are most experienced people and a guide to the family.

Families have to love and give respectivity
to care with safety and health concern they
have to give support by financial and practical
support to emotional bonds, cultural obligations,
and practical needs for grandparents.

"Care today,
Secure tomorrow"

Grandparents are the base
of the family
we should love them.



Wale, the students of TGMRS & TC (VOC)
Ghils-2, madhulbhagari. we are very grateful
to have this programme in our school. As it
was conducted by Aramp mam, Arjun sis,
Srinivas sis, Bharath sis etc., they give a
peaked information about the project to us. We
are very happy to learn different concepts
of this project. The interview which we conducted
is so good and once again we are very thank
full to the core team by the students, Teaching
to non-teaching staff of TGMRS & TC (VOC)
Gh-2 MBNR.
Firstly, thankful to the core team who came
to our school and guided class and trained
us that how to write this project.



Thank
You
Cova
Team