



COMPASSIONATE CITIZENSHIP PROGRAM

LECTURE ON Care Of Elders

Framework Provided By Dr G.Sobha Perindevi

Pilot Project By

COVA
Peace Network

In Collaboration With SCERT (Telangana State)

Care of Elders

Introduction

- Old is Gold – New friends are diamonds. If you get diamonds don't forget gold because only gold can hold a diamond.
- A family with an old man has a living treasure of gold - Chinese proverb.
- The world is graying-It is estimated that there are close to 750 million older people in the world today. By 2050 there will be 2 billion elderly.



Four Generations Living Together!

The Aging Scene in India:

- There are 139 million elderly in India. Will be 324 million by 2050.
- 90 million are still working to survive.
- 71% in Rural Areas and 29% in Urban areas
- 50% elders are facing abuse in society, out of which, 25% by their own kin
- 51 million are below poverty line
- 12 million are blind due to cataract,
- 10 million are 80+ category.

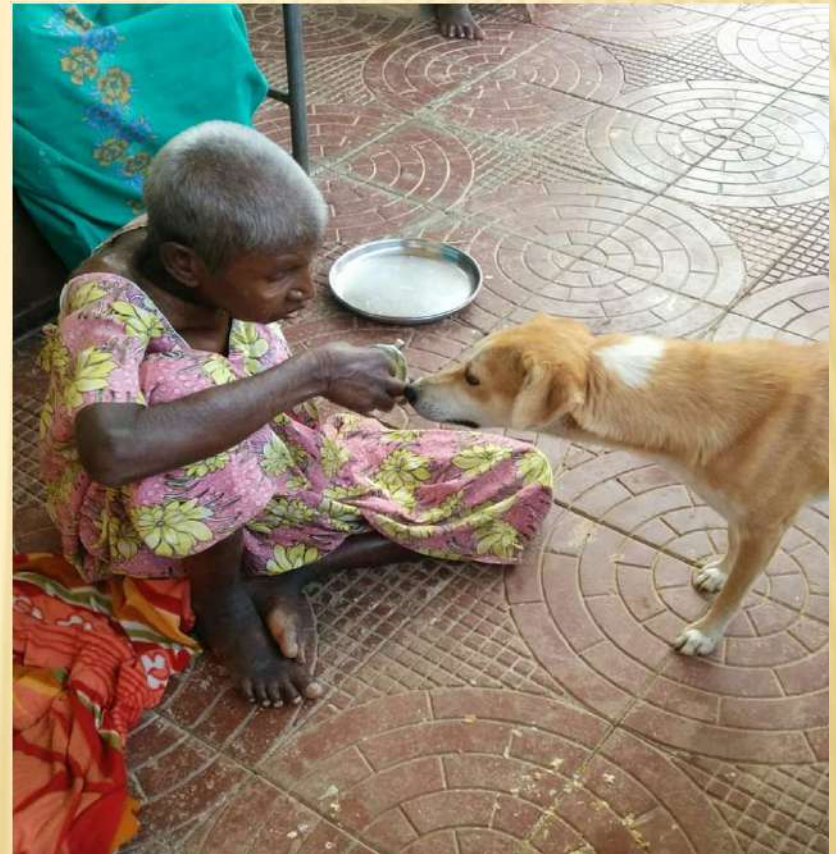
Care of Elders

Situation of Elders in the Present

➤ Elders are looked down and neglected.

Some reasons for this:

1. Disappearing joint families – Emerging nuclear families affecting the elders
2. Gender issues-More women who survive into old age are at risk of abuse.
3. Poverty and economic issues- Agricultural workers, wage earners, will be at the mercy of families or depend on charity.
4. Illiteracy – Rural women suffer the most.
5. Migration of children to cities for better opportunities: Leave their old parents behind
6. Health problems and poor living conditions
7. Disability surveys show that 22% of 80+are confined to home and 6.4 % are bedridden
8. Absence of effective legislation-Adult protection laws are not strictly implemented.
9. People have not realized the need to plan and prepare for old age
10. Crimes against elders Social protection is getting eroded and elders need state protection
11. Changing values: in the age of internet with Facebook and blogs etc. the wisdom and experience of age are devalued.



Care of Elders

Relation between Children and Parents in the Past

- Story of Sravan Kumar who carried his blind parents in a big basket for Tirth Yatra
- And assisted them in all the possible ways he could to make them happy.



Care of Elders

Elders are the Reservoir of Experience and Knowledge

- One should wish to live a hundred years.
- Aging is not a curse but an opportunity to progress and go ahead even after retirement.
- Mighty 90s, superb centurions are there to guide.
- But unfortunately, their advice is ignored.



Care of Elders

Health is the Major Problem in Old Age

- Physical, economical, and social problems of elders are increasing by the day
- Heart problems, disorders of joints, respiratory disorders are major problems.
- Many end up with disability.
- According to survey 22% of 80+ are confined to home,
- Dementia problem is increasing.
- Geriatric experts and health insurance are not available.
- Poor families consider them as burden and leave them near temples to beg and live.



Care of Elders

Economic Problems

- 53.4% of the elderly population is entirely dependent on children for economic security.
- The lack of old age homes where people can live independently is also a problem.
- Even at the age of 80+, 675 thousand elders are working for a living.
- 35% of female workers who are 70+ are working as casual laborers

Social Problems

- Change in family structure
- lack of social support,
- Social inequalities,
- Social challenges of elders include lack of infrastructure
- Utilization of health care and economic dependency.

Psychological Problems

- Isolation, affective and anxiety disorders, dementia and psychosis are the major psychological problems in old age.



Care of Elders

Elder Abuse

- In the history of elder abuse 90% of abusers are daughters, sons and daughters in law etc.,
 - Physical, psychological, financial exploitation, etc are increasing day by day
 - According to world health organization 59% of countries have laws to prevent elder abuse and only 30% of these are fully enforced.
- it is an unspoken issue of sexual abuse of old women.
- In 2020 around one in six people aged 60 and above reported experiencing violence since the time of pandemic due to financial and emotional problems of family members.



Care of Elders

National Commission of Senior Citizens Bill 2014

- It investigates and examines all matters relating to the safeguards provided for senior citizens under the constitution

Laws and Acts for Senior Citizens

- MVP&SC Act 2007 (Maintenance & Welfare of Parents & Senior Citizens Act)
- Article 39A of the constitution of India provides for free legal aid to the poor and weaker sections of society and ensures justice for all.
- A person in need of free legal services can approach concerned authorities
- If the person is illiterate, legal services authority record verbal submission.
- Experts advise to write the will with latest changes and updates.

Internet Classes

- Seniors started learning computers and are doing online courses. They are interacting with elders of the world ,and are doing some online part time jobs too.

Citizen Journalism

- Heritage foundation started special radio for senior citizens. All India radio is giving preference to senior citizens through Sravanti.
- Many senior citizens started YouTube channels, Vlogs etc
- Sweet 60, www.strongseniors.com are two examples of special coverage on elders.

Care of Elders

National Policy of Older Persons

- Announced on January 1999, it envisaged State support to ensure financial and food security, health care, shelter and other needs of older persons.
- Maintenance and welfare of parents and senior citizens act 2007
- It is helping parents and senior citizens to get justice for maintenance and welfare without delay.
- It requires children to provide maintenance for their parents and the government to provide old age homes and ensure medical care for senior citizens.



Care of Elders

Old Age Homes

- Old age home numbers are increasing in cities
- Though villagers are not sending parents to Old Age Homes due to fear of society but are abusing.
- Paid homes and free homes are there in india. Elders in paid homes are looked after well is the general opinion but research shows that paid homes elders are also facing abuse.
- Many elders are suffering with loneliness & depression. No one has time and interest to speak with them. Day by day their problems increase.
- NGOs and government are coming forward with some solutions.
- They are teaching youngsters and children to know about the problems of elders and are motivating them to help senior citizens.



Celebrating Birthday of a Child at an Old Age Home

Care of Elders

Makers Services for the Elderly

- This will help elders who stay alone by helping in various ways.

Care for Elders in Religions

- All Religious scriptures preach the same about respecting elders
- Matru devobhava, pitru devobhava'(Hindu scripture)
- Honor your father and mother(bible its commandment)
- He is not of us who does not have mercy on young children, nor honor the elderly.(Hadith Quran) Aging is not a curse .
- “ Heaven is underneath the feet of the Mother, and the Father is its doorway” says Islam



Care of Elders

Jeevandhara Medical Shops

- Jeevandhara is the name of generic medicine outlets being promoted by some states like Telangana and Andhra Pradesh.

Reverse Mortgage Loan Scheme

- Is a boon to those senior citizens who own house property but don't have sufficient regular income.
- Under difficult situation this scheme enables senior citizens to stay honorably in their own house till their death and getting monthly installments from the banks

Senior Citizens Associations

- The government of India provides financial assistance to the associations of senior citizens for a maximum period of five years within which they are expected to become self sufficient through contributions and donations

Mobile Medical Care Unit

- Project aims to enable older people to assume an active role in maintaining and improving their own health and in encouraging others to do the same. Each Medicare unit should cover 400 older persons.

Care of Elders

Volunteers Bureau of Older Persons

➤ In order to utilize the skills, talents, and experiences of the elderly for the benefit of the society and also to re establish their social status senior citizens register with this Bureau and offer their valuable services to organizations, hospitals, schools, institutions for children with physical or mental challenges etc.

Help line and Counseling for Older Persons

- The grant in aid is sanctioned for setting up of helplines and counseling centers for older persons
- Toll free no for help to elders 14567
- Agencies who have shown a credible track record in running projects for the welfare of the older persons and recognized charitable hospitals/nursing homes medical institutions, colleges etc. are selected for this program

In Anusasanikaparva of Mahabharata the sage Vedavyasa rightly remarked that the person who renders his services to elders will be rewarded.

*Gautham Buddha had said that no human being can escape from these three things: **Sickness, Old Age and Death.***

One must realise we need to depend on someone during these times.

Care of Elders

Project Works

Possible Issues- Subjects for interviews - Questions.

1. **Issue:** Problems faced by Elders living with families
2. **Subjects:** Elders with families- Their children and grand children
3. **Possible Questions: With Elders:** What makes them most happy
4. What problems they are facing – How do they address them
5. How do their children and grand children treat them
6. **With Children and Grand Children:** One thing they like about living with their Parents/ Grand Parents
7. One thing about their parents / grand parents they find most annoying / Problematic
8. Do they ever think of admitting their parents / grand parents to old age homes
9. **Issue:** Problems of Elders in Old Age Homes
10. **Subjects:** Elders - Their children and grand children- Staff and management of Old Age Homes
11. **Possible Questions: With Elders:** Why they are living in Old Age Home

Care of Elders

Project Works

To Elders:

Did they think they will live in old age home
What they like about their Old Age Home
What they miss in the Old Age Home
Will they want their children to live in Old Age Home when they grow old

To Staff of Old Age Home:

What do Elders like most in their Old Age Home
What do they miss the most
How often their children visit them
Why do you work in Old Age Home
What you find most satisfying
What you find very saddening

Start thinking of Issue you will select, Subjects you will interview, Questions you will ask and one action you will take to address the Problem.

Experts will help you with your Project Work.

Time to Act

Think of one thing you can do and will do to make an Elder in your family or Old Age Home or on the Street **HAPPY**



Parents should preserve such photographs so that when children ask what have you done for us, show these photos 😊

Thank You