

28th Nov'22 – Senior Citizen's Welfare Committee - Minutes of Meeting

Senior Citizen's Welfare Committee <https://chat.whatsapp.com/KUoeD0iLgdMBnf5BRj6Nyd>

- 1) What can we do for the senior citizens in our society who don't have the support they need to live a comfortable life? – With regards to those senior citizens without families or even those with families who are not getting enough time & attention due to their family members being busy with work and are not getting enough support or do not have a sufficient income of money to hire a full time care taker. Do we have a help desk in each city?
- 2) Should we form a trust in every city that arranges for support at their homes or should we make more old age homes to take care of their needs there?
- 3) Go to existing old age homes first and see what they need. - Money or staff or repairs or modes of entertainment or any other kind of help. Organize funds through NGOs, Co CSR, Trusts, donation from HNIs. – This Committee that will now be formed is at the state level and can later create their own district, town & city level teams as well as the work goes forward.
- 4) Make a list of senior citizens in each area and talk to them first one to one and then with their families. – Getting a team together and going to various homes and talking to each senior citizen one to one and then together along their family to get an understanding of various perspectives.
 - a) In the survey we will get the info of which seniors are living alone, and those who are living with their families.
 - i) Note down the different kinds of help they need in the interview.
 - ii) Shopping help – Senior Citizen's Helpdesk in every city / village that will address their requirement and ask someone in their area to help, those whose contact is registered with the Helpdesk.
 - b) After setting up our helpdesk, we can send out our flyers, so that senior citizens may get back to us.
 - i) We are here to serve senior citizens; first come first serve.
 - c) Some staff will also need to go to homes where seniors don't get our flyers.
 - d) Arrangements can be made for orphans to live alongside elders in an old aged or senior citizen's home, certain arrangements can be made for stray dogs or cats to be accommodated there as well to provide company to old people.
 - i) Beggars who are old aged also need care and shelter – they will need cleanup, healthcare, rehabilitation before induction into an old age home.
 - e) Finding a suitable aged home. There are very few old aged homes who charge reasonable rates. Do we as a committee need to fund them so they charge subsidized rates? Also every aged home would have expenses as per the caliber of the facilities provided at the home, so aged homes could be categorized upon the individual's spend ability and the aged homes would provide facilities based on their capabilities.
 - i) Find homes that are subsidized by a trust or NGO, who act as a project holder for senior citizens homes.
 - ii) Rama Raut based in Pune – Recreating a Gandhian senior citizen village at Orissa. This model once completed can be replicated in different parts of the country.
 - iii) Bihar Skilling Group, working across Bhaksar and the Nepal-Bihar border as well under Dr. S K Singh through his NGO called Grami Swaraj. Target affordable senior care homes to be designed, scoped and implemented in various parts of the country as per the community's capability to support it.
 - iv) Relevant local state Govt expertise has a budget for senior citizens through which they are able to set up projects.

- v) CRS (Corporate Social Responsibility) – eg: Ratan Tata has created the Good Fellows initiative and has funded them for this work of creating a basic interface to deal with senior citizen care and its facilities. They are pan India. Tel No.: 08779524307 <https://www.thegoodfellows.in/> / contact@thegoodfellows.in / careers@thegoodfellows.in <https://currentaffairs.adda247.com/goodfellows-senior-focused-startup-launched-by-ratan-tata>
- f) Youth from the area can help by going to senior citizen's homes to get their status info and also be a point of contact whenever they need help.
- g) Health of all senior citizens is a priority that needs to be taken care of first.
 - i) Our health committee in every city can do health programs for them.
 - (1) At their own homes
 - (2) At old age homes
 - h) Whatever help seniors are not getting from their family, we as a committee can provide.
 - i) Online social interaction for seniors
 - j) Video Conference with seniors of other old aged homes – via internet set up and a large screen TV – a meeting time can be set every evening – they can connect with different homes – they can connect with other social circles – they celebrate their birthdays online, they can share their stories online as well. A simple setup must be done for the online social system.
 - k) Organize social circles for senior citizens in their area. Volunteers can car pool seniors to the social gathering.
 - l) Senior citizen outdoor trips may be planned with a trip manager/travel agent.
 - m) Some seniors may want a wheelchair, diapers or a caretaker to take them to the toilet.
 - n) Those seniors who are mobile may wish to engage in some work for society.
 - o) There can be a Senior Citizen's channel or a regular channel with a time slot for senior citizen's. This could be a Govt initiative. Parallely, the committee should also organize a social media channel for senior citizen's for the purpose of entertainment or for learning simple things they can help with. Certain content like information about various NGO's all across India and how all kinds of help may be accessed or received, will be useful for senior citizens and their children. Information for children how best to look after their parents should also be shown. We can develop a mobile app as well for the senior citizens with notifications on news & information pertaining to their lives in relation with the criteria of the 21 committees, the news & information will be different for each state.
 - p) Home banking options for all Senior Citizens. The bank can provide give those services to an individual home or an old aged home.
 - q) Local persons from the area can visit the old age homes once a day to see what the seniors require or be on call for a particular senior. This work can be rotated amongst the younger local citizens.
 - r) Athashri in Pune, a society of aged people, there's a hotline number for each facility required like food, first aid, shopping, physical help, home maintenance, ambulance, police/security etc.
- 5) For old aged homes, focus on finding and training young men and women for elder care. Also buildings and home constructions are to be mindful of elders using walkers and wheelchairs, many buildings don't have ramps. Our society and cities are not set up for helping them to live productive & active lives even when they need help.
 - a) Recommendation from the committee to TCP Dept.
- 6) For both; elders at their own home and in an old aged home, there needs to be programs/workshops by holistic practitioners for the caregivers to understand the physical, mental and emotional needs of old people as they age; including the freedom of allowing them to make their own choices. At times, too much care is given and their freedom of choice is not taken into account, this can also seem as elder abuse.

- 7) Another aspect we may need to consider is, helping elders to adapt to finding new ways of self-development and new ways of coping with old age. Spiritual guides did this in the past and it should continue to be done so that the elders can be alive and well until the day they die.
- 8) Social Event participation can make the senior citizens lively.
- 9) We need to help seniors help themselves otherwise they lose their self-respect if they are just being helped all the time. We want them to be self-reliant, but whenever they need our help, they may feel free to ask us.
- 10) Why do we announce to our seniors that we are doing this and that for them, when they never said it to us when we were kids? We need to be more mindfully compassionate when communicating with our elders.
- 11) Elders have a lot of experience they can share with kids. – If accompanied by a volunteer/caregiver, they could spend time & interact with children at day care centers. There could be special social gatherings for kids and elders to meet together.
- 12) There are a lot of Govt schemes and tribal schemes for senior citizens.

Points from Florencio – Focused on health care, civic issues and senior citizens as well, involved with ‘Help Page India’ which is a well known NGO in India that distributes rations for the senior citizens. With regards to health care some are in need of free medicines, some in need of diagnostics at concessional rates, medical equipment like wheel chairs, beds etc., guidance with doctors/specialists, palliative care centers (NGO - Society for Nutrition Education and Health Action – SNEHA). Tied up with the BMC, a first public-private partnership in Mumbai to help with publicizing via flyers, they have facilities for; senior citizen counseling, cancer patients, dialysis patients, neurological patients & terminally ill patients, physiotherapy (at a center and even private home service) which is all free of cost. Another palliative care hospital called Sukoon Nilaya at Mumbai, sponsored by CIPLA, they provide treatment for the patient as well as training to the caretakers of patients, these services provided are all free of cost.

Points from Sanjay Gadhalay – ‘Dobara’ is a group that I help with senior elder care programs. Dobara Cares is a novel Caregiver Training - Initiative from the Not for Profit DOBARA is to refine the quality of caregivers and help families be prepared with the basics of caregiving & lifesaving skills like First Aid & CPR etc.
www.dobara.org / team@dobara.org / [FB@dobaraonline](https://www.facebook.com/dobaraonline) / [IG@dobaraonline](https://www.instagram.com/dobaraonline) / Mobile: 7331129075

An elder care organization that can offer a lot of learning or engaging senior citizens across different communities at various parts of the country, Shanmuga Chandra organizes 6 week training programs of 90 hours includes soft skills, bedside manners and basics of nursing care provided by experienced trainers from Nursing schools and experts in the field of service and communications. It is geared for those who wish to make a career of care giving, for youngsters, in-betweeners, active seniors & retirees, individuals who may be primary caregivers to friends or family in future. On the successful completion of the course the trainees will be able to confidently help others through old age, illness or disability. So for enabling health care givers, along with institutions like Apollo wellness group and people who are running hospitals and senior care nursing organizations, this is for anybody keen on wanting to learn, engage, interact. There is also a capacity for institutions that are made for the rotary group called SPARSH (an institution for a hospice).

Points from Tiwari, 9312533558, himalayan.development.foundation@gmail.com – In South West Delhi we have a senior citizens set up of 1500 to 2200 citizens where we celebrate birthdays, we go for pilgrim trips or religious tours, we get health checks done every 2 months or before having to go on tour. It comprises of age group 60 plus, and this project has been running since 18 years. Every elderly is a walking Wikipedia in the

domain, then they themselves give talks on certain life experiences, it becomes very cohesive over a point in time. This also becomes a key learning for the younger generation just by association.

Points from Savio – There's a connect that is required which is what happens with senior citizens when they are visited, as many a times on one side there are senior citizens who experience a sense of boredom and loneliness and on the other side I see senior citizens who are so active at the ages of 80 plus like riding bikes, playing sports, singing & dancing, so it would be nice for them to interact with other senior citizens as an act of inspiration.