



## Healthy Ageing

Adding Life to Years

# 2020, the year it was!

A year ago, we all hoped that the pandemic will relieve us from its burden and we will all come back to lives led normally as before. But the truth is far from what we hoped, and we continue to battle the rage of Covid-19. We want to thank each one of you for your care, support and the generosity you extended to our elderlies. We were moved every time we received a donation or kind words of support from you and we continue to do what we do because of this very support. We want to take a pause and share a few important steps we took in 2020:

- We expanded our community based project, from 2 to 18 slums in Pune City, the reach before the pandemic was 600 elderlies and during the pandemic it expanded to 5200 elderlies.
- Preparations for expanding community based projects to 2 more cities, Mumbai and Bhopal and to rural areas of Gwalior district.
- Raised over Rs.70,00,000 for humanitarian relief and social support.
- Bringing our elderlies to the digital world, by conducting regular virtual OPDs, making our doctors speak to each one through the screen.
- Strengthening the mental wellbeing aspect through various trainings.
- Creating more than 500 volunteers across the country for support.

We continue with our efforts as we combat the second wave. We reiterate, your concern and support make us believe that we are truly creating the world we long for, a world filled with love & care for the elderlies.

Dr. Benazir Patil, CEO, SCHOOL

# Overview of what 'Healthy Ageing' has been doing and why

Our experience and understanding informs us that older age group is invariably associated with health problems accompanying several socio-cultural, economic, and psychological challenges faced in their day to day life.

**Socio-cultural:** Nuclear family patterns are resulting into lack of social security – further causing isolation and loneliness.

**Economic:** Lack of pensions and any kind of livelihood resulting into inability to avail nutritious food, health services, medication etc.

**Psychological:** Lack of sensitivity among family members, lack of self-care, depression and anxiety are common aspects affecting their mental wellbeing.

**Fear and stress of being dependent** on others is also a challenge

So as to address these challenges 'Healthy Ageing' has been:

- Reaching the elderlies directly by establishing 'Community-based Mechanisms' for the bottom of the pyramid, those residing in slums and also in rural areas.
- Creating champions/ spokesperson who can advocate for the elderlies.
- Creating livelihood options, not just for income but also for keeping them engaged.
- Collaborating with the government at all levels (national, state, district/ city level).
- Building linkages with varied other stakeholders that will help us in improving the quality of life of the elderlies.



# Ensuring 'Quality of Life' for the older people

The information captured in 'Saving Life Checklist (SLC)' gets translated into an Individual Care Plan (ICP) for each elderly. The ICP focuses on:

Domain	Activities that address these domains
Physical Health	<ul style="list-style-type: none"> <li>• Home based health-check-ups</li> <li>• Disbursement of medicines and supplements</li> <li>• Virtual OPDs</li> <li>• Referral to higher facilities for treatment</li> </ul>
Psychological state	<ul style="list-style-type: none"> <li>• One on one Counselling with the elderly</li> <li>• Following mhGAP tool to understand their mental wellbeing</li> <li>• Talking and sensitizing the family members</li> </ul>
Level of independence	<ul style="list-style-type: none"> <li>• Providing assistive devices to the elderly</li> <li>• Providing basic necessities such as diapers, ration, etc.</li> <li>• Providing multi-vitamins to improve physical strength to move around</li> </ul>
Social Relationships	<ul style="list-style-type: none"> <li>• Community level meetings</li> <li>• Encouraging youth engagement</li> <li>• Creating volunteers Inter-generational bonding</li> <li>• Putting up IEC and BCC messages in the community to create an understanding of the elderly's need of the people</li> </ul>
Environmental features	<ul style="list-style-type: none"> <li>• Income generation activities</li> <li>• Home visits, for building enabling environment within the families</li> <li>• Counselling of the elderly and their family members</li> <li>• Providing assistive devices to reduce their dependence and improve freedom</li> </ul>
Spiritual concerns	<ul style="list-style-type: none"> <li>• Coming together as a group in group meetings and sharing their beliefs</li> <li>• Singing, Lunching and engaging with each other</li> </ul>



# Vriddha Mitra in the field



# Last Mile Connectivity



## Naseem Husain Shaikh

The virtual OPD was planned for Friday, our Community Officer Shubhangi had already informed all the elderlies about the timing and other details. It was already 2:30 PM, and the OPD was to start at 3:00 PM. Unfortunately, Shubhangi could not get the keys of Samaj Mandir (Community Hall) for some inevitable reason, the virtual OPD was planned in the same Samaj Mandir.

She reached out to one of the elderlies around who also works as a sevika at an Anganwadi. Naseem khala told her, that after her job in the first half of the day, she runs a small shop where she sells little toys for children and some tit-bits for youngsters.

She invited Shubhangi to come and see the shop and offered why not do the OPD in her shop. Immediately, all the arrangements were done and the virtual OPD began, it continued for 3 hours. While Shubhangi was busy organizing the elderly patients in front of the screen for the interaction with the doctor and also taking notes, Naseem khala was busy responding to all her customers that today she is busy with Shubhangi and no sale would be happening till 6 PM.

Shubhangi was touched and expressed to khala that she had to forego her customers and also her income for the day, to which khala responded, “if it is for our oldies, I can lend my shop every day for the OPD, and I will be happy to forego my income for three hours every day”. Khala continues to help us every time we have OPD, distribution of raw ration and also informs Shubhangi if any of her elderly neighbours are unwell.

## Sundarbhai Dashrath Jagtap

Priyanka, our Community Officer had planned for home-visits of 11 elderlies that day. Between two of those, she happened to see Sundarbhai sitting outside her door, a bit weak and tired. It was 1:30 PM, Priyanka sat down next to her and asked if Sundarbhai had had her lunch,

Sundarbhai smiled, said she had some bread and tea in the morning, when asked about lunch, she had no response, Priyanka realized something was wrong, she offered to cook with Sundarbhai and moved into the corner where the stove and few aluminium boxes were kept. Priyanka opened the first one, the second one, the third and the fourth, and found that all the kitchen containers were empty.

Just then a young girl from the neighbourhood walked in and said to Priyanka, “her son comes every fifteen days and refills these boxes with grains and grocery, this fortnight he did not come and so the situation”, Priyanka did not utter a word, she got up, walked to the grocery store across the street, purchased dal and rice worth 100 Rs, came to Sundarbhai’s house and cooked ‘Khichdi’ for her immediately and fed her.

The same evening Priyanka put in a request for raw ration for Sundarbhai and immediately she was provided with a raw ration-kit comprising food items for her. Priyanka also traced Sundarbhai’s son, contacted him and explained the situation. Things soon got smoothed for Sundarbhai.



# Important Updates of the Quarter

Totally 9107 home visits were made during the last quarter.

- The efforts entailed: discussions with the family members; counselling extended for mental well-being; information and counselling on their health, nutrition, exercise, and medication; special information on government schemes; information on physiotherapy sessions being held in the field; support through assistive devices, multi-vitamins and listing of other needs.
- Routinely we had 63 bedridden elderlies every month, for whom the support comprised: instructions regarding special care to be taken in terms of nutrition, hygiene, medication and exercises; along with diapers and multi-vitamins.
- 391 elderlies were provided consultation and medication through the virtual OPDs held near their homes.

## COVID-19 specific services

- Community meetings on COVID appropriate behaviour and addressing hesitancy for vaccination.
- Registering elderlies for vaccination and escorting them to vaccination centers.
- Basic management of post-vaccination fever and related complications.

## Special services

- Breast cancer screening camps in 4 slums clusters where 117 female elderlies were screened and provided information and support.
- Ophthalmic care: 40 elderlies received eye check-up services at H.V. Desai hospital, 32 were diagnosed with cataract and their surgeries were supported.
- Mobilized hearing disability certificates for elderlies from district disability center.
- Registration and documentation of elderlies for Shahri Gareeb Yojana Cards.

## New collaborations

- Bharosa cell at the Police Commissioner Office in Pune: for counselling or any legal assistance required by the elderlies
- Bharati Hospital: for cataract surgeries and palliative care

## New community based projects

- Launching of Mumbai Project in Ambojwadi slums of Malwani area in Malad suburb of Mumbai in partnership with Navnirman Samaj Vikas Kendra, Mumbai.
- Launching of Bhopal project in Damkheda slums of Kolar area of Bhopal city



**You can also contribute:**

**A/C: Society of Community Health Oriented Operational Links  
Bank: Axis Bank Ltd, Lashkar, Gwalior - 474009  
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