

# Vriddha Mitra

VOL 2 - NO. 2  
JULY TO SEPT 2021



## Healthy Ageing

Adding Life to Years





# From the Editor's Desk

Witnessing a gradual decline and a hope that the deadly second wave of Covid-19 will soon end, we all entered July 2021, in the midst of partial lock-down. Fortunately, we were able to reach a few milestones in the quarter which had been planned for in the months of April and May of this year.

In the month of July, SCHOOL's collaboration with Pune Municipal Corporation (PMC) brought about setting up of the first 'Geriatric Unit' in Dalvi Hospital of PMC. A space dedicated to the older people of Pune city, wherein a number of health care services are made available under one roof.

Humanitarian support continued as usual, with more focus on ration distribution and enabling vaccinations of the elderlies. For months together, since the pandemic emerged, 'Healthy Ageing' team faced difficulties in facilitating entitlements and documentation for mobilizing social security schemes and health insurance schemes for the older people. September saw a surge in these efforts and a movement to ensure social security for the elderlies in all four community based projects began. While we realize that we have a long way ahead when it comes to securing pensions and various financial benefits, different strategies have been thought through to ensure this vision of social security for each elderly in India.

*Benazir*

Dr. Benazir Patil, CEO, SCHOOL





# Inauguration of the first 'Geriatric Unit' in Pune



A proposition to start specialized geriatric units for the elderly population in each zone of Pune city was made in the meeting held by WHO and Pune Municipal Corporation on 3rd June 2020. Thereafter an effort to set these up was done by SCHOOL-Healthy Ageing. The first of its kind 'Geriatric Unit' in India was inaugurated on 13th July 2021. Located in Dalvi Hospital of Pune Municipal Corporation, this unit provides different health care services to the elderly population aged 60 years and above.

While setting this up, we received continuous guidance and support from Mr. Vikram Kumar, the Municipal Commissioner, Pune.

Wishes and blessings were extended to us by Honourable Mayor of Pune, Mr. Murlidhar Mohol.

This unit was inaugurated by Ms. Sonali Landge, the Corporator of Shivajinagar - Ghole Road Ward Office, and Dr. Ashish Bharati, the Medical Officer - Health, PMC. The inauguration was blessed by representatives of WHO, donor organizations, our field partner organizations, the staff of Dalvi Hospital and our elderlies from different slum communities of Pune city.

The financial support for this 'Geriatric Unit' has been provided by SBI Capital Markets Limited.





# Vriddha Mitra in the field



ONLINE EVENT

DATE: SEP 28

TIME: 11:00 - 12:30 Hours IST

## Health of Women Beyond Reproductive Age

Panel discussion on the need to prioritize health and wellbeing of women beyond reproductive age

MEET OUR SPEAKERS

 My Payden WHO India	 Dr. Neena Raina WHO SEARO	 Dr. Tanu Jain Dte. GHS, MoHFW	 Dr. Anil Kumar Dte. GHS, MoHFW	 Dr. Pushpa Choudhary Dte. WHO India
 Prof. A. B. Dey AIRMS, New Delhi	 Dr. Prabha S. Chandra NIMHANS, Bangalore	 Dr. Ritu Rana HSI/ICG India	 Dr. Benazir Patel Society of Community Health Chennai, Operational Linka	 Dr. Atreyi Ganguli WHO India

WGH <https://bit.ly/WHO7octSessions> World Health Organization India





# Last Mile Connectivity

## Ramcharan Jatav

70 years, Gohinda village of Bhitwar block, Gwalior

Ramcharan Grandpa lives with his younger son in a kutchra house of village Gohinda of Bhitwar block in Gwalior district. His elder son lives separately with his family at a nearby place. Ramcharan grandpa owns only a small piece of land and his financial condition is very poor. His younger son works as a laborer.

When we first met grandpa, his health condition was very pathetic and he was almost immobile due to paralysis. The immobility caused him to urinate in his clothes and he would always remain wet and stinky. Disheartened and pessimistic about life, he continued to attribute this misery as his fate. Our Community Officer Kuldeep reached out to him and asked if he would be willing to wear a diaper, and once he agreed, Kuldeep ensured that he had clean clothes on him. Delighted by the cleanliness and the emotion that someone could bring about this change in his life, Grandpa discussed about his treatment for paralysis.

Our in-house doctor, Dr. Pawan counselled him and suggested that an immediate MRI should be done. Considering that this was a very expensive diagnostic test, and the fact that he did not have either a BPL card or Ayushman card which could have helped with the treatment, the project team talked to the local administration about this issue. They informed that issuance of BPL card may take time a long time. In the meantime, we came to know that his elder son had a BPL card and the name of grandpa may be easily included in the same. We talked to his elder son who initially refused to add grandpa's name, but after much persuasion he agreed, and on the basis of this, the team has been ensuring regular treatment for him along with free diagnostics.

Further, formalities for the preparation of Ayushman card have also been completed by the team and we are also working on documentation for his pension.



## Shakuntala Ansari

62 years, lives in Ambojwadi, Malad, Mumbai

Shakuntala granny's children are married. One of her daughters stays in the village near Kolkata and one daughter stays next to her. Her son is also married and stays separately in the same community. However, he does not take care of his mother. Shakuntala granny's housing conditions are very poor. Her house is partially covered with a tin roof and partially with a roof of old jute bags. Also the house is shared with her daughter. The daughter also lives in the same condition but still tries to support her as much as she can.

Shakuntala granny had tremendous weakness and she was unable to walk due to severe leg pain and knee pain. She used to sit and move forward when she needed to. We called her in our virtual OPD where the doctor recommended calcium, multivitamin, Vit D and Vit C tablets. We started providing these supplements to her from the project. Along with this, she was also given a ration kit for 2 consecutive months.

With the nutrition and supplements Shakuntala granny started walking slowly. Later the doctor also showed her some yogasana postures which she practices at home and started getting some relief.

She visited the office once where other 3-4 women had come and during their discussions they said that daughters are better than sons as they at least look after the parents. Shakuntala granny started crying and had an emotional outburst. After much probing, she shared that her son stays in the same community but he has not shown his house to his mother as he is afraid that she would come to his house and start staying with him. She also mentioned an extreme situation where if she questions her son for anything, he has been violent towards her. But her daughter takes care of her despite her own challenges. From that time, Shakuntala granny has also been receiving regular counselling for mental wellbeing.

Shakuntala granny expresses that due to SCHOOL's intervention she has started walking. Also due to the ration provided to her she can at least have enough food twice a day. This has helped in her being more independent than before.

# Important Updates of the Quarter

## Last Mile Connectivity in Pune:

- Total 9220 home visits were conducted during the last quarter to provide support to elderlies through counselling on improving life style, mental well-being, nutrition, interactions with family members to discuss the challenges faced by the elderlies. Apart from this, information was shared regarding government schemes especially, Shahri Garib Yojana; and information on physiotherapy sessions being held in the field and in the Geriatric Unit.
- 356 different assistive devices such as walking sticks, walkers, commode chair, wheelchair, asthma pumps, hearing aid, spectacles, knee caps, etc. were provided to enhance independence amongst the elderlies. 12 Table fans were provided on special demand.
- We had 60 bedridden and immobile elderlies across the field area, for whom the support included counselling to their family members regarding special care to be taken in terms of nutrition, hygiene, medication and exercises; along with diapers and multi-vitamins.
- 485 elderlies were provided consultation and medication through virtual OPDs held near to their homes.
- Total 3262 elderlies were provided medicines.
- Total 1100 elderlies were provided Ration kits.
- 739 elderlies were taken to the vaccination camp for COVID vaccine dose.

## Last Mile Connectivity in Mumbai, Bhopal and Gwalior:

- Total 1300 home visits (Bhopal- 400, Mumbai- 369 & Gwalior- 531) were conducted during the last quarter to provide support to elderlies.
- A different kind of assistive devices were provided to the elderlies in Bhopal city.
- 122 elderlies were provided consultation through Virtual OPDs (Bhopal- 76 & Mumbai- 46).
- Medicines and multi-vitamins were provided to 931 elderlies.
- Raw ration kits were distributed to 1032 elderlies in Bhopal and Mumbai cities. 575 elderlies were distributed raw ration kits in Bhitwar block of Gwalior district, this included 100 elderlies that were affected by the flood situation.
- Diapers were provided to 19 bedridden elderlies (Bhopal-8, Mumbai-3 & Gwalior- 8).

## COVID 19 specific activities:

- Special sessions were organized for vaccinating the elderlies in Pune city. Four families that had COVID related deaths in Pune city, a financial aid of INR 30,000 was provided to each family. The fund was provided by Give India Foundation.
- 30 elderlies were provided end-to-end support in flood affected areas of Gwalior city. The support included ration kits, cooked food, blankets, medicines and clothes, along with overall rehabilitation in nearest government schools.
- Total 1200 elderlies were provided with raw ration kits during in Giridih district of Jharkhand state.

## Special Services in Pune city:

- Cervical and Breast cancer screening camps were held in 5 slum clusters of Pune city where 189 female elderlies were screened and provided information and support.
- 110 elderlies received eye check-up services at H.V. Desai hospital.
- 30 elderly patients were escorted to HV Desai Hospital for cataract surgery.
- 509 patients received physiotherapy services within the community
- 149 elderly patients received equipment-based physiotherapy services at the Geriatric Unit
- 19 elderly patients received mental health counselling services.
- 4 patients received cancer care services.

## New ventures, partnerships and collaborations:

- Letter of collaboration from Government of Madhya Pradesh.
- MOU with Department of Physiotherapy of LNCT University, Bhopal.
- The Geriatric Unit was inaugurated by Mr. Vikram Kumar, the Municipal Commissioner, PMC, on 13th July 2021.
- SCHOOL-Healthy Ageing was awarded Covid Social Champion by CSR Health Impact Awards on 15th July 2021
- In recognition of our work which is dedicated to improving the lives of the elderlies at the bottom of the pyramid, we were invited by the WHO India as an expert and panelist for the discussion on "Health of women beyond Reproductive age" amplifying and addressing the life-course approach for the health of women in India.

We recognize and acknowledge the continuous support of Sevadham Trust, Deep Griha Society, Vanchit Vikas, Navnirman Samaj Vikas Kendra and Department of Physiotherapy, Tilak Maharashtra Vidyapeeth.



You can also contribute:

A/C: Society of Community Health Oriented Operational Links  
Bank: Axis Bank Ltd, Lashkar, Gwalior - 474009  
A/C No: 911020029018544 (Current), IFSC Code: UTIB0001055