



## Healthy Ageing

Adding Life to Years

We all considered 2020 as the 'unlucky year' of our lives. 2021 began with hopes of normalcy and peace, but the year proved to be even unluckier in terms of the spread of Covid-19. As India battled a fierce second wave, we lost many lives and the fear rose once again to a zenith unthought-of.

The end of second wave triggered as well as intensified the vaccination drive and we battled once again, this time to reduce vaccine hesitancy among our elderlies.

There were some nicer things that we did as an organization, in terms of advocating for our elderlies and also contributing to their lives. On 6th January, 2021, we participated in the launch of the report of 'Longitudinal Ageing Study in India (LASI)'. This report released Dr. Harsh Vardhan, the Union Minister of Health & Family Welfare (MoHFW) focused on addressing the need for Comprehensive Geriatric Care Assessment & Delivery through Various National Health Programmes. We compiled the processes of this launch and captured a number of suggestions from the academia, researchers and various other stakeholders.

On 13th July, 2021, the first of its kind 'Geriatric Unit' was inaugurated in Pune City. Located in Dalvi Hospital of Pune Municipal Corporation, this unit provides different health care services to the elderly population aged 60 years and above, with specific focus on physiotherapy.

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 WHO India on 28th September 2021, 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. And the greatest moment of the year was when Padma Vibhushan, Honourable Mr. Azim Premji Sir visited us on 30th October 2021 in our Pune Project. Mr. Vikram Kumar Sir, the Municipal Commissioner of Pune Municipal Corporation also graced the occasion with his presence. Mr. Premji appreciated our non-institutional approach of providing love, care and support to the vulnerable older people within their own homes.

Dr. Benazir Patil, CEO, SCHOOL

**Discussions with Mr. Azim Premji Sir and Mr. Vikram Kumar Sir, Municipal Commissioner, PMC regarding our work with elderlies in Pune City.**



# Vriddha Mitra In The Field



# Last Mile Connectivity

## **Jamila Bano, aged 62 years, lives in Bhitwarwar block, Gwalior**

Jamila Grandma lives with her only daughter and son-in-law. She is a widow who she lost her spouse one year ago. Her husband was a cancer patient. Our Community Officer Kuldeep visited Grandma and enquired about her overall well-being. While interacting with her, our CO came to know that the financial condition of her family is very poor and since there is no earning member of the family, she had to face a lot of hardship to arrange the foods for her family. Her son in law is a patient of leprosy and sometimes he goes for some work but most of the time he is stationed at home. Grandma shared her ordeal with the CO that she even does not receive any kind of pension due to lack of necessary documents. The CO checked up all the documents which were available with Grandma and found that few of the necessary documents which are required for the widow pension scheme was not available with her. The CO helped her in preparation of all documents and visited the office of Chief Medical & Health Officer (CMHO) along with the application. The CMHO immediately approved all the documents and within few weeks, Grandma started receiving pension.



## **Pashupati Pal, aged 64 years, lives in Gareeb Nagar, Bhopal**

Pashupati Pal grandma lives with her husband, son, daughter in law and grandchildren. Her daughters are married and they live with their families. Her son works in a private job and he is the only earning member of the family. Grandma continuously suffered from eye problem and due to this she had poor vision. This restricted her from performing her daily household activities. Due to her poor financial condition, the treatment of her eyes got delayed and even the family members could not support her for the required eye check-up. One day our Community Officer (CO) made a home visit and came to know about this problem. The CO consulted with the doctor through tele-consultation and based on doctor's advice immediately referred Grandma to the Community Health Centre (CHC) and escorted her. The doctor checked her eyes and diagnosed that she has a cataract in one of her eyes and advised her for cataract surgery. Grandma was further referred to Seva Sadan hospital where she underwent the eye surgery. After surgery she was escorted by the CO to CHC for regular follow-up and medicines. Now she is fine and does not have any eye related complaint.



## **Nuruddehar Khan, aged 72 years, lives in Ambojwadi, Malad, Mumbai**

Nuruddehar Khan Grandpa lives with his wife and daughters. He has a son who stays with his family in Lucknow. Grandpa is unable to do any work due to his old age while his other family members make cosmetic items for some business houses. He has a complaint of high blood pressure and for that he regularly visited our virtual OPD where the doctor prescribed and provided medicines and multivitamins. His total family income is not sufficient to meet the requirement of his household and therefore, all his family's hardship has impacted badly on his health. Our Community Officer has been continuously visiting him at his home, and recently started working on getting a senior citizen card for him, which he could not get earlier due to non-availability of PAN card. The CO with the help of senior team members, applied for the PAN which was received in a few weeks. Based on the PAN card, the CO has applied for the senior citizen card. Grandpa says that once he gets his senior citizen card, he will receive lots of benefits by using that card and the expenses which he pays for many services will be reduced substantially.



# Important Updates of the Quarter

## Last Mile Connectivity in Pune:

- Total 8949 home visits were conducted during the last quarter to provide support to elderlies through counselling on improving life style, mental well-being, psychological support, nutrition, interactions with family members to discuss about elderlies' health issues and care required, delivered the information on health issues, nutrition, exercise, and medication; information on government schemes especially, Shahri Garib Yojana; and information on physiotherapy sessions being held in the field and in the Geriatric Unit.
- 471 different assistive devices such as walking sticks, walkers, diapers, commode chair, asthma pumps, spectacles, cervical belt, abdominal belt, knee caps, etc. were provided to make the elderlies' life easy. 107 blankets were provided to the elderlies.
- Total 2407 elderlies were provided medicines.
- Total 256 elderlies were provided Ration kits.
- We have 110 bedridden elderlies, for whom the support comprised of the instructions regarding special care to be taken in terms of nutrition, hygiene, medication and exercises; along with diapers and multi-vitamins.
- 717 elderlies were provided consultation and medication through the virtual OPDs held near their homes.

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

- Total 4779 home visits (Bhopal- 1724, Mumbai- 1736 & Gwalior- 1319) were conducted during the last quarter to provide support to elderlies.
- Total 2053 assistive devices (Bhopal- 1260, Mumbai- 266 & Gwalior- 527) were provided to the elderlies.
- Total 379 elderlies were provided consultation through Virtual OPDs (Bhopal- 226, Mumbai- 145 & Gwalior 8).
- Medicines and multi-vitamins have also been provided and till now we have dispensed medicines to 5440 elderlies (Bhopal- 4147, Mumbai- 488 & Gwalior- 805).
- Raw ration kits were distributed to 154 elderlies (Bhopal- 77 & Mumbai- 77).
- Diapers were provided to 41 elderlies (Bhopal-17, Mumbai-12 & Gwalior-12).
- Blanket, pillows and bedsheets were distributed to 104 elderlies in Gwalior District.

## COVID 19 specific activities:

- A special initiative to vaccinate 30000 elderlies was launched and accelerated from 1st October in the entire city of Pune.
- This focuses on identifying elderlies that have not got vaccinated so far, addressing their hesitancy for getting vaccinated.
- Regular vaccination camps nearer to the homes of elderlies are being organized.
- Bedridden, fragile and immobile elderly are being vaccinated at their homes.

## **Special Services in Pune City:**

- Cervical and intestinal cancer screening camps were conducted where 240 elderly were screened and provided information and support.
- 566 elderly received eye check-up services at H.V. Desai hospital and eye check-up camps.
- 62 elderly patients were escorted to HV Desai Hospital for cataract surgery.
- 1012 patients received physiotherapy services at their doorstep by the experts in Pune city.
- 195 elderly patients received equipment-based advanced physiotherapy services at Geriatric Unit in Pune city.
- 617 elderly patients received mental health counselling services.

## **New ventures, collaborations and partnerships**

- International Elderly Day was celebrated on 1st October 2021 at the Geriatric unit in presence of PMC officials and other dignitaries.
- On the occasion of Navratri festival, Pune team organised a traditional Maharashtrian cultural activity. Our elderly men and women and non-elderly participated in various activities of the programme.
- Registration of 40000 vulnerable elderly in a Ration Distribution project. This was completed through recruiting a separate team as well as through networking with different organizations and educational institutes.

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You can also contribute:



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