



Elder Care

Ms. Ketki Mehta

BCCA, Dr.Ambedkar Institute of Management Studies and Research, Deekshabhoomi, Nagpur, Maharashtra, India

ABSTRACT

In the past, there has been an increase in the number of elderly people in India, which is now thought to have the second-largest elderly population in the world. For elderly people, family is seen as their primary source of protection and support. Elderly people enjoy and find fulfilment in living with their children and grandchildren because in both urban and rural areas, those who are educated, wealthy, and have strong beliefs, values, and norms hold elders in high regard and show them a great deal of respect. Their needs are also adequately met, and they are consulted when major decisions need to be made. On the other hand, poor, impoverished, and deprived people and families that lack the means to care for the elderly see them as a burden and place them in nursing facilities where their needs may be met adequately and view them as a burden. Elderly individuals can find refuge in old age homes, which some social organisations have constructed. The primary difficulties that elderly people in nursing homes confront are those related to personal and social adjustment; they also struggle with despair, loneliness, economic insecurity, and getting to know one another. An older person who is admitted to an old age home feels uneasy, the surroundings seem foreign to him, and the people around him are unknown. As a result, it is difficult for him to adjust at first, but as time passes, he must change his thinking so that he can adjust and prepare himself with everything nearby and create a happy and fulfilling life.

Keywords: Aging, Old Age Homes, Problems, Depression, Elderly

INTRODUCTION

In the developed and industrialised countries, the senior population has rapidly increased during the past century. In terms of both their unique medical requirements and the alteration of the conventional value system, the nation is not adequately equipped. Urbanization, modernisation, and globalisation have altered the economic system and altered social institutions like the joint family as well as worn down societal norms and values. The younger generation is perceptive for new individualities, including economic autonomy and redefined social roles within and beyond the family, in this changing economic and social context. It is crucial that the government, civil society, and local community recognise the needs and rights of elderly women and develop policies, practises, regulations, rules, and legislation that will effectively carry out existing health and safety measures and programmes. The old ladies, who are the most helpless, as well as the elderly who live in poverty require precise state involvements.

A. Old Age Homes

In India and throughout the world, there has been an upsurge in the need for old age homes due to the difficulties that come with elderly people living alone or with their children. Food, sleep, leisure, reading, and other necessities for a sufficient standard of living are also necessary to maintain a healthy environment. In India, the average lifespan climbed from 45.6 years in 1971 to 58.2 years in 1991; in Tamil Nadu, it reached 65 years in 2001. An increase in the number of senior people in society led to an increase in the demand for old age homes. In 1996, there were 6.2 crores of people over the age of 60; by 2001, that figure had risen to 7.06 crores.

B. Living in old age home

Most of the time, elderly residents of nursing facilities enjoy and take pleasure in their lives. The daily routines of senior people include exercising in the morning, eating breakfast, and reading, engaging in indoor sports, listening to music, watching television, chatting with friends and neighbours, and so forth.

C. Causes of Seniors Residing in Nursing Homes

Elderly people can move into old age homes for a variety of reasons, some of which have been listed below:

1. Ageing is a normal developmental experience that causes a variety of changes in one's physical, psychological, hormonal, and social circumstances. Number of years, Aged care providers in India are still learning the fundamentals of providing for the needs of the elderly, which include providing physical, mental, psychological, and social assistance. Awareness of the particular requirements of the elderly has been low.
2. When an elderly person is mistreated by family members, such as when he or she suffers financial, verbal, or physical abuse, this leaves them feeling vulnerable and uneasy. As a result, the elderly person decides on their own or in consultation with others that they will leave the stressful situation they are in and live peacefully in an old age home.
3. Loneliness is seen as being quite distressing among senior people, particularly those who have lost their spouse or whose children have left the family for reasons like schooling, jobs, and so on. This is one of the reasons older people can move into old age homes where they will be surrounded by other people with whom they can interact and share their joys and sorrows.
4. An elderly person finds it difficult to carry out household activities, prepare meals, and do other job responsibilities like buying groceries and paying

for other expenses, so they decide to move into an old age home to relieve themselves of all of their domestic responsibilities. Elderly people typically move into old age homes when they live alone.

D. Elderly People Face a Range of Challenges and Issues

In old age homes, there are in certain circumstances occurrence of challenges and difficulties in spite of the availability of all the services. The main issues that people encounter when they are admitted into old age homes are feelings of loneliness brought on by the loss of their joint family as a result of social change, the fact that they have no family or friends nearby, the inability to take care of themselves adequately, the development of a sense of being unable to cope with any types of health issues, and the loss of family members, relatives, and friends.

E. Depression Among Seniors in Long-Term Care Facilities

According to reports, depression is a condition that can cause issues with one's body, mind, emotions, social life, and finances. There are some elderly people who enjoy participating in extracurricular activities like sports and other games in old age homes and only experience depression when they think of their children or other family members; on the otherhand, there are other elderly people who enter old age homes for reasons like mistreatment, exploitation, or other issues but are overcome by feelings of depression.

DISCUSSION

There are a number of reasons why people are accepted into nursing facilities for the elderly. Either they choose to relocate there on their own choice or their family members force them to. The primary causes have been old age, difficulty with domestic tasks, abuse and exploitation of older people by their family members, and loneliness. Although enough facilities are available in old age homes, older residents do experience problems and challenges; the main issues have involved adjustment and becoming accustomed to their surroundings and the people in it. The main issues have been social isolation, loneliness, socioeconomic position, age differences, issues with adjustment, and changes in social roles. Make arrangements for physical care; older people need companionship; they should be made to feel like they are never a burden but always worthy of love and respect. The elderly should be consulted when someone wants any form of advice or direction because they do have a wealth of knowledge about various methods to live life successfully. Whether they are parents, grandparents, relatives, or friends, elderly people are significant and play a significant role in people's life; they should be respected, appreciated, and one should always ask for their blessings and well wishes.

RESEARCH METHODOLOGY

The traditional method for carrying out the research was to find the ability to identify and locate materials requiring both expertise in using data searching tools and methods as well as expertise in accessing and discovering materials using the research we understand the various problems and issue. The search was focused on finding both published and unpublished materials that linked to the subject and issues that are faced by elderly people.

CONCLUSION

In order to maintain a peaceful and healthy old life, geriatric care involves two separate facts: first, the promotion of health and longevity; and second, the management of diseases that are specifically occurring in old age. Also, they need people to share their joy as well as sorrow.

REFERENCES

1. <https://health-policy-systems.biomedcentral.com/articles/10.1186/1478-4505-9-42>
2. <https://www.ijph.in/article.asp?issn=0019-557X;year=2022;volume=66;issue=1;spage=1;epage=2;aualast=Goel>
3. <https://austinpublishinggroup.com/community-medicine/fulltext/jcmhc-v1-id1003.php>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1395528/>