

Introduction

Population ageing is a global phenomenon, with India having a large number of people above 60 years, constituting 10.1% in 2021 and expected to reach 13.1% by 2031. The decadal growth rate among different elderly cohorts (60+, 70+ & 80+) is three times higher than the general population growth rate. The sex ratio among the elderly has started favouring females, as seen in the developed world.

The NSSO 75th Round reveals that 6% (males) to 10% (females) are confined to beds or homes or wheelchair-bound with no significant rural-urban differences. About 8.4% of elderly have at least one disability mainly related to locomotor, visual and hearing creating health challenges and affecting daily activities. 70% of elderly individuals rely on others for daily maintenance. The Longitudinal Ageing Study of India (LASI) indicated that ageing increases the likelihood of experiencing more than one chronic health condition increases with the advancement of age. The elderly in urban areas, belonging to the richest MPCE quintile, have a higher treatment rate for chronic health conditions. Multiple diseases simultaneously make treatment challenging, requiring special care and resources, burdening individuals, families, and healthcare institutions.

The changing socio-economic, cultural, and family structures pose challenges in elderly care, necessitating societal awareness and creating atmosphere for proactive aging, as outlined in the WHO Decadal of Healthy Ageing (2021-2030). The emerging elderly health issues necessitate Health & Allied Professionals to be oriented to address the dynamics ageing in order to promote healthy aging and well-being for the elderly in the country in the coming years.

General Objective

To develop Human Resources (HR) for holistic care of elderly people under the Primary Health Care System considering commitments under NPOP & NPSC and NPHCE and WHO Decadal of Health Ageing (2021-2030) for qualitative health and well-being.

Specific Objectives

After the course, the participants would be able:

- To discuss salient features of holistic health care of elderly people as depicted in NPOP, NPSC, NPHCE & WHO -DHA
- To discuss and delineate different ageing associated health problems & challenges at individual and societal level for design strategies for health ageing.
- To discuss and discourse the roles and responsibilities of healthcare providers under primary health care system for empowering HRs and enhancing Geriatric services at all levels to ensure qualitative healthcare of the elderly.
- To discuss the strategies of both state and non-state stakeholders in fostering active ageing.
- To discuss and explain the significance of spiritual health, counseling & communication skills, Nutritional care, community mobilization, elderly empowerment, encouraging family bonding & multigenerational support for active ageing etc.

Course Contents

- Demographic transition & challenges for care of elderly
- National program for health care of elderly (NPHCE), NPOP, NPSC & WHO-DHA 2030
- Palliative care in India, Disabilities & service provisions
- Package of essential health care services under primary Health care approach
- Disabilities and service provisions for the Elderly
- Institutional and community-based care for the Elderly.
- Legal and financial provisions for elderly
- Counselling & Communication skills of healthcare providers
- Spiritual Health dimension for elderly health care
- Nutritional care for elderly
- Health and Human right of elderly
- Gender issues, Elderly women abuses & state responses
- Redesign & reinvent the mobile health system and camp approach for elderly healthcare services.
- Medical Technology and assists devised in elderly care
- AYUSH & Yoga in holistic health care of the Elderly
- Education and training of nursing care under the primary health care system for elderly care.

Methodology

- ❖ The methodology employed will be participatory techniques, including lecture-discussion, field visit/ case analysis, group work, presentation, feedback & sharing of experiences etc. to orient the participants.

Duration

6th – 10th November 2023

(Five days)

Nature of Participants

- Faculty from SIHFW & Medical Colleges, Nursing colleges & RGCs
- Health Officials from State/District NCDCs, participants from the NGOs (funded by the MoSJE focusing on the ageing sector)
- Institute imparting training in the area of elderly care

Number of Participants

Total number of Participants: 20- 25

Training Outcome

- The course would enhance the competence of the trained officials from various institutions, including States, Districts, Medical Colleges, Nursing Colleges, NCDCs, RGCs, SIHFW, NGOs.
- The trainees would be able to work as TOT in their respective institutions, which will help to develop HR on elderly health care under Primary Health care system

Venue

**Teaching Block,
The National Institute of Health and Family Welfare,
Baba Gangnath Marg, Munirka,
New Delhi-110067**

Course Coordinating Team

Course Coordinators : Dr. A. M. Elizabeth
: Dr. Meerambika Mahaptra
Course Co-coordinator : Dr. Nanthini Subbiah
Course Associates : Mrs. Rita Rani
: Dr. Sangita Mishra



About the Institute

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country.

NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote National Health and Family Welfare Programmes in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.

Location of the Institute

It is situated in South Delhi, near Jawaharlal Nehru University & Munirka DDA Flats. It is easily accessible from both the Indira Gandhi International Airport and the New Delhi Railway Station approximately 7 kms. and 15 kms. respectively. Pre-paid taxis/auto-rickshaws are available.

Course Fee

The course fee is Rs. 5000/- per participant, payable **online or Bank Draft/RTGS/NEFT** to **The Director, NIHFW, New Delhi**. The payment receipt details must be uploaded in the Google form provided in the registration link given.

Travelling, Boarding/ lodging

The travelling, boarding & lodging expenses have to be borne by the participants or the sponsoring organization.

Accommodation

Participants will receive basic hostel accommodation at a nominal rate within the Institute's Campus.

Weather

Cold weather with temperatures around 20-25 degrees Celsius.

Last Date for Receiving Nominations

October 20th, 2023

(Participants are requested to make their travel plans on receipt of confirmation from NIHFW)

Further Correspondence to be addressed to:

Dr. A. M. Elizabeth
Course Coordinator

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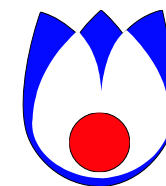
**Phones: 2616 5959/ 2616 6441/ 2618 8485/
2610 7773. Ext. 184 / 351
Fax: 91-11-2610 1623**

Registration Link:

<https://forms.gle/SVxkXctXYNWKxdsp7>

TRAINING COURSE ON HEALTH CARE OF ELDERLY FOR HOLISTIC HEALTH AND WELL-BEING

6th- 10th November 2023



आरोग्यम् सुखसम्पदा

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