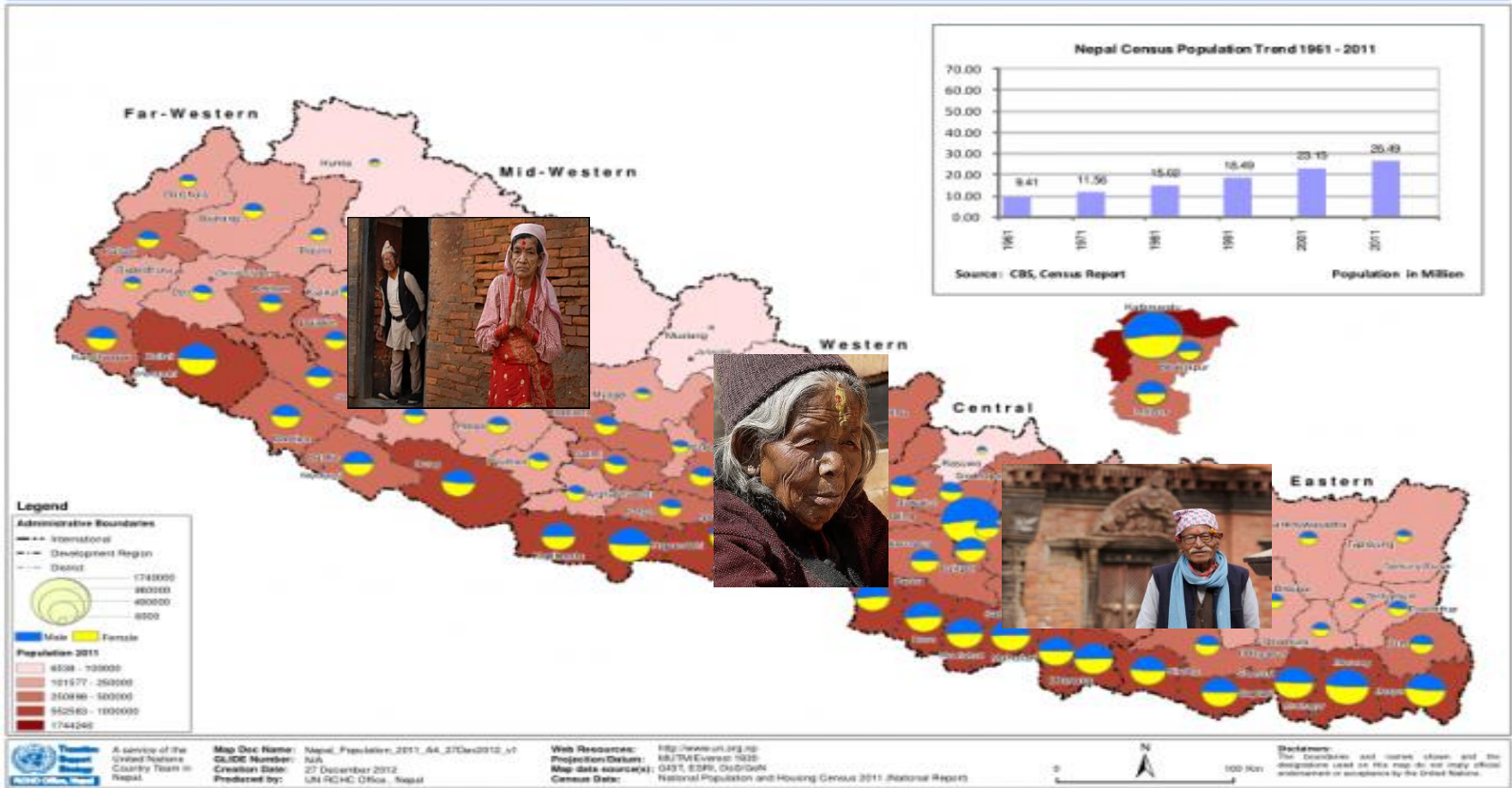


Residential Care Home for Elderly People in Nepal:

(Geriatric health in Nepal)

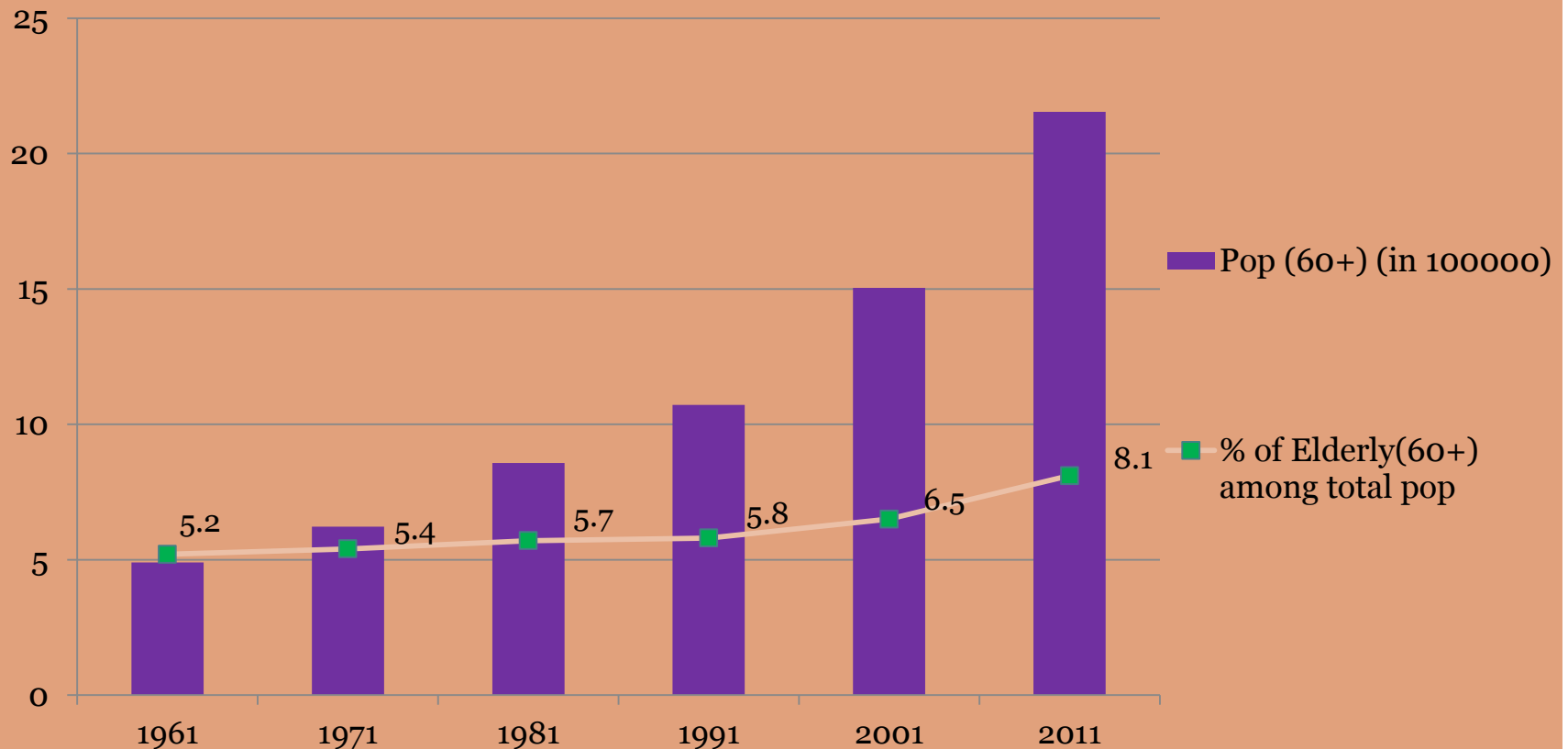
Prof. Dr Lochana Shrestha
MBBS, MD (Preventive Medicine), MIPH (Australia)
Chairman, Health Home care Nepal

NEPAL -Population 2011



Population 26,494,504 (26.5 million)

Trend of Elderly Population: Nepal



Source: CBS, 2003, census report, 2001, 2011

Striking Facts

- Nepal ranks 157 out of 187 in the United Nations Human Development Index.
- Around 8% of Nepal's population of 26.5 million is 60 or over.
- One male out of every four households is out of the country.
- This means that more dependency and reliance is placed on the remaining family members, particularly older people.
- Aging index: 23.20
- Old Age dependency ratio: 14.28
- *Source; Helpageinternational, 2014*

Government initiations

- **Madrid Plan of Action on Ageing, 2002,**



- **Senior Citizen Policy 2002**
- **National Plan of Action on Ageing 2005**
- **Senior Citizen Act, 2006** to ensure the social, economic and human rights of the elderly citizens.
- **The Senior Citizens Regulations 2008**

Population Aging

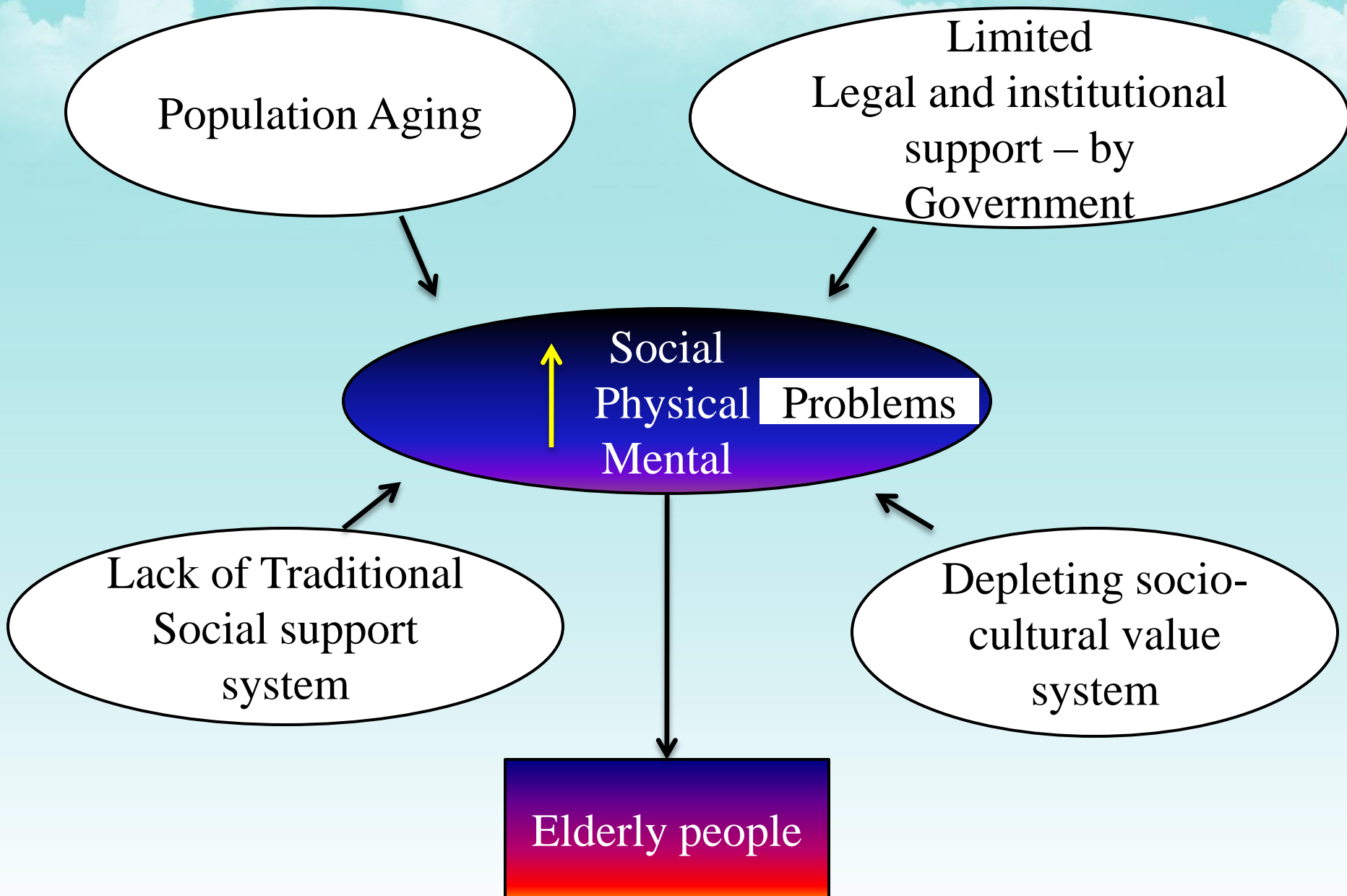
Limited
Legal and institutional
support – by
Government

Social
Physical Problems
Mental

Lack of Traditional
Social support
system

Depleting socio-
cultural value
system

Elderly people



Other Responses:

- MoCSW updating **National Work plan 2009**, Health Benefit package of elderly
- MOHP started **Social service units** in 8 hospitals and geriatric wards in 3 hospitals
- **Senior Citizens Health Facilities Program Implementation Guideline 2009**; Senior Citizens Health Facilities Fund

Continue..

- 70 registered old age homes (11 gets govt grants)
- Pashupatinath Bridhashram ---1977...230 persons



Initiation



Step taken privately



Residential Health Care Home for elderly people

In March 2012 catering small group (15 bed)
(Represented from every part of the country)



(to provide comprehensive holistic package services for needy elderly people)



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HEALTH HOME CARE NEPAL

“ज्येष्ठ नागरिकको सम्मानमा विशिष्ट सेवा”
CARE HOME FOR ELDERLY PEOPLE

*First Model Care
Home managed by
Medical Professionals
for Senior Citizen in
Nepal*



Our goals:



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- Provide comprehensive package services (Lodging, food, nursing care, recreation facilities, physiotherapy and health care) addressing human ailments of needy elderly people.



Objectives:



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- **Provide residential care services targeting minor geriatric health and social problems focusing on nursing care for Elderly people**
- **Provide recreational facilities for social and mental peace for Elderly people**
- **Create home environment responding daily needs that makes comfortable for elderly people**

Beneficiaries:



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- Healthy as well as Unhealthy Elderly people above 60 years from all levels of society who need social and medical care that could be handled at home environment with the help from Trained nurses under supervision of Medical doctor.



Strategy:

- In relation to target market, this Care Home though it is private it is targeted to provide social and health service for the noble cause in this universe.
- Strategy is to expand the service in parallel to occupy the elderly people from affordable as well as non affordable groups.

Types of services:



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- Residential Health and Social care
- Mobile service for lab tests and Home health care.
- Day Care
- Referral and linkages for health care

1. Residential Health and Social care

- 62 elderly people (15 residents regular)
- Three couples and two residents are staying here for the last one year



Reasons for moving into Care Home

A range of situations, events and circumstances lead older people into care, including:

- Bereavement;
- Concerns about health;
- Poor or unsuitable housing;
- Inadequate or unsatisfactory care or a breakdown in Care arrangements at home; and
- People's concerns and anxieties for their wellbeing, safety and protection.

Human Resources:



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CARE FOR ELDERERS



Health Care:



Care By nurses:



Recreational Activities



Day Care Activities:



Outcomes:

- 60-70 yrs ----only 9%,
71 to 80 yrs --- 75% and
above 80 yrs---- 16% .
- 50% of the residents don't have family care providers (out of country) and others have family care providers but couldn't manage proper care at home.
- Only 13% of the residents can walk in their own, remaining needs assisted for moving.

Health Problems: Health Home

100% of the residents have different medical problems

Hypertension (70%),

Diabetes (36%),

COPD (29%) and

Chronic osteoarthritis (43 %)

- 70% of the residents had Dementia
- 5 residents had Parkinsonism.

Issues and Challenges

- Nationally representative data on elderly diseases, socioeconomic variables is lacking
- **Senior citizen act 2063** is not comprehensive rather indicative, Existing policies are not commensurate; National Commission on Senior Citizens has not formed yet
- Significant **gap in technical skill on geriatric care** and services
- No modality of monitoring for quality assurance

Note:

In this path of service it is viewed that in Traditional bounded society, **Advocacy** is needed for better care for this group of people making their remaining life comfortable

- **Quality Elderly Friendly Service**
(preventive & curative health package)
- **Trained Multi-disciplinary team**
- **Public-private partnership**

Thank You

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