



Innovative Approaches to India's Elderly Care

By

Dr . Gururaj Mutalik, MD, FAMS

Dr. Vinod Shah, MD

Dr. Subhash Salunke, MD

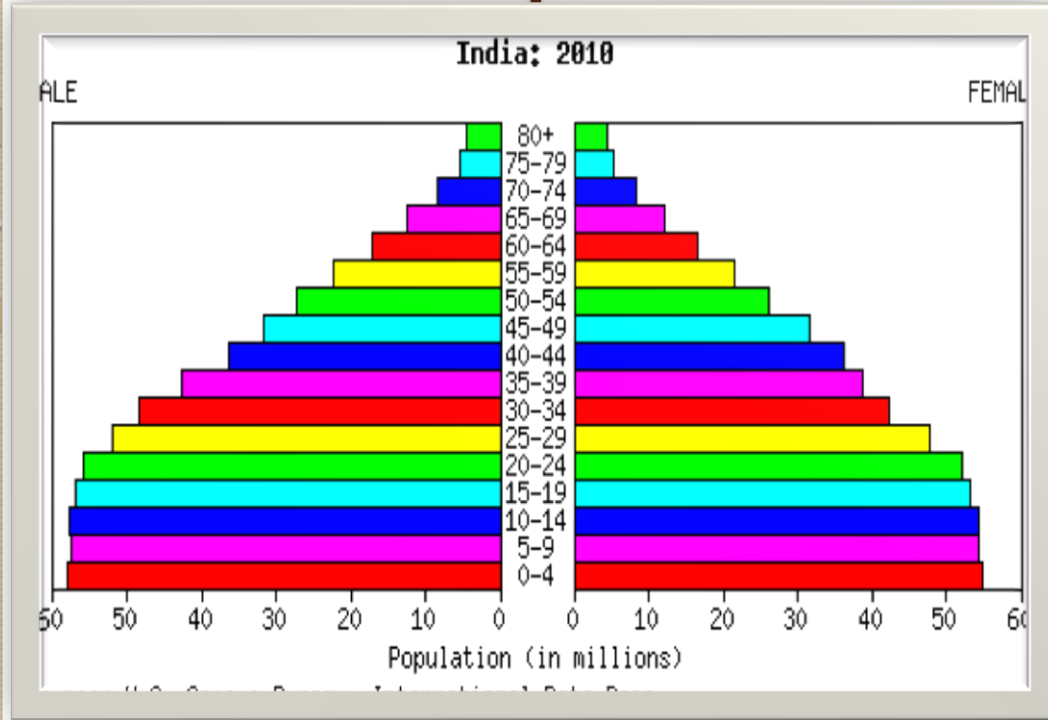
12 Global Conference of IFA at Hyderabad

Plenary Session – Innovations in Care

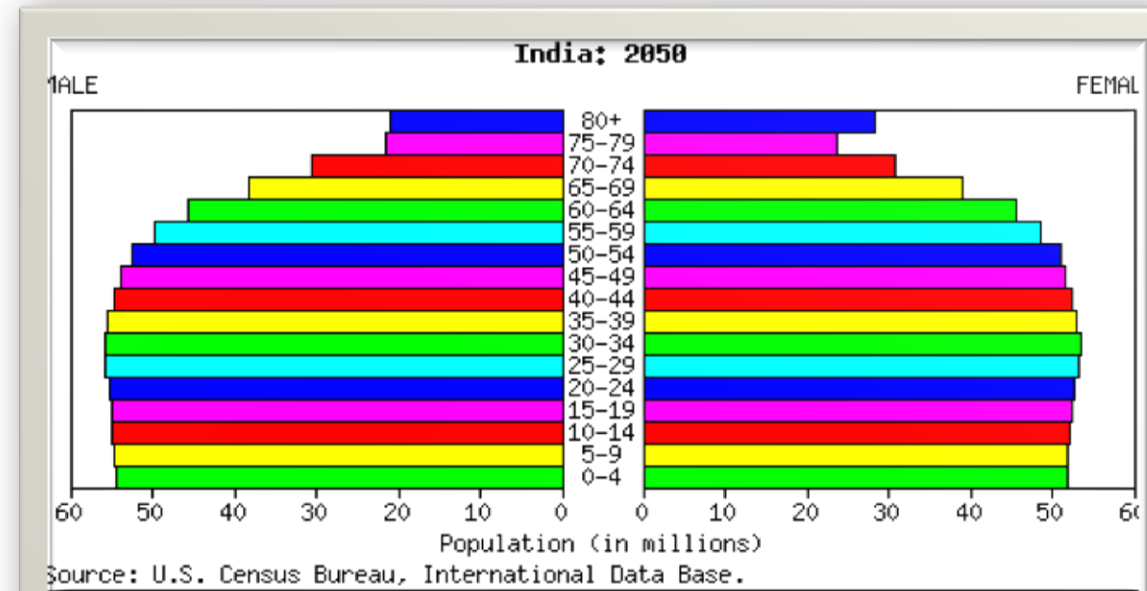
12th June 2014

This presentation is based on the five year on going project sponsored by **Janaseva**
Foundation, Pune “ Elderly Care in 40 Villages in Maharashtra, India”
(A research cum Intervention Program)

Population Trends in India



Year 2010



India Population Pyramid for 2010

Age and sex distribution for the year 2010:

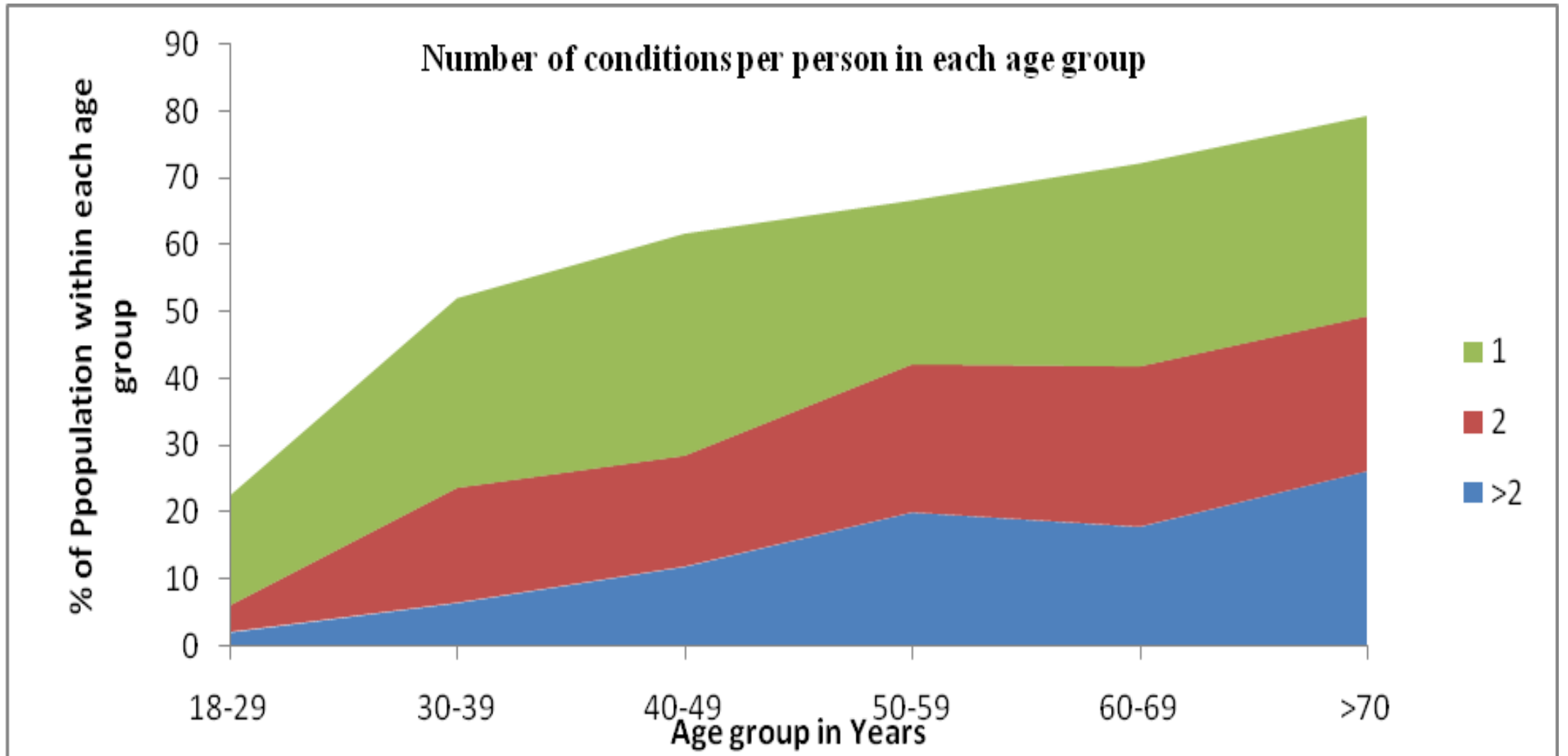
Year 2050

Current population of 65+ elderly = 100 million

By 2050 it is projected to reach 325+ million (eq. Current US Population!)

Healthcare Challenges

- A staggering over 50% of the entire disease burden in India will be borne by the elderly
- The burden will be higher in terms of chronic diseases like Diabetes, CVDs, Arthritis, Depression, Dementia, Alzheimer, Chronic Lung Diseases and Cerebro-Vascular Diseases
- Overall, 49% of Indian respondents aged 50 and older are reported to have at least one chronic condition (WHO, study on Ageing)
- The co-existence of multiple chronic conditions among elderly complicates the situation further.
- Around 30% of the elderly people have two or more chronic diseases (WHO, study on Ageing) – Our similar study



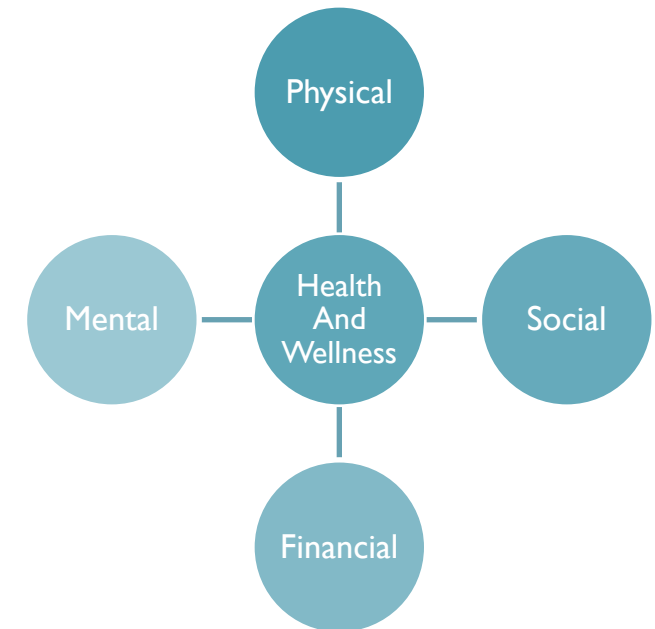
Source: IIPHB Multimorbidity Research Study

Elderly persons with disease are more likely to have:

- Higher mortality
- Poor quality of life
- More likely to be depressed
- Complex care needs (Health and Psycho-social)
- High users of health care
- Incur higher expenditure

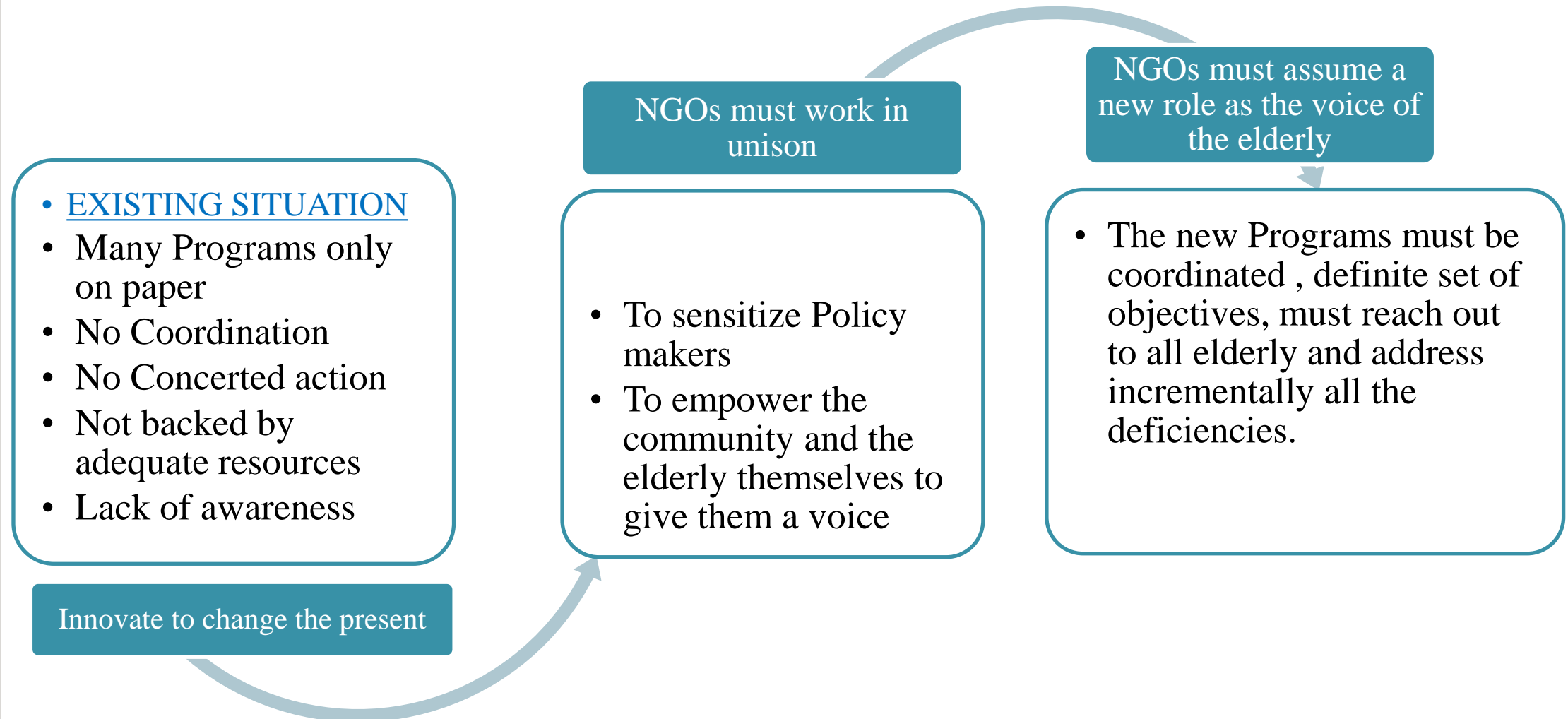
Therefore We Need

- To develop an integrated and responsive system to meet the care needs and challenges of elderly population



What is Innovation in our Context?

Innovation is to find ways and means to make it work what does not work today.



What is the current state of Elderly Care?

- Notional (On Paper) national health policy (not necessarily backed by budgetary and administrative processes)
- Similarly several states have policy statements (without a total programme based on policy)
- Laws such as Parents and senior Citizens act of 2007
- Geriatric OPDs at some hospitals.
- Provision in some state of a small sum yearly/monthly of old age pension which has been availed by a small minority of elderly.
- Grants to NGOs for certain old age programs and growing NGO contribution to elderly care.
- Largely absence of elderly friendly primary health care and home based care
- No social security net for the elderly.

Opportune Time for Innovative Initiatives

- A new wind of political commitment and resolve for economic progress and social progress is blowing in India.
- NGO and Community leadership can develop a nationwide movement to help launch a comprehensive program of action for Elderly care based on Private Government Community partnership.
- This might enable India to effectively address the unmanageable magnitude of elderly disease, disability and social instability in coming years
- To launch such action programs, we need innovative approaches.....

Innovative Approaches...

- NGOs must work together to Launch an **Advocacy Programme** targeting the New Planning commission, Newly elected Government members, Parliamentarians and State level political leaders and other opinion makers.
- To start with, An Educational Package based on Facts and Figures on Elderly Demographic trends and Disease profiles and Projections is to be prepared
- Once the awareness dawns in Governing circles, the advocacy must be combined with Programme formulation where Coordination is the Watch word.
- While many efforts have been made in a disjointed way in the last 10 years, this has to be a total, comprehensive all inclusive and united front of NGOs.

Innovative Approaches...

The Priority initiative is to forge a Minimal Needs Programme that includes

1. Elderly Primary Care
2. Long Term Care
3. Nutrition
4. Assisted Devices
5. Counseling
6. Social Security and Pension
7. Community training for elderly care at home and
8. Referral care for those who need it

Innovative Strategy

Village level Monitoring Committee

Village level Monitoring Committees should be formulated.

The members should be drawn from Community leaders and NGOs

This committee should continuously identify gaps, obstacles, access barriers and report to a district level body chaired by the Zilla Parishad Chairman and the CEO

They must mandatorily meet every month to take stock of the Progress made and deficiencies rectified.

Community and Media Participation

- Nothing moves without media involvement. So the NGO and Community leadership must use Written, Visual and digital Media to constantly keep the public awareness and policy makers awareness alive with success stories and failure reporting.
- Community participation and media initiative should also pay attention to implement the existing laws

Innovative Strategy...

- Village temples and similar institutions must organize senior citizens clubs in every village.
- Proven programs such as restoration of sight must be intensified with greater incentives to private and NGO work.
- Special categories of elderly like widows and very old groups above eighty groups must have adequate home care which has so far grossly neglected.

To Summarize

Innovation does not mean new things in our context. There is no need to reinvent the wheel!

- What is needed in our country is a change in attitude towards not compromising with what does not work and make it work.
Implementation failure has to be treated as not acceptable!
- If the sweeping political changes that are reverberating our country have to have any meaning, they have to touch and change the plight of the growing numbers of elderly before it is too late.







Thank You!