



# Introduction to Elderly Care & the National Program for Health Care of Elderly (NPHCE)

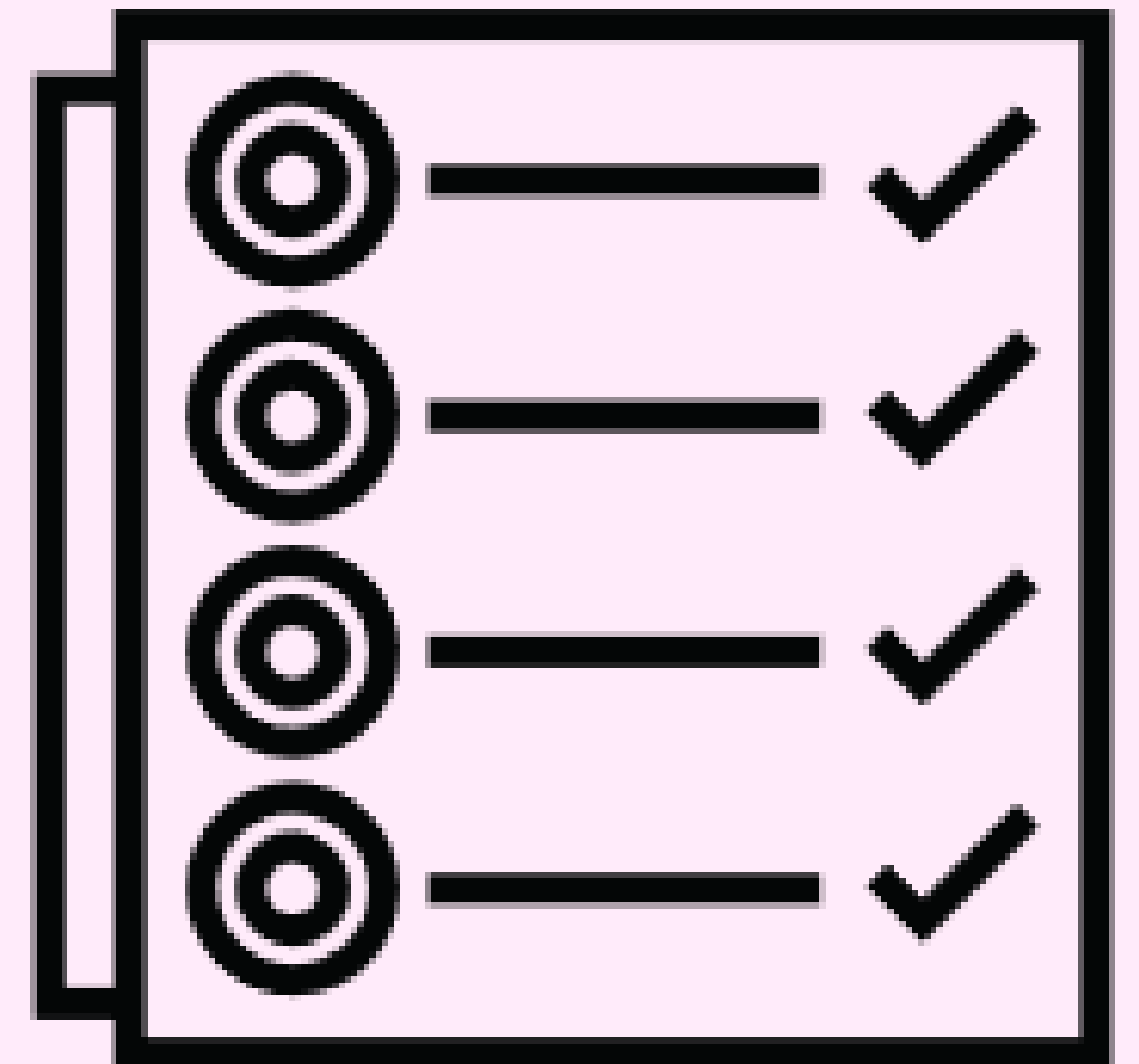
**For MO**





# LEARNING OBJECTIVES

- To understand why elder care is required
- To identify the various challenges in provision of care for elders
- To understand what NPHCE (national program for health care of elderly) is





# REMEMBER!

- There is no typical Elderly
- Each elder is unique
- Do not presume that complaints of elderly are due to “normal aging”
- Elders should have informed choices, decision making capacity
- Quality of life is important



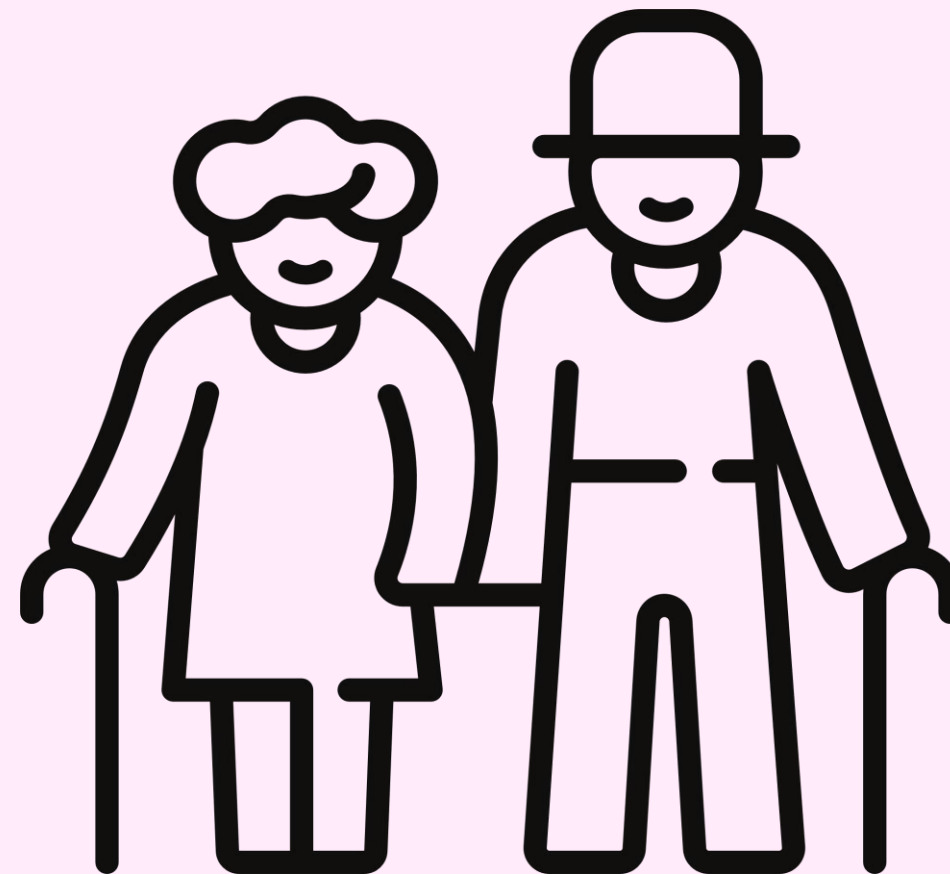




# DO YOU KNOW?

Geriatrics-60 years and above (senior citizens)

How many elders in our country?





# PROJECTED POPULATION OF OLDER PEOPLE

Age Groups	2001	2011	2021	2031	2041	2051
60+ yrs. (crores)	7.7	9.6	13.3	17.9	23.6	30.1
% of total	7.5	8.2	9.9	11.9	14.5	17.3
70+ yrs. (crores)	2.9	3.6	5.1	7.3	9.8	13.2
% of total	2.9	3.1	3.8	4.8	6.0	7.6
80+ yrs. (crores)	0.8	0.9	1.1	1.6	2.3	3.2
% of total	0.5	0.7	0.8	1.0	1.4	1.8

Source: Registrar General Of India





# MORBIDITY STATUS AMONG OLDER PEOPLE

Morbidity Status	Number in crores	Proportion	Care Required
No Disease	2.47	24.32	Preventive & promotive
With One Disease	5.44	53.63	Promotive & assistive
With two diseases	2.12	20.83	Curative & rehabilitative
With three diseases	0.310	3.01	Long-term care (home based care/critical care)

Source: NSSO-MoSPI

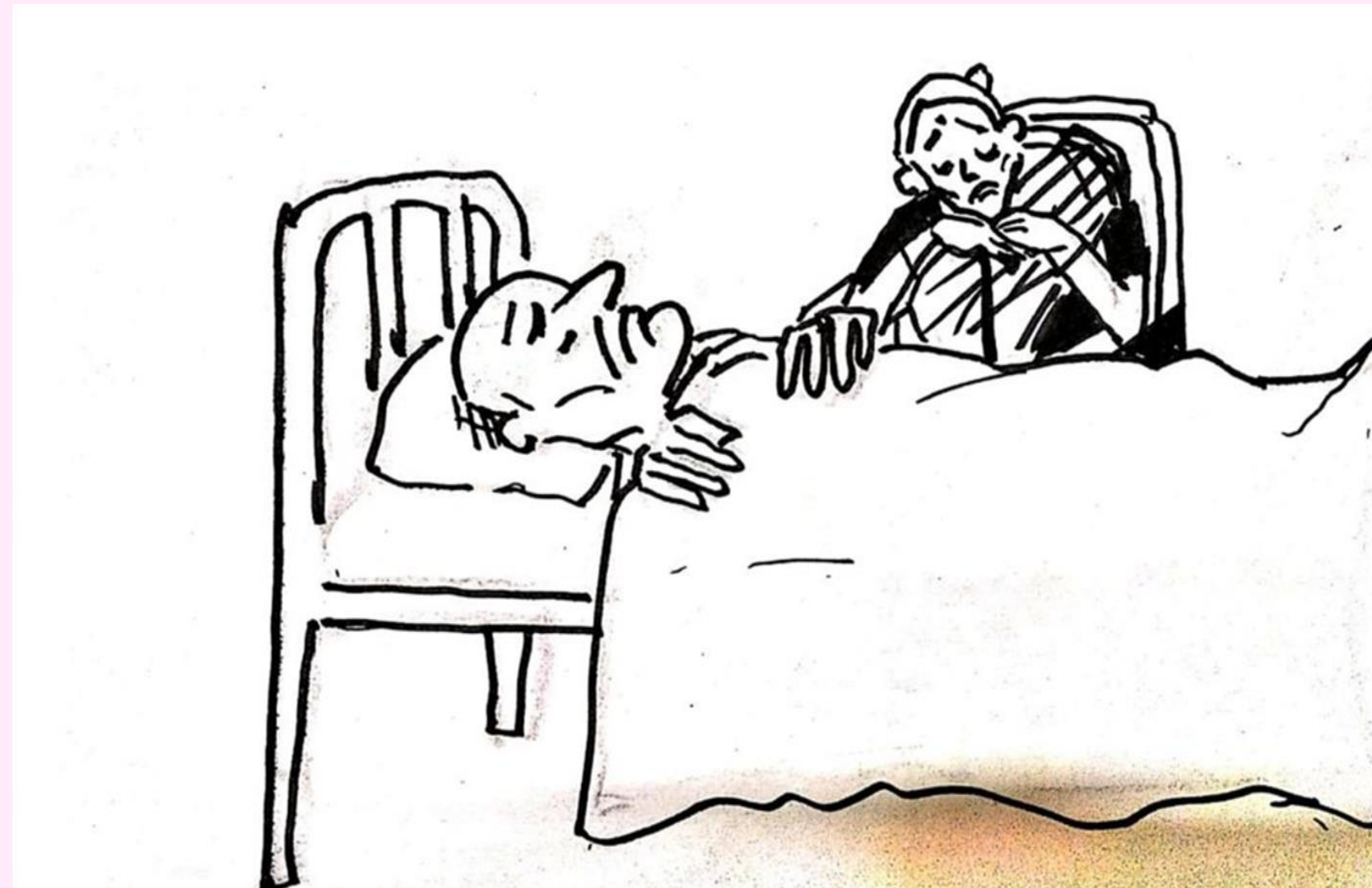






# DISABILITIES

Which are the common ones in our elders?





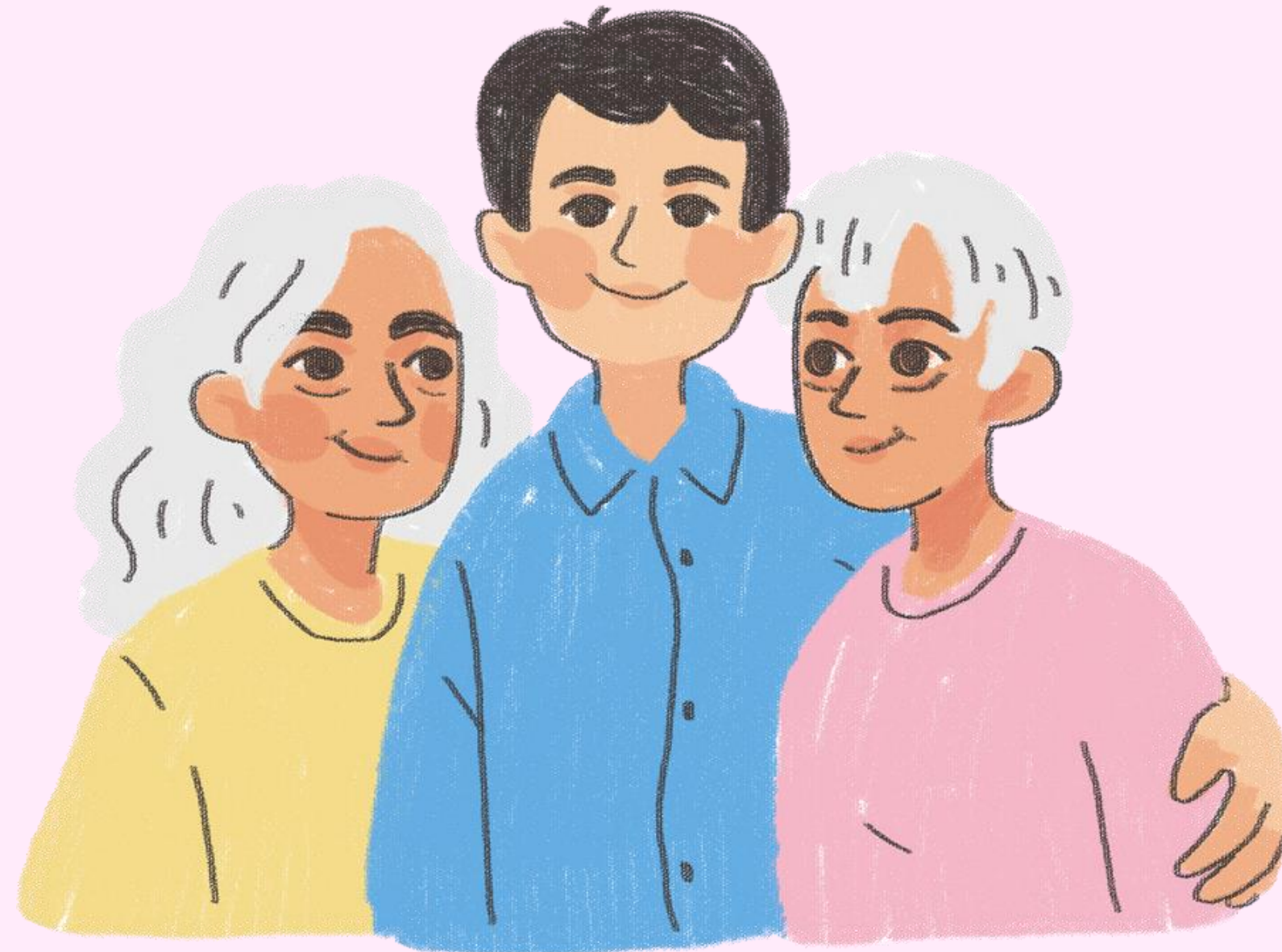
# DISABILITY STATUS AMONG OLD PEOPLE

Disabilities	Number in crores	Proportion	Care Required
Visual disabilities	2.6	25.66	Ophthalmology
Hearing disabilities	1.36	13.40	ENT
Speech disabilities	0.34	3.33	Speech therapy
Locomotor disabilities	1.02	9.99	Physiotherapy
Amnesia	0.89	8.74	Psychiatry and Counseling





# WHAT ARE THE CHALLENGES FACED DURING ELDERLY CARE ?





# CHALLENGES

- Double burden - No. of elders is increasing, NCDs and communicable diseases also increase with age
- Disabilities increase
- Care of elders-difficulties
- Feminization
- Economy-need more, but less available
- Bias towards young







# MAIN CHALLENGES AT PRIMARY CARE LEVEL IN ELDERLY CARE

- **Multimorbidity** – Comprehensive geriatric assessment (CGA) & simultaneous management
- **Polypharmacy** – within allopathy with other systems of medicine
- **Understanding Poor healthcare seeking behavior** – due to accessibility, affordability, lack of awareness & morbidity issues
- **Promoting health aging at all times to all elderly-**
  - Maintaining functional ability even with use of assistive devices
  - Maintaining intrinsic capacity: active mind to counter cognitive decline



# NATIONAL POLICY ON OLDER PERSON

- **NPOP** - 1999 formulated by MoSJ&E seeks to assure old persons that their concerns are national concerns and they will not live unprotected, ignored or marginalized.
  - The goal of the National Policy is the well being of older persons
  - It aims to strengthen their legitimate place in society and help
  - Older persons to live the last phase of their life with purpose, dignity and peace
- One of the principles areas of intervention in the NPOP 1999 is Healthcare and Nutrition

# PRINCIPLE AREAS OF INTERVENTION UNDER NPOP -1999

- Financial security
- Healthcare and nutrition
- Shelter, education, welfare
- Protection of life and property
- Other areas of actions
- Involvement of non-government organizations
- Realising the potential to make appropriate choices





# OTHER AREAS

- Family support
- Research programs
- Training of manpower
- Media support





# NATIONAL PROGRAM FOR HEALTH CARE OF THE ELDERLY

The Ministry of Health & Family Welfare had launched National Program for Health Care of the Elderly (NPHCE) during 2010-2011 in compliance with NPOP 1999, to address various health related problems of elderly people.



# OBJECTIVES

- To provide accessible, affordable, and high-quality long term, comprehensive and dedicated care services to an ageing population
- Creating a new “architecture” for Ageing
- To build a framework to create an enabling environment for a Society for all Ages
- To promote the concept of Active and Health Ageing
- Convergence with National Health Mission, AYUSH and other line departments like Ministry of Social Justice and Empowerment

# PROGRAMME STRATEGIES

- Community based primary healthcare approach including domiciliary visits by trained healthcare workers
- Dedicated services at PHC/CHC level including the provision of machinery, equipment, training, additional human resources, machinery and equipment, consumables and drugs, training, and IEC
- Strengthening of Regional Geriatric Centres to provide dedicated tertiary level medical facilities for the elderly, introducing PG courses in Geriatric Medicine, and in-service training of health professional at all levels





- Information, education and Communication (IEC) using mass media, folk media and other communication channels to reach out to target community
- Continuous monitoring and independent evaluation of the programme and research in Geriatrics and implementation of NPHCE





# EXPECTED OUTCOME

- Establishment of Dept of Geriatric Medicine in selected 19 medical colleges sanctioned as Regional Geriatric Centres (RGC) with a dedicated Geriatric OPD and 30 bedded Geriatric ward for management of specific diseases of the elderly, conducting trainings of health personnel in geriatric health care and pursuing research
- PG in Geriatric Medicine (2 seats) in each of the 19 Regions
- District Geriatric Units with dedicated Geriatric OPD and 1- bedded Geriatric ward Rehabilitation/ physiotherapy services in 713 district hospitals



- OPD clinics/ rehab clinics including domiciliary visits at CHC< PHC and HEC

- Health & Wellness Centres / Sub Centres provided with equipment for community outreach services for Elderly

- Training Human Resources of Public Health Care System for provision of quality Geriatric Care





# PACKAGE OF SERVICES : AT DH & BELOW

## Sub Health Centre - Health & Wellness Centre

- Health education related to healthy aging, environmental modifications, nutritional requirements, lifestyles and behavioural changes
- Special attention to home bound/bed ridden elderly persons and provide training to the family healthcare providers in looking after the disabled elderly

## Primary Health Care - Health & Wellness Centre

- A weekly geriatric clinic at PHC level by trained medical officer, conducting health assessment of the elderly, simple investigation including blood sugar



## Community Health Centre

- Biweekly geriatric clinic and rehabilitation services to be arranged by trained staff and rehabilitation workers at CHC
- Domiciliary visits by the rehabilitation worker will be undertaken for bedridden elderly and counselling to family members to care for such patients

## District Hospitals

- Dedicated Geriatric OPD services, In-door admissions through **10 bedded geriatric ward**, laboratory investigations and rehabilitation services .
- Provide services for the elderly patients referred by CHCs/PHCs etc and refer severe cases to tertiary level hospitals

# ELDERLY CARE SERVICES PROVIDED IN 2019-20



	Services	RGC	DH	CHC	PHC	SHC	Total
1	OPD care	133545	7567744	7016670	9032922	2843211	26594092
2	In patient	9992	688966	269286			968244
3	Physiotherapy	34637	754186	744964			1533787
4	Lab. Tests	230749	4215883	2348922	2275600		9071154
5	Elderly screend, given health card		599908	719021	526754	273850	2119533
6	Home care given		11157	92657	68674	68783	241271
7	Supportive devices given		4820	18006	7256	17502	47584
8	Cases referred		32017	59202	65057	264119	220395
9	Cases died in hosp		17026	2153846			19566



# PREPARATIONS FOR DECADE OF THE ELDERLY (2021-30)

- Annual Physical examination for elderly persons by all health facilities/providers
- OPD, IPD/day care & rehabilitation facilities for elderly persons at primary, secondary and tertiary care institutions and National centres for ageing
- Long term care, indoor admission facilities and training of informal care givers for older people who are incapacitated
- Application of information technology for creating of elderly data bank
- IT based provision and monitoring of geriatric care services



Website : NPHCE





## IEC Material Developed for Elderly Care

### Audio Visual-

- Healthy Aging
- Regular Health checkup of elderly
- Care of elder's health off retirement
- Balanced Diet to take care of health of elderly
- Active & Healthy Aging
- Do's & Don'ts
- Aaj Apki Bari Hai
- Personal Hygiene etc.

### Print Material-

NPHCE Fitness Booklet in Hindi & English covering Nutrition in elderly, Sleep Hygiene, Medication, Exercise & Yoga, Healthy bones, Common health problems in elderly etc.

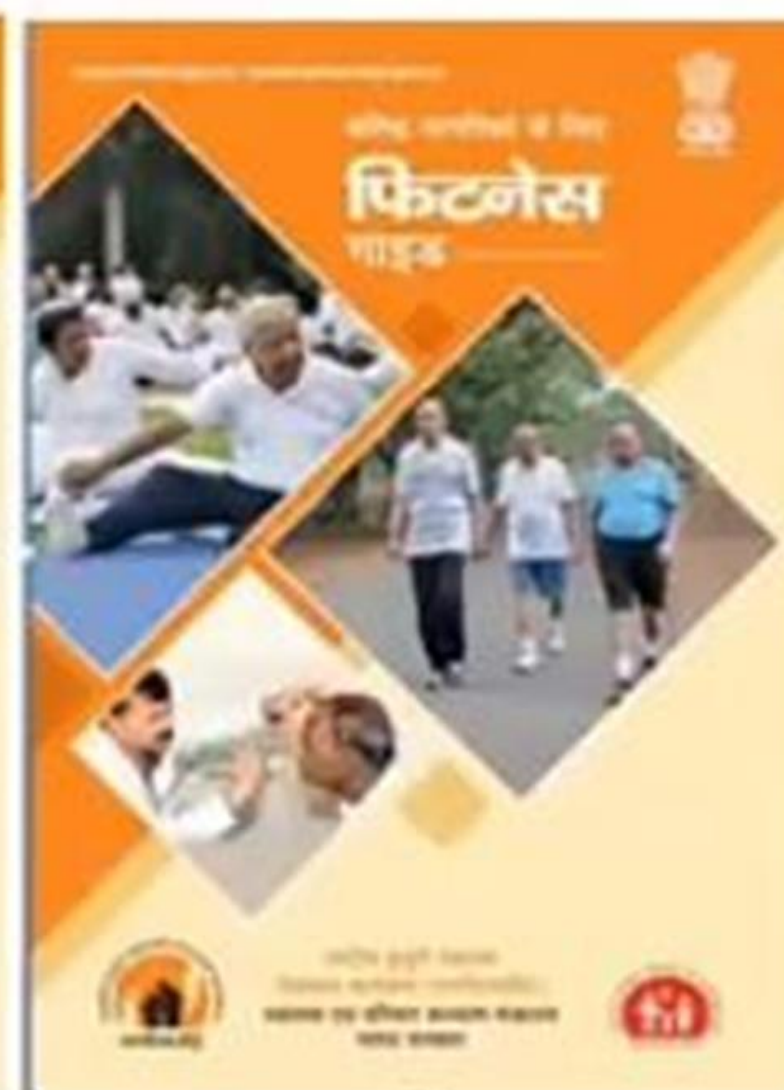
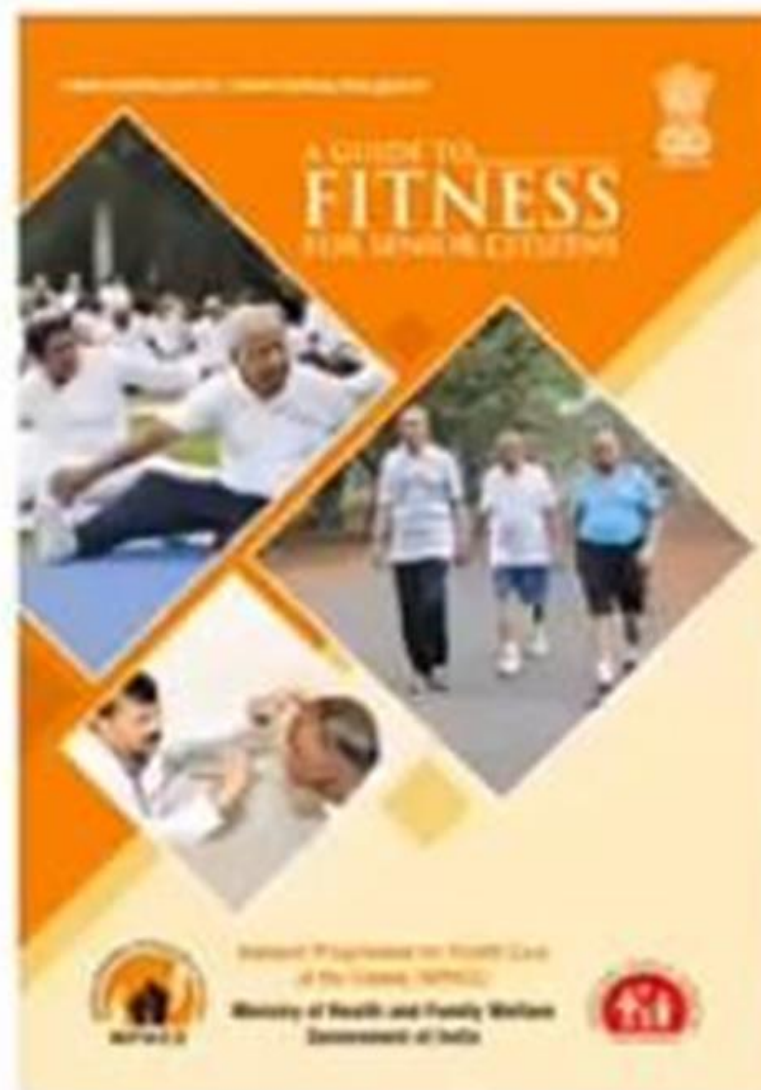
**Posters** in Hindi & English on common health related issues in old age, healthy life style and Good food for good health etc.

**Folder** in Hindi & English on Healthy Life style- Healthy Aging

<https://nphce.nhp.gov.in/video-spot/>

<https://nphce.nhp.gov.in/audio-spot/>

<https://nphce.nhp.gov.in/print-materials/>



3/30/2021





# Thank You

