

“Health Screening for Old Age Home Elder Persons”



Senior Citizens population after having lived an active life in their prime years, need personalized care and a life of dignity in their sunset years. When they get affected by age-related disorders, as often happens at advanced age, they need constant medical care. As they dedicated all their lives for their children, providing them the best of education and lifestyle they could. And now when they need their children the most, they have been left to care of themselves, on their own or they will left their parents at any Old age home.

Two in every three senior citizens in India suffer from some chronic disease, according to the first Longitudinal Ageing Study in India (LASI) released by the Union Ministry of Family and Health Welfare on January 6, 2020.

The United Nations General Assembly declared 2021–2030 the Decade of Healthy Ageing and asked WHO to lead the implementation. The Decade of Healthy Ageing is a global collaboration bringing together governments, civil society, international agencies, professionals, academia, the media and the private sector for 10 years of concerted, catalytic and collaborative action to foster longer and healthier lives.

The Decade builds on the WHO Global Strategy and Action Plan and the United Nations Madrid International Plan of Action on Ageing and supports the realization of the United Nations Agenda 2030 on Sustainable Development and the Sustainable Development Goals.

The Decade of Healthy Ageing (2021–2030) seeks to reduce health inequities and improve the lives of older people, their families and communities through collective action in four areas: changing how we think, feel and act towards age and ageism; developing communities in ways that foster the abilities of older people; delivering person-centred integrated care and primary health services responsive to older people;

and providing older people who need it with access to quality long-term care.



Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time.

Older age is also characterized by the emergence of several complex health states commonly called geriatric syndromes. They are often the consequence of multiple underlying

factors and include frailty, urinary incontinence, falls, delirium and pressure ulcers.

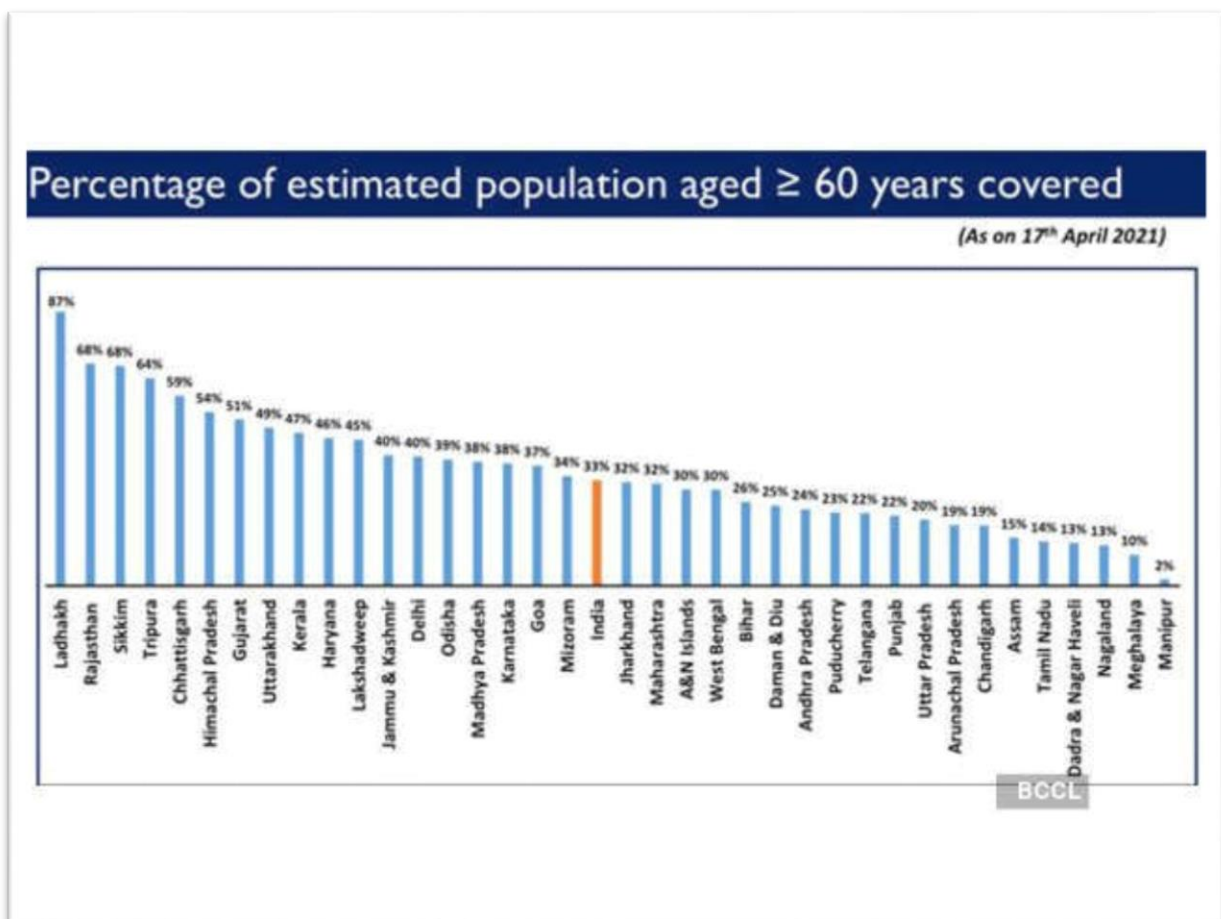


In association with the Shiv Ashray old Age Home, we have organized a health screening campaign for the older person on 2nd January 2022 at near Japanese park, Gate No. 1, behind Mayur Apartment, sec-9, Rohini, New Delhi-110085. And we are happy to share that many elders got benefitted from the camp and took active participation in the camp to check their health condition.

Our doctors and paramedical staff from the Star group were present at the camp and provided much needed consultation to help them understand ways to take better care of their health. To check the deficiency levels, Complete Blood Count (CBC) test has been done. Senior citizens often ignore their health and do not take proper diet, to monitor this their

height, weight and overall fitness was screened to give them proper consultation.

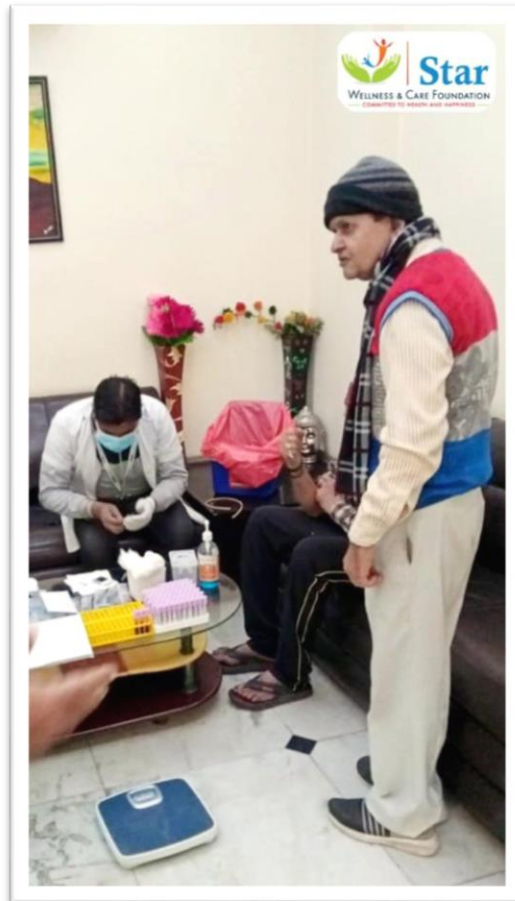
The beneficiaries would be also provided with required medicines to cope up with their deficiencies. We plan to conduct more such sessions/camps at regular intervals for such target groups in future also.





The main motive of the camp was to create awareness regarding the health challenges for senior citizens and how in this age, senior citizen are more prone to health problems.

Being a healthcare provider our main aim is to educate people on how to live a healthy lifestyle and makes them aware of the symptoms of a disease and realize the importance of early detection. It gives us immense pleasure to be serving the elderly citizens of our society.



Older people are often assumed to be frail or dependent and a burden to society. Public health professionals, and society as a whole, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging.