

## Introduction

The population ageing is a global phenomenon and India is not an exceptional. India has large number of people above 60 years and it is expected to increase remarkably in future with increase in life expectancy. The elderly population has increased from 8.6% (2011) to 10.1% (2021) and is projected to reach 13.1% by 2031. The growth rate among different cohorts of elderly people (60+, 70+ & 80+) during the past decade was three time higher than the general population growth rate. Presently, sex ratio among the elderly in India has been favouring females as seen in developed world reversing the earlier trend of males.

NSSO 75th Round (2017-2018) reports that the percentage of elderly who are confined to bed or home or wheelchair bound ranges from 6% (males) to 10% (females) with no major rural - urban differences. About 8.4% elderly have at least one form of disabilities. Major disabilities are related to locomotor, visual and hearing making activities of daily living challenging. According to Longitudinal Ageing Study of India (LASI) ageing is associated with prevalence of chronic health conditions and risk of experiencing more than one chronic health condition increases with advancement of age. The treatment rate for all chronic health condition is higher among elderly in urban and belongs to richest MPCE quintile. The elderly people suffer from multiple diseases occurring simultaneously making treatment challenging and prolonged requiring special medical care and resources putting burden on individual & family and health care institutions. NSSO 75th Round reports 70% of the elderly person depend on others for their daily maintenance.

The transforming socio- cultural & economic dimensions under modernization is confronting with the traditional role of family in protecting elderly people. This necessitates society and community to cognizant of elderly problems especially to be efficient in effectively dealing with population ageing and to provide platform for active ageing for the elderly as visualized in the WHO Decadal of Healthy Ageing 2021-2030. Considering, the rising of elderly people and approaching challenges correlated to longevity and disability comprising health and other social, emotional, security attributes, it is comprehended to orient the health and allied professionals for dealing with various dynamics of ageing to uplift the trajectory of healthy ageing and well-being for elderly in the country.

## General Objective

To develop Human Resources (HR) for holistic care of elderly people incorporating spiritual health under primary health care system to achieve nation's commitment for the all-inclusive health and well-being of elderly people under **NPOP (1999)** & NPSC (2011) and NPHCE (2011) and WHO Decadal of Health Ageing (2021-2030).

## Specific Objectives

After the course, the participants would be able to discuss:

- Salient features of holistic care, spiritual health and well- being of elderly people as visualized in NPOP, NPSC and NPHCE
- Different issues and challenges related to ageing & health and way forward for active & productive aging for well-being.
- Potential roles and responsibility of health care providers to be executed at individual, social and institutional level for building holistic health care & well-being for optimum level of satisfaction of elderly.
- How the state in participation with non-state stakeholder should address the social security, health care and overall wellbeing through spiritual dimension.
- Significance of spiritual health, counseling skills, communication skills, community mobilization for elderly care, empowerment of elderly, promoting family bonding & multigenerational support for active & productive ageing etc.
- Role and responsibilities of the health care providers under primary health care system for empowering human resources and enhancing Geriatric services at different levels.

## Course Contents

- Demographic & socio-structural transition and challenges on holistic health care and well – being of elderly people
- Commitment for Health & well-being of elderly under NPSC & NPHCE
- National program for health care of elderly (NPHCE)
- Spiritual Health dimension for holistic health & well-being of elderly
- Crises of care givers & Provision for palliative care in India
- Package of essential health care services under primary Health care approach
- Disabilities and service provisions for the Elderly
- Institutional and community based care.
- Legal and financial provision for elderly
- Counseling skill & Communication skill of health care providers
- Nutritional care of elderly
- Health and Human right of elderly
- Gender Issues, Elderly women abuses and state responses
- Reinventing and Redesigning mobile health system and camp approach of rendering health care services for elderly
- Medical Technology and assisted devices in elderly care
- AYUSH & Yoga in holistic health care of Elderly
- Education and training of nursing care with spirituality for the elderly under primary health care system

## Methodology

- ❖ The training course would be based on participatory techniques. Lecture-discussion, field visit/ case analysis, group work and presentation of group work, feedback and sharing of experiences etc. would be the main procedures to orient the participants.

## Duration

13<sup>th</sup> – 17<sup>th</sup> March, 2023 (Five days)

## Nature of Participants

- Faculty from SIHFW & Medical Colleges, Nursing colleges
- Health Officials from State/District NCDCs & RGCs
- Participants from the NGOs (funded by the ministry of social Justice and empowerment working in the area of ageing)
- Institute imparting training in the area old age care

## Number of Participants

Total number of Participants: 20- 25

## Training Outcome

- The course would enhance the competence of the trained officials from States, Districts, Medical Colleges, Nursing Colleges, NCDCs, RGCs, SIHFW, NGOs funded by the ministry of Social Justice and Empowerment and other institutions working in the areas of elderly health care.
- Developing human resources on elderly care for different organizations as TOT in their respective areas.

## 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 Mahapatra  
**Course Co-coordinators** : Dr. Neera Dhar  
: Dr. Nanthini Subbiah  
**Course Associates** : Dr. Manisha  
: Mrs. Rita Rani



## 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 and 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/-** for each participant. The fee is acceptable through Demand Draft drawn in favour of **The Director, NIHFW, New Delhi.**

## Travelling, Boarding/ lodging

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

## Accommodation

Hostel accommodation with basic facilities would be provided to the participants within the Institute's Campus at nominal rate.



## Weather

Cold weather with temperature around 20-25 degree Celsius.

## Last Date for Receiving Nominations

**January 31, 2023**

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

Further Correspondence to be addressed to:

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Course Coordinator

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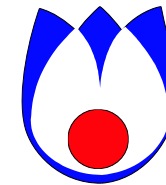
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# TRAINING COURSE ON HEALTH CARE OF ELDERLY AND SPIRITUAL HEALTH FOR WELL-BEING

**13<sup>th</sup> - 17<sup>th</sup> March, 2023**



**आरोग्यम् सुखसम्पदा**

**Department of Social Sciences**  
**The National Institute of Health and Family Welfare**  
**Munirka, New Delhi-110067**