

Introduction

Nightingales Medical Trust(NMT) was set up and registered in 1998 as a non-governmental, secular and charitable organization. It provides a system of easily accessible and affordable services and amenities for the elderly of all socio- economic groups, in and around Bangalore. NMT enriches the lives of senior citizens through community-based, innovative support systems, services to meet their physical, medical, emotional, economic and social requirements, addressing elder abuse, promoting employment opportunities for non-pensioned elders, rendering comprehensive dementia care, advocacy, training and awareness programmes.

Tasks assigned

- Understanding the management of a centre called Sandhya Kirana, which has a day care centre for the elderly from the lower socio-economic strata and another day care for dementia patients .
- Assess the efficiency of both the day care centres.
- Need assessment for elderly care and also the awareness of Sandhya Kirana among the elderly in the urban slums of Bengaluru.

Learnings during the summer training

- Functioning of Sandhya Kirana
- Care provided to dementia patients
- Procedure to conduct a study in the slums
- Dealing with the elderly to interview and extract information from them.

Major project undertaken

A study to assess the need for elderly care and also to assess the awareness of Sandhya Kirana among the elderly in the urban slums of Bengaluru.

Objectives

- To assess the scope for a day care centre for elderly in the slums
- To assess the awareness and knowledge of the day care facilities at Sandhya Kirana
- To identify the willingness and hurdles to avail the facilities at Sandhya Kirana

Methodology

Study Type: Cross-sectional descriptive study

Study Duration: Two months

Study Area: Urban slums of Bengaluru

Study Respondents: All the elderly above the age of 60 and above were included in the study. The existing beneficiaries of Sandhya Kirana were excluded from the study.

Sample Selection:

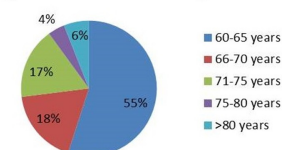
Data Collection Approach:

- Data source:** Primary data
- Type of Data:** Quantitative
- Technique:** Face to face Interview
- Tool:** Structured questionnaire that included sociodemographic characteristics, and the awareness and willingness to avail the facilities at Sandhya Kirana

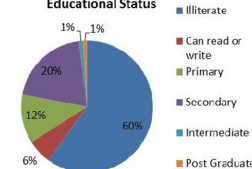
Findings

♦ Scope for a day care centre for the elderly in the slums

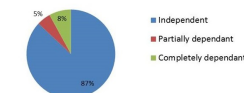
Age distribution of the respondents



Educational Status

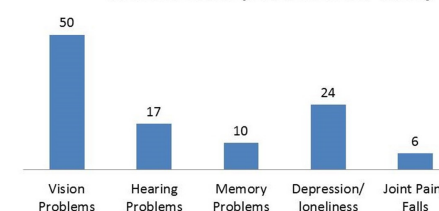


Physical dependency



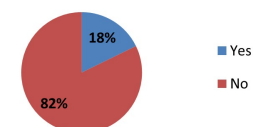
- Partial dependency was classified based on dependency with respect to dressing, bathing and toileting.

Common health problems of the elderly



♦ Awareness and knowledge of the day care facilities at Sandhya Kirana

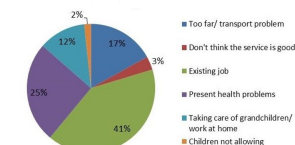
Would you like to avail the facilities at Sandhya Kirana?



All of the people who had heard about Sandhya Kirana know only about the day care facility(which is also commonly known as a hostel for the elderly among the localities) . They were unaware of the free medical facilities or meals.

♦ Willingness and hurdles to avail the facilities at Sandhya Kirana

After explaining the facilities at Sandhya Kirana, only 18% was ready to avail them. The reasons for not being ready to avail the facilities at SK were:



Conclusion

- There is a scope for a day care centre for the elderly in this area that could cater to the needs of the elderly.
- The services could be made aware to the public through more effective ways.