

Why 60+ Care :

As India experiences sustained periods of growth, the population will become healthier and live longer. Several related Research indicates that 12% of India's population will be over the age of 60 by 2030 and according to the UN Population Fund; this is expected to increase to 19.4% by 2050. Projection indicates there are going to be more women than men in the 60+ age group. Increased longevity has resulted in a rise of population above 80 years of age, which accounts for nearly 1.1 Crore people. With around 6 lakh people over the age of 100, India is expected to have the highest number of centenarians by 2050. As the number of senior citizens increase – from 10.38 Crore in 2011 to an estimated 17.3 Crore in 2026 and 30 Crore in 2050 - the need for programmes for their welfare has to be addressed more specifically. Increase in life expectancy, coupled with nuclearization of families, dependency on others for their day-to-day maintenance and age-related difficulties; pose a tough challenge to the lives of elderly people. The problem gets exacerbated for the elderly women due to higher economic dependency. In rural areas, where 70% of the elderly live, migration of younger people for economic reasons and the poor quality of medical services, leads to a grim situation, especially for those above 80 years of age.

Relevant facts

Further, as people are living longer post their retirement, the challenge is to find ways to remain actively engaged and productive life with dignity and this includes involving all the following related stakeholders

- Elderly themselves
- Their Informal caregivers/Families (unpaid care givers) in the community
- Formal Care-Givers (paid)
- Government departments ie Social Welfare departments, Health department, Department of Home etc
- Care Institutions (Public/Private)
- Health care Institutions ie Local Bodies, Civil Societies including NGOs.
- Intellectuals
- Media and
- The community or the Public at large.

About Foundation

Citizens Action Group (Regd 2007) has been working on right based issues since last 16 years specifically on citizens rights ie municipal rights , consumer rights including rights of local bodies which is directly accountable to extend services to the citizens. Our proud moments were in the year 2018 when we got best performance award from Consumer affair department , Government of Jharkhand. Our efforts has recently been appreciated on occasion of World Consumer Days celebration organized at Mumbai on 15 March 24 by Govt of India.

This time our Board Members decided to concentrate our future interventions focusing the Seniors . Though seniors are our major and sincere motivators since long but now we finally decided to dedicate our synergies for ensuring the healthy, hassle free life with dignity . In this mission Educational and Welfare Trust of India (Regd 2002) which has long history of working in field of Health Care and Education extended its commitment to work together as technical support partner . Finally a new nomenclature “ 60+ Care and Research Foundation “ evolved.

Role of Foundation:

The foundation is committed to create 360 degree of services to our Seniors or it can be said that all needful services under one umbrella. To ensure this, foundation may develop the system / services either by its own resources or creating partnerships. Foundation may also if its Board allows accepts donations in form of cash or kind if such helps in furtherance of its objectives.

The office bearer of the Foundation would have critical role regarding :-

- Ensuring every Senior Citizen who are its members, for all needful possible support to make their lives hassle free.
- Develop and finalise plan of action of the programme.
- Develop monitoring tools to get desired results.
- Make functional 60+ care and research institute and monitor its output.
- Create partnership with other relevant service providers to enrich our services.
- Monitor quality of services being provided by identifies service provider.
- Evolve system of mechanism of feedback through to assessment of quality of services being provided to our members
- Enhance awareness about services to our members about services.
- Ensure adequate means to make our programme popular.
- Strengthening all committees ie advisory committee, technical committee and working committees.
- Creating system of transparencies all around and define accountabilities.

Our Mission

To enhance the quality of life of seniors by providing comprehensive support Services, providing independence and fostering community engagement ensuring dignity and respect in their golden years.

Our Goals

The goal of a foundation for elderly care typically revolves around providing comprehensive support and services to enhance the well-being, dignity, and quality of life of older adults. This often includes offering healthcare, social activities and assistance with daily activities, all tailored to meet the specific needs of seniors. Additionally, our foundation would advocate for policies that promote healthy aging and ensure that elderly individuals are treated with respect and compassion within society.

Our Values

A foundation working for elderly care would likely uphold values such as compassion, dignity, respect, empathy, integrity, inclusivity, and quality of life. These values guide the foundation's efforts to provide holistic support and services that prioritize the physical, emotional, and social well-being of older adults. Additionally, transparency, accountability, and professionalism are important values to ensure that the foundation operates efficiently and ethically in its mission to serve the elderly community.

Our Ethics

That's a noble endeavor! ethics of a foundation working for elderly care would be to emphasize the importance of honoring our elders, ensuring their well-being, and creating a supportive community. With reference to achieve the mandate of our mission, values, and commitment to improving the lives of the elderly various programs and services would be designed on participatory basis for making efforts more purposeful. . Additionally, acknowledging the hard work and passion of the team behind the foundation can be a nice touch.

Our Strategy:

Derive an implementable plan of action to achieve tangible positive results towards welfare and wellbeing of senior citizens and improve their quality of life , which would require brings together articulation of each of the current government schemes, future plans, strategies and targets prepared in participatory approach engaging various stakeholders related with senior citizens defining accountabilities, financials and clear outcomes. Intergenerational Bonding and

create supply pull of skilled service providers through specifically designed health care courses including skill development. Explore entertainment opportunities in neighboring and given conditions, Carry out research and studies to access enhance and improve accessibility, smooth transport and Age friendly environment.

Identified top four needs of the senior citizens are

- Financial security,
- Food security
- health care including mental health and
- Human interaction /life of dignity. It also includes the facets of safety/protection and general wellbeing

Our Strategy

Our plan of action

A. First phase

- Mapping of various related and responsible institutions including government institutions in terms of demand and supply.
- Gap analysis in terms of accountabilities and deliverables.
- Capacity building of core project team members
- Literatures and tools development for strengthening the programme.
- Carrying out various level of Research and studies and pilots ie ,Senior
- Preparation of Senior Citizen Report Card, Senior Citizens Health Card.
- Creating Media Partnership.
- Develop an organization level and field level structure of functioning.
- Develop a functional model for relocation..
- Establish the suitable model for replication :
- Monitoring and Oversight :ie Fortnightly , Monthly, Quarterly, Six monthly , Annually
- Capitalize the issues for advocacy with various agencies.

B. Second phase

a. Formation of Advisory committee

The committees of experts who can valuably contribute in providing suggestions time to time for strengthen the project and its activities. This would be composition of experts from various relevant thematic areas.

b. Formation of Technical advisory committee.

The technical committee has critical role in assessment of need of project in terms of optimizing the team efficiency and exploring scope of technological aspects necessary to enrich the programme objective. This committee would:

1. Scope of use of technologies which may improve the life of our elderly.
2. Assessment of challenges and opportunities coming up for seniors.
3. Scope of use of technologies in monitoring and evaluation of programme and defining accountabilities.

C. Third phase :

This phase is very important because now would have a tested model for replication. During this phase basic functional structure the pre-qualification for replication would be defined.

During start of third phase all MOUs previously entered with various service providers would be revisited in interest of our seniors and financial sustainability of the project. .Further during this phase few more issues would be addressed:-

- Establishing Charter of Survive related with our program partners.
- Identify the need of any fresh linkages.
- Assessment of requirement of fresh MOU proposed to strengthen our programme.

Building ‘Surakchha Chakra’

With a view to define single functional unit of our programme at community level, group of senior citizens residing in common locality is encouraged to form a cohesive group of seniors to achieve 4S (four types of securities ie **Health Security, Social entity and related Security, Legal education and related Security and Financial education and Security**) for each members of the family. Other factors important for homogeneity in that particular area is also explored to optimized the strength. A possible structure may be as follows:

This SURAKCHHA CHAKRA is finally formed with a new nomenclature. This names can be tagged in name the group leader ie Chandra Sekhar Surakchha Chakra or Prdeep Surakchha Chakra.. That group leader is the link person between Surakchha Chakra and Core Management. All demand / requisition would come through his end only. Such group under his leadership may organize following activities within group, ie

1. Organizing social and other similar activities.
2. Carrying out need based or otherwise routine health awareness programme among group members and neighboring community if possible.

3. The group may engage itself in activities related with financial security ie creating corpus etc.
4. Promotion of health security through organizing health camps, accidental health insurance monitoring and ensuring the benefits to the claimant.
5. Organizing time to time activities related with entertainment.
6. Identification and monitoring legal as well security related issues.
7. Establish direct communication with local Police Station.
8. Ensure 100 percent participation of all members if possible, maintain its registers\.
9. Do all such efforts to encourage its members for collective growth and security.
10. Maintain direct communication with Foundation and neighboring groups.

Research & Training

Establishment and Role of Regional Resource and Training Centre

Foundation would work as key nodal agency as resource center for carrying out various need based studies for future course of action. Literatures, publications, newsletter etc would also be part of peripheral activities. Advocacy with other implementing agencies including government institutions for environment building and strengthening would also be the core competencies of the center.

Under the direction & supervision of experienced and qualified academicians and trainers we would carry out short term need based training sessions to build the career of young aperiens in the field of health care sector. The courses would be both short term as well long term courses.

The basic goal is to bridge the gap between prolong demand of health care professional in health care sector. With gradual increase in elderly population and to address quality requisition a large skilled job oriented man force would create new prospect in this sector.

A need based design and content of course of study has been prepared after studying the overall market demand to make it time relevant. These courses would also include practical skills related with naturopath, Ayurveda, accu pressure, accu puncture and other useful therapies being used by practitioners who are remarkably contributing in ensuring better quality of life of senior citizens.

Foundation would further ensure quality inputs ie

- a. Providing overall technical support and inputs on senior citizens programs as per the plan of action
- b. The mandate is to carry out :-
 - Advocacy on issue necessary for strengthening the programme.
 - Identification of area of awareness generation,
 - Define thematic and tools for training of stakeholders,,
 - Database generation,

- Inspections and monitoring of programme
- c. Carry out research on identified issues and sharing the findings,
- d. Create interface for liaising with the State Governments in the field of old age care.
- e. Support the state technical support group to the State Government in preparing the State Action Plan,
- f. Monitoring its implementation its own and evaluation of its outcomes.

Our Services

Our aim is to extend 360 degree services to our members on 24x7 basis. Our apex body is accountable to develop a robust monitoring system in respect of each type of services offered by our organization. To streamline this our foundation would identify credible agencies and then create MOU regarding services and benchmark. Further, three broad categories of services are identified by the foundation, which are

- a. Regular organizing online or offline health care activities including doctor's consultation.
- b. Collaboration with support groups and monitoring the quality of services being offered.
- c. Periodically develop Educational materials and resources for better health awareness, and research initiatives.)

I. Health care Services:

A. Activities undertaken :

Outline e specific programs geared towards seniors,

- Hand holding periodic or demand based health check up.
- Create data base of specialized institutions / doctors .
- Tele medicine
- Online consultations
- Various necessary Diagnostic tests at door step

B. Wellness programs,

- Organise periodic Preventive Healthcare Gamps with reputed doctors in field of neuro, orthro , eyes etc.
- Curative health care support events

C. Caregiver support,

- Best possible diagnostic test, Xrays, Imaging etc at most competitive rates .

- Best possible diagnostic, Xrays etc at their door step.
- Medicine delivery at door step at most competitive rates .
- Delivery of nutritious and healthy diet at their door step.
- Addressing the issues related with isolation/ loneliness ie cultural events etc.
- Community outreach.

II. Legal Support and related services:

- A. Ensuring dignified life: Our team while carrying out study through report Card preparation it is observed that majority of our seniors are in trouble either due to misbehavior of their own children, relatives or other family members, tenant etc but due to helplessness they do not come forward for complain.
- B. Police verification: Similarly police verification is mandatory for maids, drivers, gardeners, and guards etc who work for them.
- C. Instrument creation: Creating of vashiyat , will is always advisable for our seniors but how to create it , how to make it legally effective requires certain formalities .

Here our professional team is committed to provide such services on demand or need basis with a view to ensure their quality of life with dignity.

III. Socialization and related services:

- A. Community Centers and Senior Programs:** Establishing community centers or senior programs where elderly individuals can participate in various activities such as arts and crafts, games, exercise classes, and educational workshops can foster social interaction and mental stimulation.
- B. Volunteer Opportunities:** Encouraging seniors to volunteer in their communities not only gives them a sense of purpose but also connects them with others who share similar interests and values.
- C. Intergenerational Programs:** Programs that bring together older adults with younger generations, such as mentoring programs or joint activities with schools, can provide meaningful social interaction and help combat feelings of isolation.
- D. Technology and Digital Literacy:** Teaching elderly individuals how to use technology, such as social media, video calls, or online forums, can help them stay connected with family and friends who may not be nearby.

- E. Support Groups:** Creating support groups for seniors dealing with specific challenges such as grief, chronic illness, or caregiving can provide a safe space for sharing experiences and emotional support.
- F. Physical Activity:** Encouraging regular physical activity through organized classes like yoga or walking groups not only improves physical health but also enhances mood and overall well-being.
- G. Cultural and Recreational Outings:** Organizing outings to museums, theaters, parks, or other cultural venues allows seniors to engage in stimulating activities while socializing with others.
- H. Continued Learning:** Offering opportunities for continued learning through classes or discussion groups on topics of interest can keep seniors mentally active and engaged.
- I. Transportation Services:** Providing reliable transportation services for seniors who may have difficulty getting around can enable them to participate in social activities and maintain connections.
- J. Personalized Support:** Recognizing that each senior has unique needs and preferences and offering personalized support to help them find activities and opportunities that match their interests can enhance their sense of well-being.

By focusing on these aspects, communities can create environments that support social engagement and provide opportunities for elderly individuals to maintain good mental health as they age.

IV. Financial security through enhancing literacy:

Understanding financial security start with foundational topics such as understanding income sources (pensions, Social Security), expenses (utilities, healthcare), budgeting, and managing debt during the period of old age.

- A. Banking and Online Services:** Educate seniors on how to use banking services, including online banking and bill pay, ATM usage, and how to safeguard against fraud and identity theft.
- B. Investment and Savings:** Provide information on different types of savings accounts, retirement accounts (like IRAs and 401(k)s), basic investment options (stocks, bonds, mutual funds), and strategies for building a secure financial future.

- C. Healthcare Costs and Insurance:** Explain Medicare coverage, supplemental insurance options, and how to budget for healthcare expenses including prescription drugs and long-term care.
- D. Estate Planning and Wills:** Discuss the importance of having a will, power of attorney, and healthcare directives, as well as how to navigate probate and estate taxes.
- E. Government Benefits and Assistance Programs:** Inform seniors about available benefits such as Medicaid, food assistance programs (like SNAP), property tax relief, and other subsidies they may qualify for.
- F. Consumer Rights and Protection:** Teach about consumer rights, how to recognize and avoid scams targeting seniors, and resources for reporting fraud or abuse.
- G. Financial Decision Making:** Provide strategies for making financial decisions aligned with their goals and values, including discussing financial matters with family members or trusted advisors.
- H. Continued Support and Resources:** Offer ongoing support through workshops, counseling sessions, or access to financial advisors who specialize in working with seniors.
- I. Cultural Sensitivity and Accessibility:** Ensure materials are culturally sensitive and accessible, using plain language and providing options for those with visual or hearing impairments.

Tailoring the program to the specific needs and concerns of elderly participants, and incorporating opportunities for hands-on practice and discussion can enhance their financial literacy and confidence in managing their finances effectively as they age.

Platform for Advocacy

Apart from above all, since our seniors are having immense knowledge, skills and experiences which is precious for national development. So, this platform is going to be used as vibrant advocacy platform to change and improve the overall scenario not only related with rights and entitlements related with Elderly, but this foundation would if it deems necessary may directly create communication with Central Government, State Government or Local bodies. The issues may related with :

1. Rights or entitlements of our Seniors OR largely
2. In Public interest

Our Research

With a view to improvement in quality of life for seniors, it is required carry out time to time studies and researches on various aspect of life. These activities would strengthen the foundation to achieve its goals. These may :

- I. Researches related with ongoing programme :
 - a. Assessment of expectations/ desire related with particular service.
 - b. Identification of monitoring indicators to strengthen the programme.
 - c. Defining the service level bench mark of delivery mechanism.
- II. Collaborations aimed at advancing knowledge in geriatric care
 - a. Collaboration with other technical institutions with a view to create skilled manpower in the field of healthcare services.
 - b. Inviting and promoting researchers / scholars in the field of Geriatric care.
- III. Recent researches, observations , Learning etc related with aging-related diseases..
 - a. Identification of aging related diseases , gender wise and occupation wise etc.
 - b. Prepare the coping mechanisms by collection of related literatures.
 - c. Organizing seminars, events awareness camps, preventive check up camps under guidance of specialist doctors.
 - d. Improve accessibility of seniors regarding Naturopath, Ayurveda, Homeopath etc as a alternative.

Useful links

The useful links would be related with :

- I. Acts , rules, amendments, circular, orders issued by Government.
- II. Articles published related with:
 - a. Subject matter related with different aspect of life
 - b. Quality of life and challenges
 - c. Preparations and preventives
- III. Guides
 - a. How to mitigate the apprehension of fear to fall. (design your house including your toilets etc.)
 - b. What are Safety factors considered as important before keeping servants.
 - c. How to keep you financially protected through insurance.
 - d. How to maintain medicine inventory in your house.
 - e. Precautions to be considered before allowing outsiders in the house ie plumbers, carpenters etc.
- IV. Toolkits
 - a. Travel toolkit
 - b. Tenancy toolkit
 - c. Medical advice toolkit
 - d. Drafting of will/ Vasiyat

Forth coming events: (next 1 year)

I. Workshops

Title: How to improve quality of life of Senior Citizens

Participants: Among all stakeholders and service providers including District administration

II. Seminars

Title: Findings of Report card of Senior Citizens and way forward.

Participants: Representatives of senior citizens, Doctors, Diagnostic labs representatives, physiotherapist, Media, local administrations.

III. Consultation:

Title: Develop a convergent plan with Caregiver to develop a charter of services.

Participants: All sectors of care givers.

Get Involved:

- i. Memberships:

There are various modes to get membership of the organization.

These provisions of membership are available:

- a. Lifetime membership
- b. Annual membership
- c. Volunteer ship to carry out objectives as a member.

- ii. Fundraising/donations,

- a. Online
- b. Offline

- iii. Participating in research studies

- a. Engage prospective students through internship programme to carry out small short term researches on related subject matters.
- b. Engaging other civil societies of similar nature to carry out researches in collaboration to strengthen organization objectives.

News and Updates:

1. latest news,
2. Success stories, and
3. Updates from the foundation and the field of gerontology.)

Contact Us:

60+ Care and Research Foundation
A programme of Citizens Action Group
SANKALP, Kabir Market , Behind Bandhan Bank, Kurji ,
Patna -800010
Phone number : 0612-2260146 M: 8210562780,9334552733
Email: 6tpluscrf@gmail.com

Testimonials:

(Feature testimonials from seniors, caregivers, healthcare professionals, and community partners to showcase the impact of the foundation's work.)

Our Partnerships:

Health care sector is one of the largest sector though out world now a days. It needs multiple range of services as well specialization to cater the demand. Advancement in technologies as well increased payin capacity has gave sector a big vibes to deal with. So creating credible partnership is demand of time . We also have created partnerships with following agencies. This list would get increase with expansion of our services and depending upon demands:

1. Educational and social welfare trust of India, Patna : An NGO having long list of experiences in the field of health care training and management sector.
2. Kotak Mahindra Bank : financial literacy to elderly
3. Lal pathlabs : diagnostic services
4. Thyro-care : alternative option for diagnostic health care sercies
5. Specialized doctors clinics ie Orthro specialist.
6. Star health : in health insurance ..
7. Force track company pvt ltd. For police verification of maids / health care worker in their services at home.

Happiness planning and action

Our team members are commitment to improve quality of life which starts from Happiness Planning. It is incredibly important for their overall well-being . Here are some considerations and strategies to incorporate into happiness planning for the elderly:

1. **Social Connections:** Encourage and facilitate regular social interactions. Loneliness can be a significant issue for the elderly, so organizing social gatherings, clubs, or activities tailored to their interests can be beneficial. Additionally, teaching them how to use technology to connect with loved ones who may not be nearby can help bridge distances.
2. **Physical Health:** Promote regular exercise and physical activity suitable for their abilities. This could include activities like walking, gentle yoga, or chair exercises. Physical health is closely linked to mental well-being, so ensuring they have access to healthcare and any necessary support services is crucial.
3. **Mental Stimulation:** Provide opportunities for continued learning and mental stimulation. This could involve enrolling in classes, joining discussion groups, or participating in hobbies they enjoy. Keeping the mind engaged can help prevent cognitive decline and maintain a sense of purpose.
4. **Emotional Support:** Offer emotional support and encouragement. Aging can bring about various emotional challenges, including dealing with loss, adjusting to

changes in health, and facing existential questions. Providing a supportive environment where they feel heard and valued can make a significant difference.

5. **Meaningful Activities:** Help them find activities that give them a sense of purpose and fulfillment. This could involve volunteering, mentoring younger generations, or pursuing creative endeavors like painting or writing. Having something to look forward to and feeling like they are contributing to society can greatly enhance their sense of happiness and well-being.
6. **Cultural and Spiritual Engagement:** Encourage participation in cultural or spiritual practices that are meaningful to them. This might involve attending religious services, participating in cultural events, or engaging in meditation or prayer. These activities can provide comfort, a sense of belonging, and opportunities for reflection.
7. **Environment:** Create a comfortable and supportive living environment. Ensure that their living space is safe, accessible, and tailored to their needs. This could involve making modifications such as installing handrails, improving lighting, or arranging furniture for ease of movement.
8. **Financial Security:** Help them feel secure about their financial situation. Financial worries can be a significant source of stress for the elderly, so providing assistance with budgeting, accessing benefits, or planning for retirement can help alleviate anxiety and promote peace of mind.

9. **Nutrition and Health Care:** Ensure they have access to nutritious food and adequate healthcare. Proper nutrition and healthcare are essential for maintaining physical health and overall well-being. Help them make informed choices about their diet and assist with scheduling medical appointments and managing medications.
10. **Encourage Independence:** Encourage autonomy and independence as much as possible. While it's important to provide support when needed, allowing them to make their own decisions and maintain a sense of control over their lives can boost self-esteem and happiness.

Financial management through investment

Insurance planning and management

1. cover with health insurance
2. cover with accidental health insurance
3. insurance of house etc

Other managements:

1. Investment of short term mutual fund
2. Investment LIC etc
3. One time Investment for monthly returns

Legal document

1. Creating of will.
2. Creating tenancy deed
3. Sell or transfer of land/house

4. Claim for maintenance

Social investment

1. Regular visits to nearby elderly community
2. Organize / celebrate special days, birth days, anniversaries etc with near and dear ones.
3. If possible adopt other elderly to make him entitled for necessary services
4. If possible contribute to orphan age home / old age home

Power connect political / police

1. Time to time participate in political gatherings
2. Invite local thana in own periodic meeting and share the issues related with law and order within that respective area.
3. Create larger vibes during election and create pressure for better services / delivery mechanisms.

Devotional trips

Participate in

1. Trips to nearby locations ie Gaya, Patna etc - 1 day
2. Trips to Ayodhya , Varanashi , Kashi , Mathura etc - 3 days
3. Trips to char dhams – 7 days

Official pension and related issues

1. Issues related with pension

2. Issues related with revision of pension
3. Issues related with transfer of pension

Facilities and entitlements related issues.

Introspections

1. What achieved till date..
2. About relationships :Wife and Children
3. Wealth
4. Health
5. future security means...