

Home Care Facilities for Senior Citizens: Essential in Promoting Enrichment of Living Conditions

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Abstract: *The main objective of this research paper is to acquire an efficient understanding of home care facilities for senior citizens. In old age, the individuals are overwhelmed by different types of health problems and illnesses. Furthermore, they are experiencing various types of psychological problems of anger, stress, anxiety, frustration and depression due to various factors. Hence, they need help and support from individuals in order to promote their good health and well-being, physically as well as psychologically. The senior citizens are required to be well-informed in terms of different types of methods, techniques, approaches and procedures, which are facilitating in promoting enrichment of overall living conditions. Furthermore, they take support and assistance from others in order to make sure, they are well-informed in terms of positive ways. The individuals in old age are required to promote a normal mind-set. They need to communicate and deal with others in an effective manner. Furthermore, inculcation of traits of morality, ethics, diligence and conscientiousness will be facilitating in doing well in one's job duties and generating desired outcomes. Therefore, home care facilities for senior citizens are essential in promoting enrichment of living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of home care facilities for senior citizens, measures to be implemented in leading to up-gradation of home care facilities for senior citizens and advantages of home care facilities for senior citizens.*

Keywords: *Health Conditions, Home Care Facilities, Job Duties, Measures, Senior Citizens, Up-gradation, Well-being*

I. INTRODUCTION

The senior citizens are individuals, who are above the age of 60 years. It is apparently understood that in old age, individuals experience different types of health problems and illnesses. Some of these are, pain in the joints, heart problems, kidney disorders, high blood pressure, low blood pressure, visual impairments, hearing impairments, and so forth. The senior citizens need to pay attention towards their health conditions. They look after their health conditions on their own as well as take help and assistance from other members. The family members have one of the primary roles to play in taking care of health conditions of elderly family members. Furthermore, domestic helpers and service providers are hired, when family members are not around.

Hence, other individuals are also required to be well-versed in terms of methodologies and procedures, which are necessary in taking care of health conditions of senior citizens (Recruitment and Selection, 2016[3]). The provisions of home care facility are important in making provision of support and assistance to senior citizens. Therefore, the significance of home care facility is acknowledged for senior citizens in both urban and rural communities.

The home facilities should be elderly friendly. In other words, in order to prevent injuries and falls, there should be provision of ramps, elevators, power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment in accordance to the weather conditions, furniture, communication networks, transportation facilities and so forth. As a consequence, not only the environmental conditions will be made comfortable, but senior citizens will be able to promote their good health and well-being (Watts, n.d.[4]). The management of financial resources is regarded to be of utmost significance in making provision of infrastructure, amenities and facilities. The senior citizens develop interest and enthusiasm in watching television shows and listening to radio. In the present existence, they make use of smartphones in order to augment information in terms of different factors and for leisure and recreation purposes. Hence, honing technical skills will be facilitating in making use of internet for number of purposes. In this manner, senior citizens will contribute efficiently in leading to up-gradation of their overall standards of living. Therefore, making provision of infrastructure, amenities and facilities will be facilitating to the individuals in a satisfactory manner.

A. Understanding the Meaning and Significance of Home Care Facilities for Senior Citizens

It is apparently understood that in old age, individuals experience various types of health problems and illnesses. It is unfortunate to note that in some cases, they are not ambulatory and are required to depend on others to even carry out the activities of daily living of eating, bathing, dressing, toileting and transferring. Hence, nursing care is an important concept, which needs to be put emphasis on by senior citizens. The medical practitioners, health care specialists, physicians and nurses are providing medical and health care facilities. They are recruited on the basis of their educational qualifications, competencies, abilities and aptitude. It is indispensable for these individuals to be well-versed in terms of their job duties and responsibilities. Furthermore, other individuals are also required to be well-versed in terms of different types of methodologies and procedures.

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These need to be put into practice in a moral and ethical manner. These are necessary in taking care of health conditions for senior citizens. Therefore, individuals are able to acquire an efficient understanding of the meaning and significance of home care facilities for senior citizens, when nursing care is provided to them in a satisfactory manner.

In old age, individuals normally stay in seclusion. The main reason being, in the twilight years of their lives, they take pleasure in listening to religious sermons and religious hymns. Loneliness is regarded as a chronic and distressful condition. This has unfavorable effects on the health conditions of the individuals, both physically as well as psychologically. Hence, senior citizens put in their best efforts in alleviating loneliness. They take pleasure in getting engaged in different types of social activities. These are, events, functions, celebrations of birthdays, marriage anniversaries, festivals and so forth. Some of the senior citizens are skilled at delivering speeches, playing of musical instruments, singing, dancing and so forth. Hence, on the basis of their competencies, abilities and aptitude, they participate in different types of social activities. As a consequence, they feel pleasurable and contented. Due to their performance, they are able to render an important contribution in incurring the feelings of happiness and satisfaction among others as well. Therefore, one is able to acquire an understanding of the meaning and significance of home care facilities for senior citizens, when there are organizations of different types of social activities.

Throughout the lives of the individuals, it is of utmost significance to be well-versed in terms of different types of measures, which are needed in promoting good health and well-being, physically as well as psychologically. In home care facilities, senior citizens are provided with the opportunities of putting into operation all the factors that are facilitating in taking care of overall health conditions. These are, diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; obtaining medical check-ups on regular basis; reinforcing contacts; alleviating loneliness and seclusion; promoting cleanliness within the environmental conditions; augmenting knowledge, competencies and abilities; promoting a normal mind-set; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression and leading to up-gradation of one's overall standards of living. As a consequence of putting into operation all these measures, good health and well-being will be promoted, physically as well as psychologically. Therefore, an understanding of the meaning and significance of home care facilities for senior citizens is acquired, when they are acknowledging and implementing all the factors in promoting their good health and well-being.

B. Measures to be implemented in leading to Up-gradation of Home Care Facilities for Senior Citizens

Home care facilities for senior citizens are considered important in all communities, throughout the country. In both urban and rural communities, these have acquired prominence. The senior citizens are normally benefitting from these on a comprehensive basis. The individuals, belonging to urban and rural communities are required to be well-equipped in terms of different measures that are

required to be implemented in leading to up-gradation of home care facilities for senior citizens (Home Care Facility for Senior Citizens, 2017[1][6][7][8][9][10]). The measures are complicated as well as manageable; these are implemented in more amount of time or can be less time-consuming and these are put into operation on one's own as well as through working in collaboration and integration with other members. One of the important aspects that needs to be taken into account is, positivity needs to be put into operation in the implementation of these measures. Furthermore, these need to be put into operation in a well-ordered and satisfactory manner. Setbacks need to be prevented from assuming a major form. These are stated as follows:

C. Elderly Friendly Home Facilities

The home facilities should be elderly friendly. In other words, in order to prevent injuries and falls, there should be provision of ramps, elevators, power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment in accordance to the weather conditions, furniture, communication networks, transportation facilities and so forth. As a consequence, not only the environmental conditions will be made comfortable, but the senior citizens will be able to promote their good health and well-being. The management of financial resources is regarded to be of utmost significance in making provision of all types of infrastructure, amenities and facilities.

The senior citizens develop interest and enthusiasm in watching television shows and listening to radio. In the present existence, they make use of smartphones in order to augment information in terms of different factors and for leisure and recreation purposes. Hence, honing technical skills will be facilitating in making use of internet for number of purposes. In this manner, senior citizens will contribute efficiently in leading to up-gradation of their overall standards of living. Therefore, elderly friendly home facilities are regarded as one of the indispensable measures to be implemented in leading to up-gradation of home care facilities for senior citizens.

II. NURSING CARE

It is apparently understood that in old age, individuals experience various types of health problems and illnesses. It is unfortunate to note that in some cases, they are not ambulatory and are required to depend on others to even carry out the activities of daily living of eating, bathing, dressing, toileting and transferring. Hence, nursing care is an important concept, which needs to be put emphasis on by senior citizens. The medical practitioners, health care specialists, physicians and nurses are providing medical and health care facilities. They are recruited on the basis of their educational qualifications, competencies, abilities and aptitude. It is indispensable for these individuals to be well-versed in terms of their job duties and responsibilities. Furthermore, other individuals are also required to be well-versed in terms of different types of methodologies and procedures.



These need to be put into practice in a moral and ethical manner. In addition, honing of traits of diligence, resourcefulness and conscientiousness will be facilitating to the individuals on a comprehensive basis. These are necessary in taking care of health conditions for senior citizens. Therefore, nursing care is one of the significant measures to be implemented in leading to up-gradation of home care facilities for senior citizens.

A. Participation in Social Activities

The senior citizens are different from each other in terms of their natures, personality traits, viewpoints and perspectives. They are aware in terms of competencies and abilities. They take pleasure in getting engaged in different types of social activities. These are, events, functions, celebrations of birthdays, marriage anniversaries, festivals and so forth. In these, they are making use of their competencies, abilities and aptitude. Some of the senior citizens are skilled at delivering speeches, playing of musical instruments, singing, dancing and so forth. Hence, on the basis of their competencies, abilities and aptitude, they participate in different types of social activities. As a consequence, they feel pleasurable and contented.

Due to their performance, they are able to render an important contribution in incurring the feelings of happiness and satisfaction among others as well. The family and community members are overwhelmed by the feelings of pleasure and contentment, when they observe their elderly family members depict various types of skills and abilities. One of the important aspects that needs to be taken into account is, decency needs to be reinforced in all types of performances. Therefore, participation in social activities is an expedient measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

B. Connection with Hospitals for Emergency Care

It is apparently understood that in old age, individuals experience different types of health problems and illnesses. Some of these are, pain in the joints, heart problems, kidney disorders, high blood pressure, low blood pressure, visual impairments, hearing impairments, and so forth. The senior citizens need to pay attention towards their health conditions. It is unfortunate to note that in some cases, they are not ambulatory and are required to depend on others to even carry out the activities of daily living of eating, bathing, dressing, toileting and transferring. Hence, nursing care is an important concept, which needs to be put emphasis on by the senior citizens. The medical practitioners, health care specialists, physicians and nurses are providing medical and health care facilities (Workplace Health Promotion, 2015[5]).

The connection is established with hospitals for emergency care is regarded as vital for the elderly individuals. This is facilitating to the elderly individuals in augmenting information in terms of all types of methodologies and approaches, which are facilitating in promoting good health, physically as well as psychologically. The staff members that are employed are required to be well-informed in terms of various types of measures and procedures, which are facilitating in promoting good health and well-being of the elderly individuals. Therefore, connection with hospitals for

emergency care is a productive measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

C. Generation of Information Regarding Various Factors

In home care facilities, senior citizens are provided with the opportunities of putting into operation all the factors that are facilitating in taking care of overall health conditions. These are, diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; obtaining medical check-ups on regular basis; reinforcing contacts with other members; alleviating loneliness and seclusion; promoting cleanliness within the environmental conditions; augmenting knowledge, competencies and abilities; promoting a normal mind-set; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression and leading to up-gradation of one's overall living conditions. As a consequence of putting into operation all these measures, good health and well-being will be promoted, physically as well as psychologically.

In old age, as well, there are various types of tasks and activities, which are required to be put into practice. Hence, they need to put these into operation in a moral and ethical manner. In addition, up-gradation of traits of diligence, resourcefulness and conscientiousness will be facilitating in doing well in one's job duties and generating desired outcomes. Therefore, generation of information regarding various factors is a renowned measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

D. Housekeeping and Laundry

Housekeeping and laundry are regarded as important job duties for the individuals, belonging to all age groups and communities. In other words, these are regarded as an integral part of the daily life routine of individuals. In the home care facilities, housekeeping and laundry are important areas. The housekeeping includes cleaning, washing, preparation of meals, electric work, repair work, painting, carpentry, plumbing, and overall management of the households. Furthermore, the task of laundry is regarded as vital in promoting cleanliness. In addition, these are facilitating in putting into operation different tasks and activities, related to health and well-being in a satisfactory manner. In putting into operation different types of job duties and responsibilities, the individuals are required to be well-versed in terms of different types of methodologies and strategies. These are required to be put into operation in a moral and ethical manner. In carrying out these job duties in a well-ordered and regimented manner, individuals are required to be well-versed in terms of pioneering materials as well, for instance, washing machines are utilized for laundry. In addition, up-gradation of traits of diligence, resourcefulness and conscientiousness will be facilitating in doing well in one's job duties and generating desired outcomes.

Therefore, housekeeping and laundry is an essential measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

III. SECURITY SERVICES

In order to promote good health and well-being, it is of utmost significance to be well-versed in terms of ways to be safe and secure. The individuals are required to be well-versed in terms of security services. These are important not only in cases of elderly individuals, but in cases of individuals, belonging to all age groups. The senior citizens are aware and they are imparted with information in terms of measures, which are facilitating in promoting security services. These are regarded to be of utmost significance in promoting good health and well-being, physically as well as psychologically. The doors and windows need to be kept locked; one should not answer phone calls to strangers; one should not open the doors to strangers and so forth.

The security services are regarded as vital in bringing about improvements in one's overall quality of lives. These are facilitating in reinforcing the feelings of pleasure and contentment among individuals. The senior citizens incur the feelings of pleasure and contentment, when different types of measures are implemented, which are necessary in augmenting security services. Therefore, security services are a notable measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

A. Participation in Intellectual Games

The senior citizens feel pleasurable and contented in participating in different types of intellectual games. These are the games, which render an important contribution in leading to up-gradation of intellectual skills among senior citizens. The indoor game of chess is regarded as one of the vital examples, which is facilitating in leading to up-gradation of intellectual skills among senior citizens. Furthermore, senior citizens take pleasure in producing and manufacturing different types of artworks and handicrafts. In addition, knitting and embroidery are regarded as pleasurable activities. The senior citizens have specified that they feel normal and motivated, when they are getting engaged in different types of intellectual games.

In old age, it is of utmost significance for senior citizens to understand that intellectual games are regarded as vital in stimulating their mind-sets towards putting into operation all the measures and approaches, which are necessary in leading to enhancement of overall living conditions. As a consequence, they will contribute significantly in bringing about improvements in overall personality traits as well. In other words, they will possess an approachable nature and an amiable attitude. Therefore, participation in intellectual games is a worthwhile measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

B. Generation of Awareness

In home care facilities, senior citizens are provided with the opportunities of putting into operation all the factors that are facilitating in taking care of overall health conditions. These are, inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and

conscientiousness; providing solutions to different types of dilemmas and challenging situations satisfactorily; taking out sufficient amount of time for all tasks and activities; reinforcing contacts with other members; alleviating loneliness and seclusion; promoting cleanliness within the environmental conditions; augmenting knowledge, competencies and abilities; promoting a normal mind-set; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression and leading to up-gradation of one's overall personality traits and living conditions. As a consequence of putting into operation all these measures, good health and well-being will be promoted, physically as well as psychologically.

The senior citizens are rendering an important contribution in augmenting information in terms of different types of methodologies and strategies. This will be facilitating to these individuals in bringing about improvements in their personality traits and overall standards of living. All the factors need to be put into operation in a positive manner. In other words, individuals need to reinforce a constructive approach. Therefore, generation of awareness is a meaningful measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

C. Utilizing Technologies and Internet

In the present existence, utilization of technologies and internet has acquired prominence. The senior citizens are making use of various types of technologies in putting into operation various types of tasks and activities. The senior citizens feel pleasurable and contented, when they are making use of various types of technologies, i.e. computers, lap-tops, I pads, scanners, printers, photo-copiers, smartphones, audio-visual aids and so forth. On the other hand, internet is regarded as one of the prominent sources that is utilized to augment information in terms of all types of subjects and concepts. Furthermore, individuals are able to obtain answers to all types of questions and clarify their doubts. The senior citizens are making use of technologies and internet in order to put into operation different types of tasks and activities. They are reading articles and reports. In this manner, they are contributing significantly in generating information in terms of different subjects and concepts. Furthermore, it is used for leisure and recreation purposes and communicating with others. Communication processes takes place in a verbal and written form. Verbal communication takes place face to face through video calling and utilization of phones, whereas, written communication takes place through exchanging messages and emails. Therefore, utilizing technologies and internet is a favorable measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

D. Getting Engaged in Various Tasks and Activities

The senior citizens are getting engaged in different types of tasks and activities. These are, social, cultural, religious, political and economic in nature.



Their main objective of getting engaged in these tasks and activities is to promoting well-being and goodwill of not only oneself, but also family and community members. In order to carry these out in a well-ordered and satisfactory manner, senior citizens are rendering an important contribution in augmenting information in terms of different types of methodologies and strategies. This will be facilitating to these in bringing about improvements in their personality traits and overall standards of living. All the factors need to be put into operation in a positive manner. Inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; providing solutions to different types of dilemmas and challenging situations satisfactorily; taking out sufficient amount of time for all tasks and activities; reinforcing contacts with other members are the essential factors, which are facilitating in carrying out all types of tasks and activities in an adequate manner. As a consequence, elderly individuals will render an important contribution in incurring the feelings of pleasure and contentment. Therefore, getting engaged in various tasks and activities is an advantageous measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

IV. PARTICIPATING IN SOCIAL WORK

The social work is regarded as one of the essential areas that have acquired prominence. The senior citizens get engaged in different tasks and activities, which are facilitating in promoting social work. The individuals, belonging to deprived, marginalized and economically weaker sections of the society are overwhelmed by the conditions of poverty, backwardness, illiteracy, homelessness and crime and violence. The senior citizens, particularly women make provision of literacy classes in terms of different types of subjects and concepts, free of cost. On the other hand, senior citizens, belonging to medical fields are making provision of medical and health care facilities to disadvantaged sections of the society free of cost. Hence, they are rendering an important contribution in promoting social work. The senior citizens take pleasure in making donations of various items to underprivileged sections of the society. These include; clothing, books, bags, stationary, food items, kitchen appliances, and monetary donations. Furthermore, they make visits to cow sheds and feed cows. In addition, providing food and water for birds is also considered as the noble cause for senior citizens. Hence, it is well-understood, participating in social work activities is facilitating in promoting well-being and goodwill of senior citizens. Therefore, participating in social work is a useful measure to be implemented in leading to up-gradation of home care facilities for senior citizens.

A. Advantages of Home Care Facilities for Senior Citizens

The home care facilities for senior citizens are considered important in all communities, throughout the country. The research studies have indicated that senior citizens normally are satisfied with home care facilities. The main reason being, in these, there is provision of all the facilities, which are regarded as vital in leading to up-gradation of overall standards of living of senior citizens (Knowledge bank, n.d.[2]). When conducting research on

home care facilities, the individuals need to be well-versed in terms of advantages. These are, promoting good health and well-being; facilitating in coping with psychological problems in a satisfactory manner; reinforcing contacts and participating in activities vital in incurring feelings of pleasure and contentment. These are stated as follows:

B. Promoting Good Health and Well-being

In home care facilities, senior citizens are provided with the opportunities of putting into operation all the factors that are facilitating in taking care of overall health conditions. These are, diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; obtaining medical check-ups on regular basis; establishing linkages with other members; alleviating loneliness; promoting cleanliness within the environmental conditions; augmenting knowledge, skills and abilities; promoting a normal mind-set; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression and leading to up-gradation of one's overall living standards. As a consequence of putting into operation all these measures, good health and well-being will be promoted, physically as well as psychologically. Hence, it is a benefit of home care facility. Therefore, promoting good health and well-being is regarded as one of the indispensable advantages of home care facilities for senior citizens.

C. Facilitating in Coping with Psychological Problems in a Satisfactory Manner

It is apparently understood that senior citizens are overwhelmed by different types of psychological problems, i.e. anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. The prevalence of these psychological problems has unfavorable effects upon the health conditions and overall personality traits of senior citizens. The senior citizens in home care facilities are imparted information in terms of all the methods and procedures, which are facilitating in coping with psychological problems in a satisfactory manner. In other words, they acknowledge the meaning and significance of promoting a normal mind-set. They are well-aware that as a consequence of generating information in terms of ways to cope with psychological problems in a satisfactory manner, senior citizens are rendering an important contribution in promoting good health, physically and psychologically. Therefore, facilitating in coping with psychological problems in a satisfactory manner is one of the significant advantages of home care facilities for senior citizens.

D. Reinforcing Contacts

Loneliness is regarded as a chronic and distressful condition. This has unfavorable effects on the health conditions of the individuals, both physically as well as psychologically. Hence, senior citizens put in their best efforts in alleviating loneliness. Within home care facilities, they are provided with the opportunities for reinforcing their contacts. They take pleasure in getting engaged in different types of activities, which are facilitating in reinforcing contacts.

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These are with family members, friends, relatives, service providers, helpers and so forth. As a consequence, the senior citizens feel pleasurable and contented that they have individuals around to share their joys and sorrows with. Furthermore, this is favorable towards health conditions of the individuals, physically as well as psychologically. Therefore, it is understood on a comprehensive basis that reinforcing contacts is an eminent advantage of home care facilities for senior citizens.

E. Participating in Activities Vital in Incurring Feelings of Pleasure and Contentment

The senior citizens are getting engaged in different types of tasks and activities, which would be facilitating to them incurring the feelings of pleasure and contentment. These are, social, cultural, religious, political and economic in nature. Their main objective of getting engaged in these tasks and activities is to promote well-being and goodwill of not only oneself, but also family and community members. In other words, in the twilight years of their lives, they contribute significantly in promoting well-being and goodwill among others. In order to carry these out in a well-ordered and satisfactory manner, senior citizens are rendering an important contribution in augmenting information in terms of different types of methodologies and strategies. This will be facilitating to these in bringing about improvements in their personality traits and overall standards of living. All the factors need to be put into operation in a positive manner. Therefore, participating in activities vital in incurring feelings of pleasure and contentment is a meaningful advantage of home care facilities for senior citizens.

V. CONCLUSION

Home care facilities for senior citizens are considered important in all communities, throughout the country. Measures to be implemented in leading to up-gradation of home care facilities for senior citizens are, elderly friendly home facilities, nursing care, participation in social activities, connection with hospitals for emergency care, generation of information regarding various factors, housekeeping and laundry, security services, participation in intellectual games, generation of awareness, utilizing technologies and internet, getting engaged in various tasks and activities and participating in social work. Advantages of home care facilities for senior citizens are, promoting good health and well-being; facilitating in coping with psychological problems in a satisfactory manner; reinforcing contacts and participating in activities vital in incurring feelings of pleasure and contentment. Finally, it can be stated, progressions will take place in lives of senior citizens, when these are well-developed.

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