



# 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, individuals are often overwhelmed by various health problems and illnesses. Furthermore, they are experiencing different types of psychological issues of anger, stress, anxiety, frustration and depression due to multiple factors. Hence, they require assistance and support from individuals to promote their physical and psychological well-being. Senior citizens are required to be well-informed about various methods, techniques, approaches, and procedures that enhance overall living conditions. Furthermore, they seek support and assistance from others to ensure they are well-informed about positive ways. Individuals in old age are required to maintain a typical mindset. They need to communicate and effectively deal with others. Furthermore, the development of traits such as morality, ethics, diligence, and conscientiousness will facilitate the adequate performance of one's job duties and the achievement of desired outcomes. Therefore, home care facilities for senior citizens are essential in promoting enrichment of living conditions. The primary concepts examined in this research paper are the understanding of the meaning and significance of home care facilities for senior citizens, measures to be implemented for upgrading these facilities, and the 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

Senior citizens are individuals who are 60 years of age or older. It is generally understood that in old age, individuals experience various health problems and illnesses. Some of these include pain in the joints, heart problems, kidney disorders, high blood pressure, low blood pressure, visual impairments, hearing impairments, and others. Senior citizens need to pay attention to their health conditions. They look after their health conditions on their own as well as seek help and assistance from other members. Family members have one of the primary roles to play in caring for the 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 the health conditions of senior citizens (Recruitment and Selection, 2016 [3]). The provisions of home care facilities are essential in providing support and assistance to senior citizens. Therefore, the significance of home care facilities is acknowledged for senior citizens in both urban and rural communities.

The home facilities should be elderly friendly. In other words, to prevent injuries and falls, there should be provision of ramps, elevators, power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment, furniture, communication networks, transportation facilities and so forth. As a consequence, not only will the environmental conditions 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 as of utmost significance in providing infrastructure, amenities, and facilities. Senior citizens develop an interest and enthusiasm in watching television shows and listening to the radio. In the present day, they utilise smartphones to access information on various factors and for leisure and recreational purposes. Hence, honing technical skills will facilitate the effective use of the internet for multiple purposes. In this manner, senior citizens will contribute efficiently to the upgradation of their overall standards of living. Therefore, making provision for infrastructure, amenities, and facilities will enable individuals to live satisfactorily.

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

It is generally understood that in old age, individuals experience various health problems and illnesses. It is unfortunate to note that in some cases, individuals are unable to ambulate and must rely on others to perform activities of daily living, such as eating, bathing, dressing, toileting, and transferring. Hence, nursing care is an important concept that needs to be emphasised by senior citizens. Medical practitioners, healthcare specialists, physicians, and nurses provide medical and healthcare facilities. They are recruited based on their educational qualifications, competencies, abilities, and aptitude. These individuals need to be well-versed in their job duties and responsibilities. Furthermore, other individuals are also required to be well-versed in various methodologies and procedures.

These need to be implemented in a morally and ethically sound manner. These are essential for managing health conditions in senior citizens. Therefore, individuals can acquire a thorough understanding of the meaning

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and significance of home care facilities for senior citizens when nursing care is satisfactorily provided to them.

In old age, individuals often tend to withdraw from social interactions. The main reason is that, 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 unfavourable effects on the health conditions of individuals, both physically and psychologically. Hence, senior citizens make a concerted effort to alleviate loneliness. They take pleasure in engaging in various social activities. These include events, functions, and celebrations such as birthdays, marriage anniversaries, festivals, and so forth. Some of the senior citizens are skilled at delivering speeches, playing musical instruments, singing, dancing and so forth. Hence, based on 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 can render an essential contribution to eliciting feelings of happiness and satisfaction among others as well. Therefore, one can acquire an understanding of the meaning and significance of home care facilities for senior citizens, particularly when organisations are offering various types of social activities.

Throughout the lives of individuals, it is crucial to be well-informed about various measures that promote good health and well-being, both physically and psychologically. In home care facilities, senior citizens are provided with opportunities to implement all the factors that facilitate overall health care. 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 typical 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 acknowledge and implement all the factors that promote their good health and well-being.

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

Home care facilities for senior citizens are considered necessary in all communities throughout the country. In both urban and rural communities, these have acquired prominence. Senior citizens typically benefit 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 needed to be implemented in leading to the up-gradation of home care facilities for senior citizens (Home Care Facility for Senior Citizens, 2017[1]). The measures are both complicated and manageable; they can be implemented over a more extended period or can be less time-consuming. These measures are implemented either independently or through collaboration

and integration with other members. One of the crucial aspects that needs to be taken into account is that positivity must be implemented in the execution of these measures. Furthermore, these need to be implemented in a well-ordered and satisfactory manner. Setbacks need to be prevented from taking a significant form. These are stated as follows:

### **C. Elderly Friendly Home Facilities**

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

Senior citizens develop an interest and enthusiasm in watching television shows and listening to the radio. In the present day, they utilise smartphones to access information on various factors and for leisure and recreational purposes. Hence, honing technical skills will facilitate the effective use of the internet for multiple purposes. In this manner, senior citizens will contribute efficiently to the upgradation of their overall standards of living. Therefore, elderly-friendly home facilities are regarded as one of the indispensable measures to be implemented in upgrading home care facilities for senior citizens.

## **II. NURSING CARE**

It is understood that in old age, individuals often experience various health problems and illnesses. It is unfortunate to note that in some cases, individuals are unable to ambulate and must rely on others to perform activities of daily living, such as eating, bathing, dressing, toileting, and transferring. Hence, nursing care is an important concept that needs to be emphasised by senior citizens. Medical practitioners, healthcare specialists, physicians, and nurses provide medical and healthcare facilities. They are recruited based on their educational qualifications, competencies, abilities, and aptitude. These individuals need to be well-versed in their job duties and responsibilities. Furthermore, other individuals are also required to be well-versed in various methodologies and procedures.

These need to be implemented in a morally and ethically sound manner. In addition, honing the traits of diligence, resourcefulness, and conscientiousness will benefit individuals on a comprehensive level. These are essential for managing health conditions in senior citizens. Therefore, nursing care is one of the significant measures to be implemented in upgrading home care facilities for senior citizens.



### A. Participation in Social Activities

Senior citizens differ from one another in terms of their natures, personality traits, viewpoints, and perspectives. They are aware of their competencies and abilities. They take pleasure in engaging in various social activities. These include events, functions, and celebrations such as birthdays, marriage anniversaries, festivals, and so forth. In these, they utilise their competencies, abilities, and aptitude. Some of the senior citizens are skilled at delivering speeches, playing musical instruments, singing, dancing and so forth. Hence, based on 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 can render an essential contribution to eliciting feelings of happiness and satisfaction among others as well. The family and community members are overwhelmed by feelings of pleasure and contentment when they observe their elderly family members demonstrating various skills and abilities. One of the crucial aspects that needs to be taken into account is that decency needs to be reinforced in all types of performances. Therefore, participation in social activities is a prudent measure to implement to upgrade home care facilities for senior citizens.

### B. Connection with Hospitals for Emergency Care

It is generally understood that in old age, individuals experience various health problems and illnesses. Some of these include pain in the joints, heart problems, kidney disorders, high blood pressure, low blood pressure, visual impairments, hearing impairments, and others. Senior citizens need to pay attention to their health conditions. It is unfortunate to note that in some cases, individuals are unable to ambulate and must rely on others to perform activities of daily living, such as eating, bathing, dressing, toileting, and transferring. Hence, nursing care is an important concept that needs to be emphasised by senior citizens. Medical practitioners, healthcare specialists, physicians, and nurses provide medical and healthcare facilities (Workplace Health Promotion, 2015[5]).

Establishing a connection with hospitals for emergency care is regarded as vital for elderly individuals. This facilitates elderly individuals in acquiring information through various methodologies and approaches, which promote good health, both physically and psychologically. The staff members employed are required to be well-informed about multiple types of measures and procedures that promote good health and well-being among elderly individuals. Therefore, establishing connections with hospitals for emergency care is a productive measure that can lead to the upgradation of home care facilities for senior citizens.

### C. Generation of Information Regarding Various Factors

In home care facilities, senior citizens are provided with opportunities to implement all the factors that facilitate overall health care. 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 typical 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, various types of tasks and activities also need to be practised. Hence, they need to implement these measures in a manner that is both morally and ethically sound. In addition, upgrading the traits of diligence, resourcefulness, and conscientiousness will facilitate the adequate performance of one's job duties and achieve the desired outcomes. Therefore, the generation of information regarding various factors is a renowned measure to be implemented in leading to the upgradation of home care facilities for senior citizens.

### D. Housekeeping and Laundry

Housekeeping and laundry are regarded as essential job duties for individuals belonging to all age groups and communities. In other words, these are regarded as an integral part of individuals' daily life routines. In the home care facilities, housekeeping and laundry are critical areas. The housekeeping services include cleaning, washing, meal preparation, electrical work, repair work, painting, carpentry, plumbing, and overall management of the household. Furthermore, the task of laundry is regarded as vital in promoting cleanliness. Additionally, these facilitate the implementation of various tasks and activities related to health and well-being. When implementing multiple job duties and responsibilities, individuals must be well-versed in different methodologies and strategies. These must be implemented in a manner that is both morally and ethically sound. In carrying out these job duties in a well-ordered and regimented manner, individuals are required to be well-versed in the use of pioneering materials, such as washing machines, which are utilised for laundry. In addition, upgrading the traits of diligence, resourcefulness, and conscientiousness will facilitate the adequate performance of one's job duties and achieve the desired outcomes.

Therefore, implementing housekeeping and laundry services is crucial for enhancing the quality of care in home facilities for senior citizens.

## III. SECURITY SERVICES

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. Individuals are required to be well-versed in security services. These are important not only for elderly individuals but also for individuals across all age groups. Senior citizens are informed and provided with information on measures that promote security services. These are regarded as of utmost significance in promoting good health and well-being, both physically and psychologically. The doors and windows need to be kept locked; one should not



answer phone calls from 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 life. These facilitate the reinforcement of feelings of pleasure and contentment among individuals. Senior citizens experience feelings of pleasure and joy when various measures are implemented to enhance security services. Therefore, security services are a notable measure to be implemented in the upgradation of home care facilities for senior citizens.

### A. Participation in Intellectual Games

Senior citizens often experience a sense of pleasure and contentment when participating in various intellectual games. These are the games that render an essential contribution to the upgradation of intellectual skills among senior citizens. The indoor game of chess is regarded as one of the vital examples that facilitate the upgradation of intellectual skills among senior citizens. Furthermore, senior citizens take pleasure in creating and producing various types of artworks and handicrafts. In addition, knitting and embroidery are regarded as pleasurable activities. Senior citizens have reported feeling normal and motivated when they engage in various types of intellectual games.

In old age, it is of utmost importance for senior citizens to understand that intellectual games are regarded as vital in stimulating their mental acuity and enabling them to implement all necessary measures and approaches that lead to an improvement in overall quality of life. As a consequence, they will also contribute significantly to improvements in overall personality traits. 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 the upgrading of home care facilities for senior citizens.

### B. Generation of Awareness

In home care facilities, senior citizens are provided with opportunities to implement all the factors that facilitate overall health care. These are, inculcating the traits of morality and ethics; implementing the qualities 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 typical 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.

Senior citizens are making an essential contribution by augmenting information through various methodologies and strategies. This will facilitate improvements in these individuals' personality traits and overall standards of living. All the factors need to be implemented positively. In other words, individuals need to reinforce a constructive approach. Therefore, generating awareness is a meaningful

measure to be implemented in leading to the upgradation of home care facilities for senior citizens.

### C. Utilizing Technologies and the Internet

In the present era, the utilisation of technologies and the internet has gained prominence. Senior citizens are utilising various types of technologies to perform a range of tasks and activities. Senior citizens feel pleasurable and contented when they utilise multiple kinds of technologies, such as computers, laptops, iPads, scanners, printers, photocopy machines, smartphones, and audio-visual aids. On the other hand, the internet is regarded as one of the most prominent sources for augmenting information on various subjects and concepts. Furthermore, individuals can obtain answers to multiple questions and clarify their doubts. Senior citizens are utilising technologies and the internet to implement multiple tasks and activities. They are reading articles and reports. In this manner, they are making significant contributions to the generation of information across multiple subjects and concepts. Furthermore, it is used for leisure and recreational purposes, as well as for communicating with others. Communication processes take place in both verbal and written forms. Verbal communication occurs face-to-face through video calls and phone calls, whereas written communication takes place through exchanging messages and emails. Therefore, utilising technologies and the internet is a favourable measure to be implemented in leading to the upgradation of home care facilities for senior citizens.

### D. Getting Engaged in Various Tasks and Activities

Senior citizens are getting involved in various types of tasks and activities. These include social, cultural, religious, political, and economic aspects.

Their main objective in engaging in these tasks and activities is to promote the well-being and goodwill of not only themselves, but also their family and community members. To carry these out in a well-ordered and satisfactory manner, senior citizens are making an essential contribution by augmenting information through various methodologies and strategies. This will facilitate improvements in their personality traits and overall standards of living. All the factors need to be implemented positively. Inculcating the qualities of morality and ethics; implementing the qualities 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 functions and activities in an adequate manner. As a consequence, elderly individuals will make a necessary contribution to fostering feelings of pleasure and contentment. Therefore, getting involved in various tasks and activities is an advantageous measure to implement in upgrading home care facilities for senior citizens.

#### IV. PARTICIPATING IN SOCIAL WORK

Social work is regarded as one of the essential areas that has gained prominence. Senior citizens are engaged in various tasks and activities that facilitate social engagement. The individuals, belonging to deprived, marginalised and economically weaker sections of the society, are overwhelmed by the conditions of poverty, backwardness, illiteracy, homelessness and crime and violence. Senior citizens, particularly women, can access literacy classes in various subjects and concepts at no charge. On the other hand, senior citizens from the medical field are providing medical and healthcare facilities to disadvantaged sections of society free of cost. Hence, they are rendering an essential contribution to promoting social work. Senior citizens take pleasure in making donations of various items to underprivileged sections of society. These include: clothing, books, bags, stationery, food items, kitchen appliances, and monetary donations. Furthermore, they make visits to the cow sheds and feed cows. In addition, providing food and water for birds is also considered a noble cause for senior citizens. Hence, it is well understood that participating in social work activities promotes well-being and goodwill among senior citizens. Therefore, participating in social work is a valuable measure that can lead to the upgradation of home care facilities for senior citizens.

##### A. Advantages of Home Care Facilities for Senior Citizens

Home care facilities for senior citizens are considered essential in all communities throughout the country. Research studies have indicated that senior citizens are generally satisfied with home care facilities. The main reason is that in these, there is provision of all the facilities, which are regarded as vital in leading to the up-gradation of the overall standards of living of senior citizens (Knowledge bank, n.d.[2]). When researching home care facilities, individuals need to be well-versed in the advantages. These promote good health and well-being, facilitate coping with psychological problems satisfactorily, and reinforce connections and participation in activities vital for experiencing 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 opportunities to implement all the factors that facilitate overall health care. 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 typical mindset; 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 a 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 Coping with Psychological Problems in a Satisfactory Manner

It is 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 unfavourable effects on the health conditions and overall personality traits of senior citizens. Senior citizens in home care facilities are provided with information on all the methods and procedures that facilitate effective coping with psychological problems. In other words, they acknowledge the meaning and significance of promoting a typical mindset. They are well aware that, as a consequence of generating information in terms of ways to cope with psychological problems satisfactorily, senior citizens are rendering an essential contribution in promoting good health, physically and psychologically. Therefore, facilitating the satisfactory handling of psychological issues 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 unfavourable effects on the health conditions of individuals, both physically and psychologically. Hence, senior citizens make a concerted effort to alleviate loneliness. Within home care facilities, they are provided with opportunities to reinforce their contacts. They take pleasure in engaging in various activities, which help strengthen their connections.

These include family members, friends, relatives, service providers, helpers, and so forth. As a consequence, senior citizens feel a sense of pleasure and contentment knowing they have individuals around to share their joys and sorrows with. Furthermore, this is beneficial for the health conditions of individuals, both physically and 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

Senior citizens are getting engaged in various types of tasks and activities, which help them experience feelings of pleasure and contentment. These include social, cultural, religious, political, and economic aspects. Their primary objective in engaging in these tasks and activities is to promote the well-being and goodwill of not only themselves, but also their family and community members. In other words, in the twilight years of their lives, they contribute significantly to promoting well-being and goodwill among others. To carry these out in a well-ordered and satisfactory manner, senior citizens are making an essential contribution by augmenting information through various methodologies and strategies. This will facilitate improvements in their personality traits and overall standards of living. All the factors need to be implemented positively. Therefore, participating in activities vital in eliciting 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 necessary 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, involvement in intellectual games, generation of awareness, utilizing technologies and internet, getting engaged in multiple tasks and activities and participating in social work. The advantages of home care facilities for senior citizens include promoting good health and well-being, facilitating the satisfactory management of psychological problems, and reinforcing social connections and participation in activities vital for fostering feelings of pleasure and contentment. Ultimately, it can be stated that progressions will occur in the lives of senior citizens when these are well-developed.

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