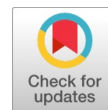


Old Age Homes: Vital in Promoting Well-being and Goodwill of Senior Citizens

Radhika Kapur



Abstract: *The individuals, belonging to all communities, do not feel pleasurable and contented in some cases, living with their elderly family members. They consider them as liabilities. They hold the viewpoint that these individuals will interfere in their lives; hence, they send them to nursing homes. It is unfortunate that when family members do not get along, senior citizens often end up in nursing homes. Within these homes, various amenities and facilities are available, which enhance the overall living conditions for individuals. Individuals who are employed are required to be well-versed in their job duties and responsibilities. Furthermore, they are required to be well-equipped in terms of various methodologies and procedures, which facilitate success in their tasks and activities. The primary objective of all nursing homes is to promote the well-being of senior citizens. Individuals in old age are often overwhelmed by various health problems and illnesses; therefore, there are provisions for medical and healthcare facilities as well. Furthermore, they are experiencing the psychological issues of anger, stress, anxiety, frustration and depression. For this purpose, they are required to obtain counselling and guidance services. These facilitate the promotion of a typical mindset and effective coping with various types of psychological problems. Therefore, nursing homes are crucial in promoting the well-being and overall quality of life of senior citizens. The primary concepts examined in this research paper are the understanding of nursing homes, the factors that influence the living conditions of individuals in these facilities, and the experiences of senior citizens in nursing homes.*

Keywords: Health Care, Job Duties, Living Conditions, Needs, Old Age Homes, Requirements, Senior Citizens, Well-being

I. INTRODUCTION

In India, nursing homes are available throughout the country. The primary objective of nursing homes is to cater to the needs and requirements of senior citizens. Nursing homes have acquired significance because, with the advent of modernisation and globalisation, individuals are opting for smaller families. This has led to the disintegration of the joint family system into the nuclear family system. In India, the adult children typically move at a distance from their homes with the primary objective of enhancing their career prospects (Ingram, 2019) [2]. They either enrol in higher educational institutions to pursue further education or seek employment opportunities. In other words, to pursue job opportunities, they move a distance from their homes.

They either take their elderly parents with them or reside alone in their homes. When senior citizens reside alone in their homes and feel that there are no individuals to care for their needs and requirements, they often have no alternative but to go to nursing homes. In nursing homes, various facilities are provided, which contribute to the overall improvement of the living standards for elderly individuals. In nursing homes, there is availability of adequate infrastructure, amenities and facilities. These include power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment tailored to the weather conditions, furniture, machinery, tools, devices, and various types of technologies. The internet connection is available. Individuals are using the internet to carry out multiple tasks and activities. Furthermore, it is utilized for communication purposes. Hence, having an internet connection will facilitate individuals in accessing information and carrying out various tasks and activities in an organised manner. As a consequence, elderly individuals will be able to contribute efficiently to improving their overall standards of living. In other words, they will feel comfortable and promote peace of mind while living in nursing homes (Chapter VII. Old Age Homes, n.d.). Therefore, it is well understood that infrastructure, amenities, and facilities contribute efficiently to the upgradation of nursing homes.

A. Understanding the Meaning and Significance of Old Age Homes

The senior citizens are required to acknowledge the meaning and significance of nursing homes. These prove as shelters to them, particularly when they are unable to manage the household responsibilities on their own (Job Descriptions, 2023) [1]. Within nursing homes, selection and recruitment processes are in place to identify and hire staff members who can effectively carry out their tasks and activities. The hiring authorities consider various factors when recruiting and selecting staff members. Several factors must be considered, including educational qualifications, competencies, abilities, aptitude, and work experience. As a consequence, wise and productive decisions will be made regarding recruitment and selection methods. Human resources are required to utilise their competencies, abilities, and aptitude in implementing their job duties, which will facilitate the upgradation of nursing homes. As a consequence, senior citizens will be able to benefit on a comprehensive basis. Therefore, individuals will acquire an efficient understanding of the meaning and significance of nursing homes when human resources are efficient and conscientious.

It is generally understood that leisure and recreational facilities are essential for all individuals, regardless of age group. Senior citizens also take pleasure in engaging in various types of leisure and recreational activities. These

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facilitate the promotion of good health and well-being, both physically and psychologically. Within nursing homes, senior citizens are provided with opportunities to engage in various leisure and recreational activities, including indoor games, outdoor games, music, singing, playing musical instruments, and role-playing. The individuals are recruited, which facilitates the engagement of senior citizens in various types of leisure and recreational activities. As a consequence, senior citizens will be able to contribute efficiently to the upgradation of their overall personality traits. The main reason is that senior citizens will experience feelings of pleasure and contentment. Therefore, one can understand the meaning and significance of nursing homes when senior citizens are provided with opportunities to engage in leisure and recreational activities. Loneliness is regarded as one of the chronic and distressful conditions. This has detrimental effects on the health conditions of individuals, both physically and psychologically. Hence, individuals must implement measures that alleviate loneliness. Senior citizens need to be well-informed about various types of procedures, which can help alleviate feelings of loneliness. Within nursing homes, senior citizens are provided with opportunities that enable them to reinforce their social circle. They can augment their information on all factors, which allows them to establish their contacts. Other senior citizens are communicated with effectively. Senior citizens exchange diverse ideas and viewpoints, obtain answers to various questions, and clarify their doubts, which can be overwhelming on a comprehensive level. Implementing effective communication processes is particularly pleasing to individuals in the 60 years and above age group. Therefore, an understanding of the meaning and significance of nursing homes is acquired when senior citizens are provided with opportunities to establish their contacts.

B. Factors Highlighting the Living Conditions of Individuals in Old Age Homes

In old age, many senior citizens reside in nursing homes. The senior citizens are usually overwhelmed by the psychological problems of anxiety, stress and depression when they are living their lives in nursing homes. The main reason is that living far from their families does not please them. But the individuals in charge of nursing homes are putting in their best efforts in making provision of all the facilities, which facilitate the up-gradation of overall standards of senior citizens (Kalyani, 2011) [4]. The primary objective is to ensure that senior citizens feel comfortable in nursing homes. They are experiencing various types of health problems and illnesses; therefore, it is necessary to create a pleasant and amiable environment within nursing homes. When researching nursing homes, it is essential to be well-informed about the factors that enhance the quality of life for individuals. Therefore, factors highlighting the living conditions of individuals in nursing homes are stated as follows:

C. Having Infrastructure, Amenities and Facilities

In nursing homes, various facilities are provided, which contribute to the overall improvement of the living standards for elderly individuals. In nursing homes, there is availability of adequate infrastructure, amenities and facilities. These include power supplies, water supplies, restrooms, clean

drinking water, heating and cooling equipment tailored to the weather conditions, furniture, machinery, tools, devices, and various types of technologies. The internet connection is available. Individuals are using the internet to carry out multiple tasks and activities. Furthermore, it is utilized for communication purposes. Hence, having an internet connection will facilitate individuals in augmenting information and carrying out various job duties and responsibilities in a well-organised manner. As a consequence, elderly individuals will be able to contribute efficiently to improving their overall standards of living. In other words, they will feel comfortable and promote peace of mind while living in nursing homes. Therefore, having infrastructure, amenities, and facilities is regarded as one of the indispensable factors that highlight the living conditions of individuals in nursing homes.

II. HAVING EFFICIENT HUMAN RESOURCES

Within nursing homes, the selection and recruitment of staff members takes place, who will implement various job duties and responsibilities satisfactorily. The hiring authorities consider multiple factors when recruiting and selecting staff members. Several factors must be considered, including educational qualifications, competencies, abilities, aptitude, and work experience. Furthermore, emphasis needs to be put on their overall personality traits. Individuals need to possess an approachable nature and an amiable attitude when working and dealing with senior citizens. As a consequence, wise and productive decisions will be made regarding recruitment and selection methods. Human resources are required to utilise their competencies, abilities, and aptitude in implementing their job duties, which will facilitate the upgradation of nursing homes. As a consequence, senior citizens will be able to benefit on a comprehensive basis. Therefore, having efficient human resources is one of the significant factors highlighting the living conditions of individuals in nursing homes.

A. Participating in Leisure and Recreational Activities

It is generally understood that leisure and recreational facilities are essential for all individuals, regardless of age group. Senior citizens also take pleasure in engaging in various types of leisure and recreational activities.

These facilitate the promotion of good health and well-being, both physically and psychologically. Within nursing homes, senior citizens are provided with opportunities to engage in various types of leisure and recreational activities, including indoor games, outdoor games, music, singing, playing different kinds of musical instruments, role-playing, reciting poetry, and other similar pursuits. In this manner, they contribute to creating a pleasant and amiable environment within nursing homes. The individuals are recruited, which facilitates the engagement of senior citizens in various types of leisure and recreational activities. As a consequence, senior citizens will be able to make an efficient contribution to the upgradation of their overall personality traits. Furthermore, they will



promote good health, physically and psychologically. The main reason is that senior citizens will experience feelings of pleasure and contentment. Therefore, participating in leisure and recreational activities is a valuable factor that highlights the quality of life for individuals in nursing homes.

B. Establishing Linkages

Loneliness is regarded as one of the chronic and distressful conditions. This has unfavourable effects on the health conditions of senior citizens, both physically and psychologically. Hence, individuals need to be well-informed about measures that can alleviate loneliness. Senior citizens need to be well-informed about various methodologies that can alleviate loneliness. Within nursing homes, senior citizens are provided with opportunities that enable them to reinforce their social circle. They can augment their information on all factors, which allows them to establish their contacts. There are other senior citizens with whom communication is satisfactory. Senior citizens exchange diverse ideas and viewpoints, obtain answers to various questions, and clarify their doubts, which can be overwhelming on a comprehensive level. Implementing effective communication processes is beneficial for senior citizens in establishing their connections. Therefore, establishing linkages is a meaningful factor highlighting the living conditions of individuals in nursing homes.

C. Treating Health Problems and Illnesses

Individuals in old age often experience various types of health problems and illnesses. Some of these are pain in the joints, high blood pressure, low blood pressure, kidney disorders, diabetes, visual impairments, hearing impairments, decline in vocabulary and usage of words, memory loss and so forth. These have unfavourable effects on the overall health and well-being of older adults. Senior citizens are provided with opportunities that facilitate taking care of their medical and healthcare needs. The staff members in nursing homes contact medical practitioners and healthcare specialists, which facilitates the care of the healthcare requirements of senior citizens. Within nursing homes, various facilities are provided, which are beneficial in treating different types of health problems and illnesses. When senior citizens are required to take medication, they are provided with it. Furthermore, special attention is paid to the diet and nutrition of senior citizens, particularly when they are overwhelmed by various health problems and illnesses. Therefore, addressing health problems and diseases is a crucial factor in highlighting the living conditions of individuals in nursing homes.

D. Getting engaged in Tasks and Activities

Senior citizens are encouraged to participate in various types of tasks and activities. These are social, cultural, religious, political and so forth. Within nursing homes, multiple organisations and events encourage senior citizens to participate. In this manner, they contribute to creating a pleasant and amiable environment within nursing homes.

When senior citizens are skilled and proficient, they can make a significant contribution by showcasing their talents. As a consequence, they will contribute satisfactorily in acquiring reverence and appreciation from others. This is necessary in promoting a typical mindset. Furthermore, psychological problems will be prevented from hindering the implementation of various tasks and activities. When senior citizens get engaged in different types of functions and activities. As a consequence, senior citizens will be able to make an efficient contribution to the upgradation of their overall personality traits. Furthermore, they will promote good health, physically and psychologically. The main reason is that senior citizens will experience feelings of pleasure and contentment. Therefore, getting involved in tasks and activities is a significant factor that highlights the living conditions of individuals in nursing homes.

E. Obtaining Counselling and Guidance Services

Senior citizens are overwhelmed by various types of problems, for which they seek counselling and guidance services. These are obtained from professional counsellors, medical practitioners, and healthcare specialists. The multiple factors that influence the need for counselling and guidance services include psychological problems, health issues and illnesses, social isolation, participation in different types of activities, and so forth. When providing these services, an analysis is necessary to identify the causes of problems. After the causes have been identified, measures need to be upgraded to offer solutions to different types of issues. Senior citizens need to ensure they acquire an efficient understanding of the measures. Furthermore, these need to be implemented in a well-ordered and disciplined manner. As a result of implementing these measures, senior citizens will play a vital role in promoting a positive mindset. Additionally, they will be able to cope with various types of psychological problems satisfactorily. Therefore, obtaining counselling and guidance services is a productive factor that highlights the living conditions of individuals in nursing homes.

III. PROMOTING SOCIAL SECURITY

It is generally understood that in old age, individuals are often overwhelmed by feelings of apprehension and vulnerability.

They are usually concerned about their health and well-being. In nursing homes, they are overwhelmed by several factors, which can lead to various types of health problems and illnesses. It is unfortunate to note that they are subjected to theft and robbery. In addition, they experience multiple kinds of violent acts as well, i.e. verbal abuse, physical abuse, sexual harassment and so forth. Hence, it is of utmost significance to be well-versed in measures that facilitate promoting social security. As a consequence, senior citizens will be able to contribute efficiently to promoting good



health and well-being, both physically and psychologically. As a result of implementing these measures, senior citizens will play a vital role in promoting a positive mindset. Additionally, they will be able to cope with various types of psychological problems satisfactorily. Therefore, it is widely acknowledged that promoting social security is a crucial factor in improving the living conditions of individuals in nursing homes.

A. Satisfying Nutritional Requirements

In old age, diet and nutrition are considered essential factors in promoting the good health and well-being of senior citizens, both physically and psychologically. It is necessary to obtain the vital nutrients of carbohydrates, proteins, vitamins, minerals, sugar and water. Consuming healthy and nutritious food items promotes good health. Furthermore, these are facilitating the treatment of various health problems and illnesses. Senior citizens are provided with opportunities that enable them to address their medical and healthcare needs. The staff members in nursing homes contact medical practitioners and healthcare specialists, which facilitates the care of the healthcare requirements of senior citizens. Within nursing homes, various facilities are provided, which are beneficial in treating different types of health problems and illnesses. Furthermore, special attention is paid to the diet and nutrition of senior citizens, particularly when they are overwhelmed by various health problems and diseases. Therefore, satisfying nutritional requirements is a crucial factor that highlights the living conditions of individuals in nursing homes.

B. Promotion of Peaceful Environmental Conditions

In nursing homes, there should be promotion of peaceful environmental conditions. To carry out this task, several factors facilitate the generation of desired outcomes. These are, effectively communicating with each other; treating each other with respect and courtesy; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; being well-versed in terms of job duties and responsibilities; being well-informed in terms of methodologies and procedures; augmenting various types of skills and abilities; taking out sufficient amount of time for all tasks and activities; putting in efforts to one's best skills and coping with different types of problems satisfactorily. All members are required to be well-informed about these factors. As a consequence of being well-informed about various factors, individuals will contribute more efficiently to promoting the enrichment of living conditions. Furthermore, not only senior citizens, but also other members, will feel comfortable in the course of implementing their job duties. Therefore, promoting peaceful environmental conditions is a valuable factor in highlighting the living conditions of individuals in nursing homes.

C. Experiences of Senior Citizens in Old Age Homes

In nursing homes, special attention is paid to the medical and healthcare facilities of senior citizens. It is unfortunate to note that in some cases, senior citizens are unable to ambulate. They are unable to meet their medical and healthcare requirements. Furthermore, they are unable to perform activities of daily living, such as eating, bathing, dressing, toileting, and transferring; hence, they are dependent on others to carry out all tasks and activities. In nursing homes, facilities are made available to senior citizens, allowing them to participate in various tasks and activities in a well-organised and structured manner. Due to the availability of facilities, senior citizens can contribute efficiently in promoting a typical mindset. Furthermore, they will be able to cope with the psychological problems of anger, stress, anxiety, frustration and depression in an effective manner. In old age, it is of utmost significance to prevent these problems from giving rise to impediments within the course of putting into operation different tasks and activities. As a consequence, good health will be promoted, physically and psychologically. Therefore, it is well understood that in nursing homes, senior citizens are provided with opportunities that enable them to promote their physical and psychological well-being. Within nursing homes, senior citizens often face numerous challenges, necessitating consultations with medical practitioners and healthcare specialists. These individuals make visits to nursing homes to check on senior citizens. The various factors that influence the need for counselling and guidance services include psychological problems, health issues and illnesses, social isolation, loneliness, participation in multiple activities and events, and other concerns of senior citizens. When providing these services, an analysis is necessary to identify the causes of problems. After the causes have been identified, measures need to be upgraded to offer solutions to different types of issues. Senior citizens need to ensure they acquire an efficient understanding of the measures. Furthermore, these need to be implemented in a well-ordered and disciplined manner. One of the crucial aspects that needs to be taken into account is that positivity needs to be reinforced in all types of methodologies and techniques. As a consequence of implementing these measures, senior citizens will render an essential contribution in preventing these problems from assuming a primary form (Personal Appearance, 2021) [3] [5]. Additionally, they will be able to cope with various types of psychological problems satisfactorily. Therefore, it can be stated that obtaining medical and healthcare facilities will facilitate the enhancement of experiences for senior citizens.

It is understood that individuals from all communities, age groups, occupations, categories, and socio-economic backgrounds need to recognise the meaning and significance of morality and ethics. These refer to the norms, values, and principles that facilitate the orderly implementation of various job duties and functions. In old age,



individuals are generally moral and ethical in their conduct. They reinforce a constructive approach. Furthermore, they form positive viewpoints in terms of various factors related to their living conditions. Senior citizens need to ensure they acquire a thorough understanding of all the techniques they are required to learn. Furthermore, these need to be implemented in a well-organised and disciplined manner. One of the crucial aspects that needs to be taken into account is that dealing and working with others must take place satisfactorily. As a consequence of acknowledging the meaning and significance of morality and ethics, senior citizens will make a crucial contribution to enhancing their overall standards of living. Therefore, inculcating the traits of morality and ethics will facilitate putting different tasks and functions into a well-ordered manner. Furthermore, senior citizens will experience feelings of pleasure and contentment. Senior citizens also take pleasure in engaging in various types of leisure and recreational activities. These facilitate the promotion of good health and well-being, both physically and psychologically. Within nursing homes, senior citizens are provided with opportunities to engage in various types of leisure and recreational activities, including indoor games, outdoor games, music, singing, playing different kinds of musical instruments, role-playing, reciting poetry, and other similar pursuits. Furthermore, some senior citizens are also good speakers. In other words, their public-speaking skills are sharp. They are discussing various subjects to provide individuals with information on different factors. In this manner, they contribute to creating a pleasant and amiable environment within nursing homes. The individuals are recruited, which facilitates the engagement of senior citizens in various types of leisure and recreational activities. As a consequence, senior citizens will be able to make an efficient contribution to the upgradation of their overall personality traits. Furthermore, they will promote good health, physically and psychologically. The main reason is that senior citizens will experience feelings of pleasure and contentment. Therefore, participating in different types of leisure and recreational activities is a worthwhile experience for senior citizens. Senior citizens in nursing homes often experience difficulties adjusting to the rigid schedules. Complete or near-complete separation from family members, friends, and community members enables them to feel depressed. Furthermore, anxiety over entrusting oneself to a new environment and a decline in physical abilities can make them feel apprehensive and vulnerable. In most cases, the senior citizens are overwhelmed by loneliness and seclusion. They are at a distance from their family members, and they also do not have anybody to communicate with; this is unfavourable towards the health conditions of the individuals from both physical and psychological perspectives. Hence, in old age as well, it is of utmost significance to form an effective social circle. Forming an effective social circle is regarded as one of the significant factors that soothe senior citizens. Senior citizens need to be well-informed about various methodologies that can alleviate loneliness. They are required

to augment their communication skills and interactive abilities. These facilitate the exchange of ideas and viewpoints, provide answers to various questions, and increase information across different subjects and concepts. Implementing effective communication processes will enhance the experience of senior citizens, not only alleviating loneliness but also making a crucial contribution to reinforcing social connections. Therefore, this will facilitate positive experiences for senior citizens.

IV. CONCLUSION

The primary objective of nursing homes is to cater to the needs of senior citizens. Factors highlighting the living conditions of individuals in nursing homes are, having infrastructure, amenities and facilities, having efficient human resources, participating in leisure and recreational activities, establishing linkages, treating health problems and illnesses, getting engaged in tasks and activities, obtaining counseling and guidance services, promoting social security, satisfying nutritional requirements and promotion of peaceful environmental conditions. Understanding the experiences of senior citizens in nursing homes is essential. Ultimately, it can be concluded that nursing homes are beneficial for senior citizens.

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