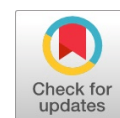


Old Age Homes: Vital in Promoting Well-being and Goodwill of Senior Citizens

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 form the viewpoint that these individuals will interfere in their lives, hence, they send them to old age homes. This is unfortunate that when family members do not get along with each other, senior citizens go to old age homes. Within these homes, there are occurrences of various types of amenities and facilities, which are facilitating in leading to up-gradation of overall living conditions of individuals. The individuals, who are employed, are required to be well-versed in terms of their job duties and responsibilities. Furthermore, they are required to be well-equipped in terms of different types of methodologies and procedures, which are facilitating in doing well in one's tasks and activities. The primary objective of all old age homes is to promote well-being and goodwill of senior citizens. The individuals in old age are overwhelmed by different types of health problems and illnesses, hence, there are provision of medical and health care facilities as well. Furthermore, they are experiencing the psychological problems of anger, stress, anxiety, frustration and depression. For this purpose, they are required to obtain counseling and guidance services. These are facilitating in promoting a normal mind-set and coping with different types of psychological problems in a satisfactory manner. Therefore, old age homes are vital in promoting well-being and goodwill of senior citizens. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of old age homes, factors highlighting the living conditions of individuals in old age homes and experiences of senior citizens in old age homes.*

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

I. INTRODUCTION

In India, throughout the country, there are old age homes. The primary objective of old age homes is to take care of the needs and requirements of senior citizens. The old age homes have acquired significance, because with the advent of modernization and globalization, the individuals opt for small families. This has led to the disintegration of joint family system into nuclear family system. In India, the adult children normally move at a distance from their homes with the main objective of enhancing their career prospects (Ingram, 2019) [2]. They either get enrolled in higher educational institutions to pursue higher education or they look for employment opportunities. In other words, in order to pursue job opportunities, they move at a distance from their homes.

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They either take their elderly parents with them or they reside alone within homes. When the senior citizens are residing alone within homes and they form the viewpoint that there are not any individuals to take care of their needs and requirements, they do not have any other alternative, except going to old age homes. In old age homes, there are number of facilities provided, which are approving in leading to up-gradation of overall standards of living of elderly individuals. In old age homes, there is availability of adequate infrastructure, amenities and facilities. These are power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment in accordance to the weather conditions, furniture, machinery, tools, devices, and various types of technologies. The internet connection is available. The individuals are making use of internet in order to carry out different types of tasks and activities. Furthermore, it is utilized for communication purposes. Hence, having an internet connection will be facilitating to the individuals in augmenting information and carrying out different types of tasks and activities in a well-ordered manner. As a consequence, elderly individuals will contribute efficiently in bringing about improvements in their overall standards of living. In other words, they will feel comfortable and promote peace of mind, while living in old age homes (Chapter – VII. Old Age Homes, n.d.). Therefore, it is well-understood, infrastructure, amenities and facilities are contributing efficiently in leading to up-gradation of old age homes.

A. Understanding the Meaning and Significance of Old Age Homes

The senior citizens are required to acknowledge the meaning and significance of old age 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 old age homes, selection and recruitment takes place of staff members, who would carry out their tasks and activities satisfactorily. The hiring authorities take into account various factors, when recruitment and selection takes place of staff members. There are number of factors that need to be taken into account, i.e. educational qualifications, competencies, abilities, aptitude and work experience. As a consequence, wise and productive decisions will be made in terms of recruitment and selection methods. The human resources are required to make use of their competencies, abilities and aptitude in putting into operation their job duties, which would be facilitating in leading to up-gradation of old age homes. As a consequence, senior citizens will be able to benefit on a comprehensive basis. Therefore, individuals will acquire an efficient understanding of meaning and significance of old age homes, when human resources are efficient and conscientious.



It is apparently understood that leisure and recreational facilities are important for all individuals, belonging to all age groups. The senior citizens also take pleasure in getting engaged in different types of leisure and recreational activities. These are facilitating in promoting good health and well-being, physically as well as psychologically. Within old age homes, the senior citizens are provided with the opportunities of getting engaged in different types of leisure and recreational activities, i.e. indoor games, outdoor games, music, singing, playing of musical instruments, role playing and so forth. The individuals are recruited, which facilitate senior citizens in getting engaged in different types of leisure and recreational activities. As a consequence, senior citizens will be able to contribute efficiently in leading to up-gradation of their overall personality traits. The main reason being, senior citizens will incur the feelings of pleasure and contentment. Therefore, one is able to understand satisfactorily the meaning and significance of old age homes, when senior citizens are provided with the opportunities of getting engaged 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 the individuals, both physically as well as psychologically. Hence, it is necessary for the individuals to implement the measures for alleviating loneliness. The senior citizens need to be well-informed in terms of different types of procedures, which would be facilitating in alleviating loneliness. Within old age homes, the senior citizens are provided with the opportunities, which are facilitating in reinforcing their social circle. They are able to augment their information in terms of all factors, which would enable them in establishing their contacts. There are other senior citizens, which are communicated with in an effective manner. The senior citizens exchange different types of ideas and viewpoints, obtain answers to different types of questions and clarify their doubts, which may be overwhelming to them on a comprehensive basis. Putting into operation effective communication processes is pleasing to the individuals, belonging to the age groups of above 60 years. Therefore, an understanding of the meaning and significance old age homes is acquired, when senior citizens are provided with the opportunities of establishing their contacts.

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

In old age, there are senior citizens, who live their lives in old age homes. The senior citizens are normally overwhelmed by the psychological problems of anxiety, stress and depression, when they are living their lives in old age homes. The main reason being, living at a distance from their families does not give them pleasure. But the individuals in charge of old age homes are putting in their best efforts in making provision of all the facilities, which are facilitating in leading to up-gradation of overall standards of senior citizens (Kalyani, 2011) [4]. The primary objective is to make sure, senior citizens feel comfortable within old age homes. They are experiencing various types of health problems and illnesses, hence, it is necessary to create an amiable and pleasant environment within old age homes. When conducting research on old age homes, it is necessary to be well-versed in terms of factors, which would be facilitating in

enhancing living conditions of individuals. Therefore, factors highlighting the living conditions of individuals in old age homes are stated as follows:

C. Having Infrastructure, Amenities and Facilities

In old age homes, there are number of facilities provided, which are approving in leading to up-gradation of overall standards of living of elderly individuals. In old age homes, there is availability of adequate infrastructure, amenities and facilities. These are power supplies, water supplies, restrooms, clean drinking water, heating and cooling equipment in accordance to the weather conditions, furniture, machinery, tools, devices, and various types of technologies. The internet connection is available. The individuals are making use of internet in order to carry out different types of tasks and activities. Furthermore, it is utilized for communication purposes. Hence, having an internet connection will be facilitating to the individuals in augmenting information and carrying out different types of job duties and responsibilities in a well-organized manner. As a consequence, elderly individuals will contribute efficiently in bringing about improvements in their overall standards of living. In other words, they will feel comfortable and promote peace of mind, while living in old age homes. Therefore, having infrastructure, amenities and facilities is regarded as one of the indispensable factors highlighting the living conditions of individuals in old age homes.

II. HAVING EFFICIENT HUMAN RESOURCES

Within old age homes, selection and recruitment takes place of staff members, who would put into operation different types of job duties and responsibilities in a satisfactory manner. The hiring authorities take into account various factors, when recruitment and selection takes place of staff members. There are number of factors that need to be taken into account, i.e. educational qualifications, competencies, abilities, aptitude and work experience. Furthermore, emphasis needs to be put upon their overall personality traits. The individuals need to possess an approachable nature and an amiable attitude, when they are working and dealing with senior citizens. As a consequence, wise and productive decisions will be made in terms of recruitment and selection methods. The human resources are required to make use of their competencies, abilities and aptitude in putting into operation their job duties, which would be facilitating in leading to up-gradation of old age 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 old age homes.

A. Participating in Leisure and Recreational Activities

It is apparently understood that leisure and recreational facilities are important for all individuals, belonging to all age groups. The senior citizens also take pleasure in getting engaged in different types of leisure and recreational activities.



These are facilitating in promoting good health and well-being, physically as well as psychologically. Within old age homes, the senior citizens are provided with the opportunities of getting engaged in different types of leisure and recreational activities, i.e. indoor games, outdoor games, music, singing, playing of different types of musical instruments, role playing, reciting poetries and so forth. In this manner, they are contributing in creating a pleasurable and amiable environment within old age homes. The individuals are recruited, which facilitate senior citizens in getting engaged in different types of leisure and recreational activities. As a consequence, senior citizens will be able to render an efficient contribution in leading to up-gradation of their overall personality traits. Furthermore, they will promote good health, physically and psychologically. The main reason being, senior citizens will incur the feelings of pleasure and contentment. Therefore, participating in leisure and recreational activities is a worthwhile factor highlighting the living conditions of individuals in old age homes.

B. Establishing Linkages

Loneliness is regarded as one of the chronic and distressful conditions. This has unfavorable effects on the health conditions of senior citizens, both physically as well as psychologically. Hence, it is necessary for the individuals to be well-versed in terms of the measures for alleviating loneliness. The senior citizens need to be well-informed in terms of different types of methodologies, which would be facilitating in alleviating loneliness. Within old age homes, the senior citizens are provided with the opportunities, which are facilitating in reinforcing their social circle. They are able to augment their information in terms of all factors, which would enable them in establishing their contacts. There are other senior citizens, which are communicated with in a satisfactory manner. The senior citizens exchange different types of ideas and viewpoints, obtain answers to different types of questions and clarify their doubts, which may be overwhelming to them on a comprehensive basis. Putting into operation effective communication processes is pleasing to senior citizens in establishing their linkages. Therefore, establishing linkages is a meaningful factor highlighting the living conditions of individuals in old age homes.

C. Treating Health Problems and Illnesses

The individuals in old age 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 unfavorable effects on the overall health and well-being of senior citizens. The senior citizens are provided with the opportunities, which would be facilitating in taking care of their medical and health care requirements. The staff members in old age homes contact medical practitioners and health care specialists, which would be facilitating in looking after health care requirements of senior citizens. Within old age homes, all types of facilities are provided, which would be approving in treating various types of health problems and illnesses. When the senior citizens are required to take medicines, they are provided with medicines. Furthermore, special attention is paid towards diet and nutrition of senior citizens, particularly when they are

overwhelmed by different types of health problems and illnesses. Therefore, treating health problems and illnesses is a worthwhile factor highlighting the living conditions of individuals in old age homes.

D. Getting engaged in Tasks and Activities

The senior citizens are encouraged to get engaged in various types of tasks and activities. These are social, cultural, religious, political and so forth. Within old age homes, there are organizations of functions and events in which senior citizens are encouraged to participate. In this manner, they are contributing in creating a pleasurable and amiable environment within old age homes. When the senior citizens are skilled and proficient, they will render an important contribution in depicting their talents. As a consequence, they will contribute satisfactorily in acquiring reverence and appreciation from others. This is necessary in promoting a normal mind-set. Furthermore, psychological problems will be prevented from giving rise to impediments in implementing various tasks and activities. When senior citizens in getting engaged in different types of tasks and activities. As a consequence, senior citizens will be able to render an efficient contribution in leading to up-gradation of their overall personality traits. Furthermore, they will promote good health, physically and psychologically. The main reason being, senior citizens will incur the feelings of pleasure and contentment. Therefore, getting engaged in tasks and activities is a prominent factor highlighting the living conditions of individuals in old age homes.

E. Obtaining Counseling and Guidance Services

The senior citizens are overwhelmed by different types of problems for which they obtain counseling and guidance services. These are obtained from professional counselors and medical practitioners and health care specialists. The various factors in terms of which counseling and guidance services are obtained are, psychological problems, health problems and illnesses, seclusion, participation in different types of functions and events and so forth. In making provision of these services, analysis needs to be conducted in terms of causes of problems. After the causes have been identified, measures need to be up-graded in order to provide solutions to different types of problems. The senior citizens need to ensure, they acquire an efficient understanding of the measures. Furthermore, these need to be put into practice in a well-ordered and disciplined manner. As a consequence of implementing these measures, senior citizens will render an important contribution in promoting a normal mind-set. In addition, they will be able to cope with different types of psychological problems in a satisfactory manner. Therefore, obtaining counseling and guidance services are a productive factor highlighting the living conditions of individuals in old age homes.

III. PROMOTING SOCIAL SECURITY

It is apparently understood that in old age, individuals are overwhelmed by feelings of apprehensiveness and vulnerability.

They are normally concerned regarding their health and well-being. In old age homes, they are overwhelmed by number of factors, which would enable them to experience various types of health problems and illnesses. It is unfortunate to note that they are subjected to theft and robbery. In addition, they experience various types 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 terms of measures, which are facilitating in promoting social security. As a consequence, senior citizens will contribute efficiently in promoting good health and well-being, physically as well as psychologically. As a consequence of putting into operation these measures, senior citizens will render an important contribution in promoting a normal mind-set. In addition, they will be able to cope with different types of psychological problems in a satisfactory manner. Therefore, it is well-understood, promoting social security is a useful factor highlighting the living conditions of individuals in old age homes.

A. Satisfying Nutritional Requirements

In old age, diet and nutrition are considered to be essential factors, which are facilitating in promoting good health and well-being of senior citizens, physically as well as psychologically. It is necessary to obtain the essential nutrients of carbohydrates, proteins, vitamins, minerals, sugar and water. Consumption of healthy and nutritional food items are facilitating in promoting good health. Furthermore, these are facilitating in treating different types of health problems and illnesses. The senior citizens are provided with the opportunities, which would be facilitating in taking care of their medical and health care requirements. The staff members in old age homes contact medical practitioners and health care specialists, which would be facilitating in looking after health care requirements of senior citizens. Within old age homes, all types of facilities are provided, which would be approving in treating various types of health problems and illnesses. Furthermore, special attention is paid towards diet and nutrition of senior citizens, particularly when they are overwhelmed by different types of health problems and illnesses. Therefore, satisfying nutritional requirements is an advantageous factor highlighting the living conditions of individuals in old age homes.

B. Promotion of Peaceful Environmental Conditions

In old age homes, there should be promotion of peaceful environmental conditions. In order to carry out this task, there are number of factors, which are facilitating in generation of desired outcomes. These are, communicating with each other in an effective manner; 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 abilities and coping with different types of problems in a satisfactory manner. All members are required to be well-informed in terms of these factors. As a consequence of being well-informed in terms of different types of factors, individuals

will contribute efficiently in promoting enrichment of living conditions. Furthermore, not only senior citizens, but other members will also feel comfortable within the course of putting into operation their job duties. Therefore, promotion of peaceful environmental conditions is a useful factor highlighting the living conditions of individuals in old age homes.

C. Experiences of Senior Citizens in Old Age Homes

In old age homes, special attention is paid on medical and health care facilities of senior citizens. It is unfortunate to note that in some cases senior citizens are not ambulatory. They are unable to take care of medical and health care requirements. Furthermore, they are unable to carry out the activities of daily living of eating, bathing, dressing, toileting and transferring, hence, they are required to be dependent on others to carry out all tasks and activities. In old age homes, facilities are made available to senior citizens, so they are able to carry out different types of tasks and activities in a well-ordered and regimented manner. Due to availability of facilities, the senior citizens are able to contribute efficiently in promoting a normal mind-set. 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, in old age homes, senior citizens are provided with opportunities that would enable them to promote good health and well-being, physically and psychologically. Within old age homes, the senior citizens are overwhelmed by different types of problems for which they are required to consult medical practitioners and health care specialists. These individuals make visits to old age homes in order to check senior citizens. The various factors in terms of which counseling and guidance services are obtained are, psychological problems, health problems and illnesses, seclusion, loneliness, participation in different types of functions and events and other concerns of senior citizens. In making provision of these services, analysis needs to be conducted in terms of causes of problems. After the causes have been identified, measures need to be up-graded in order to provide solutions to different types of problems. The senior citizens need to ensure, they acquire an efficient understanding of the measures. Furthermore, these need to be put into practice in a well-ordered and disciplined manner. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in all types of methodologies and techniques. As a consequence of implementing these measures, senior citizens will render an important contribution in preventing these problems from assuming a major form (Personal Appearance, 2021) [3] [5]. In addition, they will be able to cope with different types of psychological problems in a satisfactory manner. Therefore, it can be stated, obtaining medical and health care facilities will be facilitating in enhancing experiences of senior citizens.

It is apparently understood that individuals, belonging to all communities, age groups, occupations, categories and socio-economic backgrounds need to recognize the meaning and significance of morality and ethics. These are referred to the norms, values and principles, which are facilitating in putting into operation different job duties and functions in a well-ordered manner. In old age normally, individuals are 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. The senior citizens need to ensure, they acquire an efficient understanding of all the techniques that they are required to experience. Furthermore, these need to be put into practice in a well-organized and disciplined manner. One of the important aspects that needs to be taken into account is, dealing and working with others need to take place satisfactorily. As a consequence of acknowledging the meaning and significance of morality and ethics, senior citizens will render an important contribution in promoting enhancement of their overall standards of living. Therefore, inculcating the traits of morality and ethics will be facilitating in putting into practice different tasks and functions in well-ordered manner. Furthermore, senior citizens will incur the feelings of pleasure and contentment. The senior citizens also take pleasure in getting engaged in different types of leisure and recreational activities. These are facilitating in promoting good health and well-being, physically as well as psychologically. Within old age homes, the senior citizens are provided with the opportunities of getting engaged in different types of leisure and recreational activities, i.e. indoor games, outdoor games, music, singing, playing of different types of musical instruments, role playing, reciting poetries and so forth. Furthermore, the senior citizens in some cases are good speakers as well. In other words, their public-speaking skills are sharp. They are speaking on different subjects in order to augment information among individuals regarding different factors. In this manner, they are contributing in creating a pleasurable and amiable environment within old age homes. The individuals are recruited, which facilitate senior citizens in getting engaged in different types of leisure and recreational activities. As a consequence, senior citizens will be able to render an efficient contribution in leading to up-gradation of their overall personality traits. Furthermore, they will promote good health, physically and psychologically. The main reason being, senior citizens will incur the feelings of pleasure and contentment. Therefore, participating in different types of leisure and recreational activities is a worthwhile experience of senior citizens. The senior citizens in old age homes experience problems in adjusting with the rigid schedules. Complete or near completion separation from family members, friends and community members enable them to feel depressed. Furthermore, anxiety over entrusting oneself with the new environment and decline in physical abilities enable them to 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 unfavorable towards the health conditions of the individuals from physical as well as 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 major factors that is soothing to senior citizens. The senior citizens need to be well-informed in terms of different types of methodologies, which would be facilitating in alleviating loneliness. They are required to augment their communication skills and interactive abilities. These are facilitating in exchanging ideas and viewpoints, obtaining answers to all types of questions and augmenting information in terms of different subjects and concepts. Putting into operation effective communication processes will be facilitating to the senior citizens in not only alleviating loneliness, but they are rendering an important contribution in reinforcing contacts. Therefore, this will be facilitating to senior citizens in incurring positive experiences.

IV. CONCLUSION

The primary objective of old age homes is to take care of requirements of senior citizens. Factors highlighting the living conditions of individuals in old age 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 experiences of senior citizens in old age homes is essential. Finally, it can be stated, old age homes are facilitating to senior citizens.

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