

# Understanding Status of Old Age Homes in India

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**Abstract:** *The individuals in old age move to old age homes due to different factors. In old age homes, there are provision of infrastructure, amenities and facilities, which are facilitating in carrying out all types of tasks and activities in a well-ordered manner. The individuals employed are required to be well-equipped in terms of different types of job duties and responsibilities. Furthermore, they are required to augment their information in terms of methodologies and approaches, which are facilitating in generating desired outcomes. The main objective of all the staff members living in old age homes is to promote well-being and goodwill of senior citizens. The senior citizens are overwhelmed by different types of health problems and illnesses. In some cases, they are not ambulatory, hence, it is of utmost significance to make provision of medical and health care facilities. The medical practitioners and health care specialists are required to be well-versed in terms of methods and approaches, which are facilitating in doing well in one's job duties and generating desired outcomes. As a consequence of carrying out job duties efficiently, individuals will contribute in leading to progression of old age homes. Therefore, old age homes are facilitating in promoting well-being and goodwill of senior citizens. The main concepts that are taken into account in this research paper are, estimating supply of old age homes, measures to be implemented in promoting enrichment of status of old age homes in India and causes enabling senior citizens to live in old age homes.*

**Keywords:** *Enrichment, Environmental Conditions, Job Duties, Management, Measures, Old Age Homes, Senior Citizens, Services*

## I. INTRODUCTION

India has been classified as the ageing country by the United Nations. The main reason being, 8.6 percent of the total population was above 60 years of age. By the year 2050, this number is expected to triple, thereby constituting 20 percent of the population. In the present existence, there have been changes and transformations taking place in the country in different aspects, i.e. social, political, cultural, religious, educational, industrial and so forth. With the advent of globalization and modernization, there have been changes taking place in the socio-economic patterns (Dada Dadi, 2009, [1]). The women, belonging to all communities, categories and socio-economic backgrounds have acquired empowerment opportunities. They are getting enrolled in educational institutions of all levels and acquiring education. Furthermore, they are getting engaged in employment opportunities.

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In this manner, they are rendering an important contribution in promoting enrichment of their career prospects. This signifies that improvements are taking place in the socio-economic backgrounds of women. Therefore, it is well-understood, progressions are taking place in the country in different types of aspects. One of the important aspects that needs to be taken into account is, focus needs to be made on needs and requirements of senior citizens. For this purpose, there have been establishment of old age homes within the country. In the present existence, there are 728 old age homes in India. Detailed information of 547 old age homes is available. Out of these, 325 homes are free of cost, whereas, 95 homes are on pay and stay basis. The old age homes that account for 116 have both pay and stay facilities. A total of 278 old age homes are available for those senior citizens, who experience various types of health problems and illnesses. The old age homes that account for 101 are meant exclusively for women. In Kerala, the old age homes are maximum in number that account for 124. Furthermore, there is a steady increase in the life expectancy of the individuals. Hence, there is prevalence of the viewpoint among Government and non-government organizations and senior citizens that establishment of old age homes will facilitate senior citizens in living a comfortable life. Furthermore, they will render an important contribution in promoting good health and well-being. Therefore, it is well-understood, old age homes enable senior citizens to live their lives with dignity and security.

## A. Estimating Supply of Old Age Homes

The estimating supply of old age homes is taken into account in both urban and rural communities throughout the country. In the cases of old age homes, there are number of factors that need to be taken into account, i.e. location, ownership, size, management, administration, infrastructure, amenities, facilities, number of rooms, parks, playgrounds and so forth. In cases of old age homes, it is necessary to take into account the drivers of future demands. This study estimated the demand for senior citizens in old age homes (Nayar, 2016) [3] [4]. Furthermore, it is vital to be well-versed in terms of different factors that are related to living conditions of senior citizens. When conducting research on old age homes, senior citizens are interviewed. The qualitative data is collected in terms of living conditions of senior citizens and other factors related to it. This type of data is collected through interviewing the respondents. They are asked open-ended as well as close-ended questions. Open-ended questions include elaborate answers, whereas, close-ended include one-word answers. These questions are facilitating in generating information in terms of different factors. Therefore, in this manner, adequate information is acquired in terms of old age homes.



In old age homes, there is a gap between expectations and delivery of services. Despite the provisions in the National Policy, there is not anything considerable implemented to address the needs and requirements of senior citizens. The private organizations and charity homes are responsible for the functioning of old age homes. There are absence of measures and ways to address the quality and appropriateness of the services. As a consequence, senior citizens are overwhelmed by the conditions of apprehensiveness and vulnerability. Incentives are provided to the owners and managers of the facilities in order to bring about improvements in old age homes. Within old age homes, there is a need to put into operation the measures and approaches to bring about improvements. One of the important aspects that needs to be taken into account is, within the environmental conditions, it is necessary to bring about improvements in infrastructure, amenities and facilities. As a consequence, senior citizens as well as other members will feel comfortable within the environmental conditions. Therefore, it is understood on a comprehensive basis that senior citizens will experience positive viewpoints in terms of all factors within old age homes.

It is apparently understood that senior citizens are overwhelmed by number of health problems and illnesses. Furthermore, they are experiencing different factors, which enable them to be overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. The senior citizens need to obtain medical and health care facilities. Furthermore, it is of utmost significance to obtain counseling and guidance facilities in order to cope with different types of psychological problems in an adequate manner. Within old age homes, medical practitioners and health care specialists make visits on regular basis. They need to be well-qualified and experienced. Furthermore, they need to be well-informed regarding job duties and methods to carry these out. They provide medical check-ups and also make provision of all the facilities, which would be encouraging in promoting well-being and goodwill of senior citizens. The senior citizens need to put emphasis on listening skills. These are facilitating in acquiring an efficient understanding of methodologies, which are facilitating in promoting their well-being and goodwill. Therefore, up-gradation of old age homes will be promoted, when there will be facilities available for senior citizens, which would contribute in leading to up-gradation of their living standards.

### **B. Measures to be Implemented in Promoting Enrichment of Status of Old Age Homes in India**

In India, the population is ageing. Hence, in all communities, throughout the country, it is necessary to put into operation the measures, which are facilitating in promoting enrichment of status of old age homes within the country. The individuals, who are in charge of old age homes, are required to be well-versed in terms of all the measures. Furthermore, they are required to work in collaboration and integration with others in putting into operation these measures 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 these measures (Report on Old Age Facilities in India, n.d.).The

individuals in charge are required to manage resources in a satisfactory manner. Furthermore, these are required to be utilized in a well-ordered and appropriate manner. The measures are complicated as well as manageable; these are put into operation in a well-ordered manner and these are implemented on one's own as well as through working in co-ordination with other members. One will render an important contribution in generating desired outcomes, when these are utilized satisfactorily. Therefore, measures to be implemented in promoting enrichment of status of old age homes in India are stated as follows:

### **C. Honing Communication Skills with Senior Citizens**

The individuals, who are in charge of old age homes are required to put into operation effective communication processes with senior citizens. These are facilitating in generating information in terms of different types of subjects, concepts and factors, which are facilitating in leading to progression. The senior citizens are communicated with in terms of their living conditions. Furthermore, they are interacted with in order to find out how they feel, while living in old age homes (Zwilling, 2015) [5] [6] [7] [8] [9] [10].

They may or may not have any types of problems and challenging situations in terms of different types of factors. In cases of any types of dilemmas, senior citizens are provided with the opportunities to communicate these to others. Furthermore, measures are put into operation in order to provide solutions to different problems of senior citizens. As a consequence, improvements are brought about in terms of living standards of senior citizens. One of the important aspects is, senior citizens are able to incur the feelings of pleasure and contentment. Therefore, honing communication skills with senior citizens is regarded as one of the indispensable measures to be implemented in promoting enrichment of status of old age homes in India.

### **D. Making Wise and Productive Decisions**

The individuals in leadership positions are required to make wise and productive decisions in terms of various factors, i.e. utilization of financial, human, technical, information and material resources; making provision of medical and health care facilities; providing counseling and guidance services in terms of various issues and concerns; making provision of infrastructure, amenities and facilities and so forth. In putting into operation decision-making processes, analysis is conducted in terms of alternatives and options that are available. After the analysis is conducted, selection is made of the most suitable and worthwhile alternative or option.

The primary objective is to make sure, the decisions made are facilitating in promoting enrichment of living standards of senior citizens. The decisions need to be flexible. In other words, any types of transformations within changes are to be brought about in a manageable manner. The leaders may obtain ideas and suggestions from others as well.

When they are approving, they are put into operation in a well-ordered and regimented manner. Therefore, making wise and productive decisions is one of the significant measures to be implemented in promoting enrichment of status of old age homes in India.

### E. Providing Medical and Health Care Facilities

It is apparently understood that senior citizens are overwhelmed by number of health problems and illnesses. As a consequence, they are experiencing different factors, which enable them to be overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. The senior citizens need to obtain medical and health care facilities on regular basis. Furthermore, it is of utmost significance to obtain information in terms of medical treatment in order to cope with different types of health problems and illnesses in a satisfactory manner. Within old age homes, medical practitioners and health care specialists make visits on regular basis. They need to be well-qualified and experienced. Furthermore, they need to be well-informed regarding job duties and methods to carry these out. They provide medical check-ups and also make provision of all the facilities, which would be approving in promoting well-being and goodwill of senior citizens. The primary objective is to relieve the senior citizens from unfavorable effects of different types of health problems and illnesses. Therefore, providing medical and health care facilities is a productive measure to be implemented in promoting enrichment of status of old age homes in India.

### F. Providing Counseling and Guidance Services

The senior citizens need to obtain medical and health care facilities, as in old age, health problems and illnesses are common. Furthermore, it is of utmost significance to obtain counseling and guidance facilities in order to cope with different types of psychological problems in an adequate manner. The different factors in terms of which these are acquired are, health problems, psychological problems, loneliness, seclusion, and so forth. Within old age homes, medical practitioners and health care specialists make visits on regular basis. They need to be well-qualified and experienced. Furthermore, they need to be well-informed regarding job duties and methods to carry these out. They provide counseling and guidance services. Analysis is conducted in terms of methods and procedures that are available. After the analysis is conducted, selection is made of the most suitable and worthwhile method or procedure. The senior citizens need to put emphasis on listening skills. These are facilitating in acquiring an efficient understanding of methodologies, which are facilitating in promoting their well-being and goodwill. Therefore, providing counseling and guidance services are an expedient measure to be implemented in promoting enrichment of status of old age homes in India.

## II. MANAGING RESOURCES SATISFACTORILY

The individuals in charge are required to manage financial, human, technical, material and information resources in a satisfactory manner. Furthermore, these are required to be utilized in a well-ordered and appropriate manner. The financial resources are the monetary resources. These are the key to fulfill various needs and requirements

and bring about improvements in different factors. Human resources are the personnel. They are making use of their educational qualifications, competencies and abilities in a satisfactory manner. The technical resources are various types of technologies, i.e. computers, lap-tops, scanners, printers, photo-copiers, audio-visual aids and so forth.

Material resources are machines, devices, tools, apparatus and equipment. Information resources are, books, articles, newspapers, magazines, journals and other reading materials. All types of resources are required to be managed in a satisfactory manner. These are rendering an important contribution in augmenting information regarding various factors; putting into operation effective communication processes; carrying out different types of tasks and activities in an efficient manner and leading to up-gradation of one's overall standards of living. Therefore, managing resources satisfactorily is an eminent measure to be implemented in promoting enrichment of status of old age homes in India.

### A. Providing Infrastructure, Amenities and Facilities

Within old age homes, there is a need to put into operation the measures and approaches to bring about improvements. One of the important aspects that needs to be taken into account is, within the environmental conditions, it is necessary to bring about improvements in infrastructure, amenities and facilities. These are referred to power supplies, water supplies, clean drinking water, restrooms, communication networks, transportation facilities, heating and cooling equipment in accordance to the weather conditions, ramps, elevators, parks, libraries, computer centre and so forth. As a consequence, senior citizens as well as other members will feel comfortable within the environmental conditions. Furthermore, they will render an important contribution in putting into operation various types of tasks and activities. There are organizations of different types of functions and events as well, i.e. social, cultural, religious, economic and political. As a consequence of having infrastructure, amenities and facilities, the participation of senior citizens is facilitated in a satisfactory manner. In other words, they lead to an increase in motivation levels. Therefore, providing infrastructure, amenities and facilities is a notable measure to be implemented in promoting enrichment of status of old age homes in India.

### B. Providing Technologies and Internet

Within old age homes, there is a need to make provision of technologies and internet. The senior citizens make use of these in order to carry out different tasks and activities. The technical resources are various types of technologies, i.e. computers, lap-tops, scanners, printers, photo-copiers, audio-visual aids and so forth. Furthermore, internet is regarded as one of the prominent sources that is utilized to augment information in terms of different subjects and concepts; leisure and recreational purposes; putting into practice effective communication processes and put into practice various job duties.



Providing technologies and internet are rendering an important contribution in augmenting information regarding various types of subjects and concepts; putting into operation effective communication processes; carrying out different types of job duties and responsibilities in an efficient manner and leading to up-gradation of one's overall standards of living. In most cases, the senior citizens utilize smartphones for listening to music, religious hymns and watching videos and movies. In other words, technologies are used for communicating and leisure and recreational purposes. Therefore, providing technologies and internet is a renowned measure to be implemented in promoting enrichment of status of old age homes in India.

### C. Implementing Grievance Redresser Procedures

The senior citizens are experiencing number of problems and challenging situations within the course of living in old age homes. The different factors in terms of which these are experienced are, health problems, illnesses, psychological problems, loneliness, seclusion, scarcity of financial, human, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. Within old age homes, medical practitioners and health care specialists make visits on regular basis. These individuals provide appropriate medical treatment as well as counseling and guidance services.

Furthermore, communicating with other staff members and individuals generate information among senior citizens in terms of ways to cope with different types of dilemmas in an appropriate manner. The senior citizens may redress their grievances in writing as well as verbally. The individuals in charge conduct an analysis of the causes and implement solutions in an effective manner. As a consequence, senior citizens will incur the feelings of pleasure and contentment. Furthermore, good health will be promoted from physical as well as psychological perspectives. Therefore, implementing grievance redresser procedures is a useful measure to be implemented in promoting enrichment of status of old age homes in India.

### D. Putting in Efforts to one's Best Abilities

The individuals in charge are required to conduct an analysis in terms of causes of all types of setbacks. The different factors in terms of which setbacks are experienced are, scarcity of financial, human, technical, material and information resources; lack of infrastructure, amenities and facilities; problems in medical and health care facilities; unavailability of counseling and guidance services; unawareness in terms of various factors and subjects; lack of skills and abilities and so forth.

In cases of occurrences of all types of setbacks, the management and other staff members are required to put in efforts to one's best abilities. This measure is facilitating to a major extent in providing solutions to different types of setbacks. As a consequence, senior citizens will incur the feelings of pleasure and contentment. Furthermore, good health will be promoted from physical as well as psychological perspectives. In addition, other staff members will also lead to an increase in motivation levels towards putting into operation different types of tasks and activities. Therefore, putting in efforts to one's best abilities is an

advantageous measure to be implemented in promoting enrichment of status of old age homes in India.

## III. COPING WITH PROBLEMS IN AN ADEQUATE MANNER

Within the course of promoting enrichment of status of old age homes, the individuals in leadership positions are vested with the authority and responsibility of coping with different types of problems in an adequate manner. Hence, it is indispensable to augment problem-solving skills. They may put into operation the solutions on an individual basis as well as through working in collaboration with other staff members. All the staff members are required to be well-versed in terms of different types of methodologies and procedures, which are favorable in leading to up-gradation of problem-solving skills.

With advancements taking place, it is vital to be well-versed in terms of pioneering methodologies and materials. As a consequence of making use of these, individuals will render an important contribution in doing well in one's job duties. Furthermore, desired outcomes will be generated. In this manner, senior citizens will live their lives comfortably in old age homes. Furthermore, good health and well-being will be promoted from physical as well as psychological perspectives. Therefore, coping with problems in an adequate manner is a useful measure to be implemented in promoting enrichment of status of old age homes in India.

### A. Causes Enabling Senior Citizens to Live in Old Age Homes

Within urban and rural communities, establishment of old age homes are facilitating to senior citizens in living a comfortable life. Within homes, when they experience unfavorable effects from family members, in such cases, living in old age homes is facilitating in living an efficient and stress-free life. Furthermore, they will render an important contribution in promoting good health and well-being (Joseph, Ranjith, Kaur, Ghai, & Sharma, 2014, [2]). Hence it is well-understood, old age homes enable senior citizens to live their lives with dignity and security. When conducting research on old age homes, analysis is conducted in terms of causes that are enabling senior citizens to live in old age homes. These are, inability to get along with family members; eviction from homes by family members; inability to manage household responsibilities; being overwhelmed by loneliness and seclusion; experiencing health problems and illnesses and being overwhelmed by psychological problems. These are stated as follows:

### B. Inability to Get Along with Family Members

In both urban and rural communities, the senior citizens in some cases are unable to get along with family members. They do not feel comfortable in communicating with family members, as the communication processes do not take place in an efficient manner. The family members are occupied in their daily lives and do not tend to take out time for their elderly family members.

Furthermore, elderly family members get subjected to abuse and mistreatment. As a consequence, they form the viewpoint that their health conditions will get effected physically as well as psychologically, if they continue living with their family members. Hence, they transfer to old age homes. In addition, they form the viewpoint that they will be able to live their lives comfortably, when they will live in old age homes. Therefore, inability to get along with family members is regarded as one of the severe causes enabling senior citizens to live in old age homes.

### C. Eviction from Homes by Family Members

The family members in some cases subject their elderly family members to various types of criminal and violent acts, i.e. verbal abuse, emotional abuse, physical abuse, grievous hurt, neglect, mistreatment and financial exploitation. Furthermore, they do not enquire in terms of their health conditions nor diet and nutrition. They develop the feelings of antagonism and antipathy in terms of their elderly family members. Furthermore, they do not feel comfortable, hence, they evict them from their homes. As a consequence, they form the viewpoint that their health conditions will get effected in a negative manner both from physical as well as psychological perspectives, if they continue living with their family members. Hence, they make the decisions in terms of transferring to old age homes. In addition, they form the viewpoint that they will be able to live their lives with security and dignity. Therefore, eviction from homes by family members is one of the disadvantageous causes enabling senior citizens to live in old age homes.

### D. Inability to Manage Household Responsibilities

In some cases, the elderly family members are living alone. It is apparently understood that management of household responsibilities is indispensable, i.e., cleaning, washing, preparation of meals, painting, carpentry, plumbing, electric work, repair work and overall management of the households. When senior citizens are unable to manage the household responsibilities, they are required to obtain assistance from domestic helpers and service providers. When these individuals are not available, in such cases, it is difficult for senior citizens to manage all types of household responsibilities on an individual basis. As in most cases, they are not capable of carrying out manual tasks. Hence, they make the decisions in terms of transferring to old age homes. In addition, they form the viewpoint that they will be able to live their lives free of stress. Therefore, it is understood on a comprehensive basis that inability to manage household responsibilities is a critical cause enabling senior citizens to live in old age homes.

### E. Being Overwhelmed by Loneliness and Seclusion

In old age, individuals are overwhelmed by loneliness and seclusion. These are regarded as distressful conditions, which have unfavorable effects on health conditions of individuals, both physically as well as psychologically. As a consequence of living in old age homes, senior citizens are able to form an effective social circle. They put into operation effective communication processes with other senior citizens, medical practitioners, health care specialists

and other staff members. This is facilitating in augmenting information in terms of various subjects and concepts; exchanging different types of ideas and viewpoints; obtaining answers to all types of questions and clarifying their doubts. As a consequence, the senior citizens will be able to put into operation communication processes in an appropriate manner; carry out different types of job duties and responsibilities in an efficient manner; promote their health conditions, both from physical as well as psychological perspectives and lead to up-gradation of one's overall standards of living. Therefore, it can be stated, being overwhelmed by loneliness and seclusion is an adverse cause enabling senior citizens to live in old age homes.

### F. Experiencing Health Problems and Illnesses

The senior citizens are overwhelmed by number of health problems and illnesses. Some of these are, pain in the joints, high blood pressure, low blood pressure, visual impairments, hearing impairments, decline in vocabulary and usage of words, diabetes, kidney disorders, heart problems and so forth. As a consequence of lack of support from family members, senior citizens transfer to old age homes. Within old age homes, medical practitioners and health care specialists make visits on regular basis. They need to be well-qualified and experienced. Furthermore, they are well-informed in terms of their job duties and methods to carry these out. They provide medical check-ups and also make provision of counseling and guidance services. These would be approving in promoting well-being and goodwill of senior citizens. As a consequence, the senior citizens will be able to incur the feelings of pleasure and contentment. Therefore, it is well-understood, experiencing health problems and illnesses is an unfavorable cause enabling senior citizens to live in old age homes.

### G. Being Overwhelmed by Psychological Problems

The senior citizens are experiencing different factors, which enable them to be overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. The different factors in terms of which these are acquired are, health problems, psychological problems, loneliness, seclusion, and so forth. Within old age homes, medical practitioners and health care specialists make visits on regular basis. They are well-qualified and experienced. Furthermore, they are well-informed regarding job duties and methods to carry these out. They provide counseling and guidance services. Analysis is conducted in terms of causes of different types of psychological problems. After the analysis is conducted, selection is made of the most suitable and worthwhile solution. The senior citizens need to put emphasis on listening skills. These are facilitating in acquiring an efficient understanding of methodologies, which are facilitating in coping with various types of psychological problems. In addition, senior citizens will contribute in promoting a normal mind-set. Therefore, being overwhelmed by psychological problems is a detrimental cause enabling senior citizens to live in old age homes.

## IV. CONCLUSION

Old age homes enable senior citizens to live their lives with dignity and security. It is vital to estimate supply of old age homes. Measures to be implemented in promoting enrichment of status of old age homes in India are, honing communication skills with senior citizens, making wise and productive decisions, providing medical and health care facilities, providing counseling and guidance services, managing resources satisfactorily, providing infrastructure, amenities and facilities, providing technologies and internet, implementing grievance redresser procedures, putting in efforts to one's best abilities and coping with problems in an adequate manner. Causes enabling senior citizens to live in old age homes are, inability to get along with family members; eviction from homes by family members; inability to manage household responsibilities; being overwhelmed by loneliness and seclusion; experiencing health problems and illnesses and being overwhelmed by psychological problems. Finally, it can be stated, promoting enrichment of status of old age homes is facilitating to senior citizens on a comprehensive basis.

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