



A Project to Set up a Day Care Center with Rehabilitation Services for the Betterment of Health of Senior Citizen

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Abstract

Aloneness, carelessness and less reputation, sickness due to aged and in contradiction of lack of treatment are the most of the treacherous conditions which elderly are facing. Under the areas of the physical environment, the program, personnel, and inter-staff interactions, the development of a Day Care Center for senior citizens. The Center's mission is to offer seniors more thorough and efficient services. The program's social reinforcement, physical care, and mental components are focused on helping patients learn new skills and rediscover old ones so they may deal successfully with the challenges of aging and retirement. The day care center for the Senior citizens (elderly) can effectively cope with the continuous aging of the population, which is an important supporting form of community care service system. This project aims to Established a day care center for senior citizen for the betterment of their physical, social and mental health therefore, improve their quality of life with the help of qualified health professionals, quality infrastructure and active participation of service user.

Keywords: Day Care Centers for the Elderly; Community Care; Geriatric Rehabilitation; Geriatric Rehabilitation; Rehabilitation; Healthy Aging

Background

Old age is defined as a decrease of physical and mental ability, gradual decrease of participation in socio-economic activities. It is considered as 'dark' because of the tendency of people refusing to phase it [1]. Residents of older people for long-term rehabilitation are the weakest things of concern in healthcare and social care [2]. We live in a culture that prioritizes employment, so when an older member of our society retires, they are frequently unprepared for the sudden acquisition of significant amounts of free time. In addition to losing their employment, many older people also experience the loss of a spouse, family obligations, close friends, excellent health, and a decline in income along with rising medical costs. Elderly people must contend with the

widespread social perception that they have outlived their usefulness to the group in addition to losing their personal roles. According to Cavan, et al. [3], society has failed to provide older people with clear expectations regarding their roles within their own age group and in respect to other age groups.

Aim

(a) To provide a quality of life which enables residents to retain their independence, identity and a sense of value. (b) To allow the service user (senior citizen) live with their family besides attending a care center like old home. (c) To ensure geriatric physiotherapy service which is essential for improving quality of life.

The three goals of the Geriatric Day Care Center are all in line with the institution's current revolving-door policy: 1) to get the patient back to full-time community living; 2) to offer an alternative to full-time hospitalization; and 3) to raise the patient's level of functioning. To achieve these goals, a program that combines resocialization, medical attention, and counseling has been created.

Location

The center will set up in the savar Upazilla of Dhaka district. Savar is situated at 23°51'30"N 90°16'00"E / 23.8583°N 90.2667°E / 23.8583; 90.2667. It has 66,956 units of household and a total area of 280.13 square kilometers (108.16 sq mi). It is circumscribed by Kaliakair and Gazipur Sadar Upazilas on the north, Keraniganj Upazila on the south, Mirpur, Mohammadpur, Pallabi, and Uttara thanas of Dhaka City on the east, and Dhamrai and Singair Upazilas on the west. The land of the Upazila is composed of alluvium soil of the Pleistocene period. The height of the land gradually increases from the east to the west. The southern portion of the Upazila is composed of the alluvion soil of the Bangshi and Dhalashwari rivers. The main rivers are Bangshi, Turag, Buriganga, and Karnatali. The Bangshi River has become polluted due to industrialization. As it takes 1 hour to come saver from Dhaka if traffic is less. So, it will be possible for senior citizens from Dhaka city to visit the center regularly. Centre for rehabilitation of paralised (CRP) also located at savar which is renowned for specialized rehabilitation in Bangladesh therefor it will be easy to communicate and collaborate with CRP.

Project Activities

Provide Treatment, Rehabilitation and Support Services

Most of the elder people pass through multiple health problems like diabetes mellitus, hypertension, heart disease, hearing loss, vision loss, dementia, weakness, falling

SWOT Analysis

| Strength | Weakness |
|--|---------------------------------------|
| Specialized facilities Expert professional Evidence based rehabilitation | Expensive Transportation |
| Very new concept Local politics | Establishment of new concept Research |
| Threat | Opportunity |

Strength

It will be a great opportunity for the senior citizen as they can get special facilities while staying with their family.

tendency, and much other age-related disorder. They need proper rehabilitation and support service. In most of the cases, they didn't get proper care and treatment because their family members think these normal parts of aging or they think of them as useless members of a family. Besides this poverty can also be a cause. Therefore, this project will try to provide them care, treatment, and rehabilitation free or at minimum cost, to ensure their healthy and happy aging.

Involve them in Some Income-Generating Activities Depending on their Ability

Most of the older people think of them as a burden because of no involvement in income generating activities. So, through this project, an attempt will be taken to involve them in some activities. Proper training and financial support will provide to make them self-dependent. This will not only give them financial support but also increase their value to the family and make them confident.

Involve Older People in Social, Recreational and Religious Activities

A center will establish for older people of the old home and also from out of an old home where they will be able to gather for refreshment, will do gossiping, leisure, and religious activities. They will able to play indoor sports, read the newspaper and book. These activities will be helpful for their psychological well-being.

Create Awareness About Elder People Care

Some awareness programs like a seminar, the cultural program will organize in the center to make aware people about elderly people care. Young people and family members of the elder people will invite to this. So that they can know about the problem, and solution of elder age problem able to normally accept their elder family members.

Specially they can spend whole weekend with family and maintain good family bonding. There will be rehabilitation service by qualified rehab professional as well as vising geriatric rehabilitation expert. Beside that there will a

collaboration with centre for the rehabilitation of paralysed.

Weakness

As it is a very new concept for old care or old home center it will be challenging to raise awareness about the importance of staying with family for senior citizen. Initially to provide high-class facilities.

Opportunities

To establish a new concept for senior citizen. To provide special rehabilitation care for senior citizen. To provide peer support. To provide expert opinion by visiting consultant. To contribute in the field of research.

Threats

Transportation as people from Dhaka regularly travel about an hour to attend the service center. Negative attitude of people. To acquire the support from government and local politician.

Strategic Plan

Identify the Needs of Older People

The needs of older people are different from younger people. As they suffer more physical and mental problems their needs will be listed first. Based on the list project will try to work with them.

Financial Support

To run the project smoothly and effectively financial support is the most important thing. So, it should keep in first consideration and budget plan preparation is important. Therefore, at first a list of possible things including the cost of buying a place, equipment will prepare and the budget will prepare to get financial support. without financial support implementation of the project, the plan will not be possible.

Recruitment of staff

Based on the need staff will be recruited. Based on individual expertise, experience and qualification human resource will be recruited. Estimate total staff will be 26. Break down is listed on table 6 (Appendix).

Budget

The following equipment may be necessary for the center. The approximate budget is prepared for 5 years. The price of items can be an increase within 5 years or any item can be damaged or need to buy more item within this period.

Therefore, an additional 10% was added to the budget. (Detail in appendix)

Result (Expected Outcome)

Upon entering the Geriatric Day Care Center, each person is evaluated. A therapeutic plan is made which includes small-group activities, trips, physical therapy and group therapy, according to the patient's need and history. An interest inventory is taken upon admission and is used to make the patient's initial exposure to the program interesting and successful. Work is begun with the patient at his level. Tasks are broken down into simplified components so that the initial exposure to the program will not be threatening [4].

Discussion

The purpose of the Day Care Center for senior citizen is to give more thorough and providing efficient services for the elderly and a variety of services to the aged who They require more assistance than just Senior Citizens Centers to deal with the challenges of aging and retirement. The program's social reinforcement, medical treatment, and psychological components are all focused on helping participants learn new skills and refresh existing ones. The rehabilitation process is critically dependent on the development of new roles for the patient and the prodding of staff at the Center and on the "home" floors to modify their role expectations for patients. The Geriatric Day Care Center's organization still needs a lot of work. Future plans include the establishment of a sheltered workshop, the formation of the worker role, and further community resource development and follow-up. However, geriatric rehabilitation as a whole still needs a lot of work. In order to assist a successful return to the community, geriatric patients must have a positive self-image. This is made necessary by the urgent need for living facilities for the elderly in the community and society's pervasive hostility against the elderly.

Conclusion

This model can provide a guidance for policy maker and people working in rehabilitation sector.

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