

# CARE GIVING IN INDIA

**HelpAge India** | Fighting isolation,  
poverty, neglect



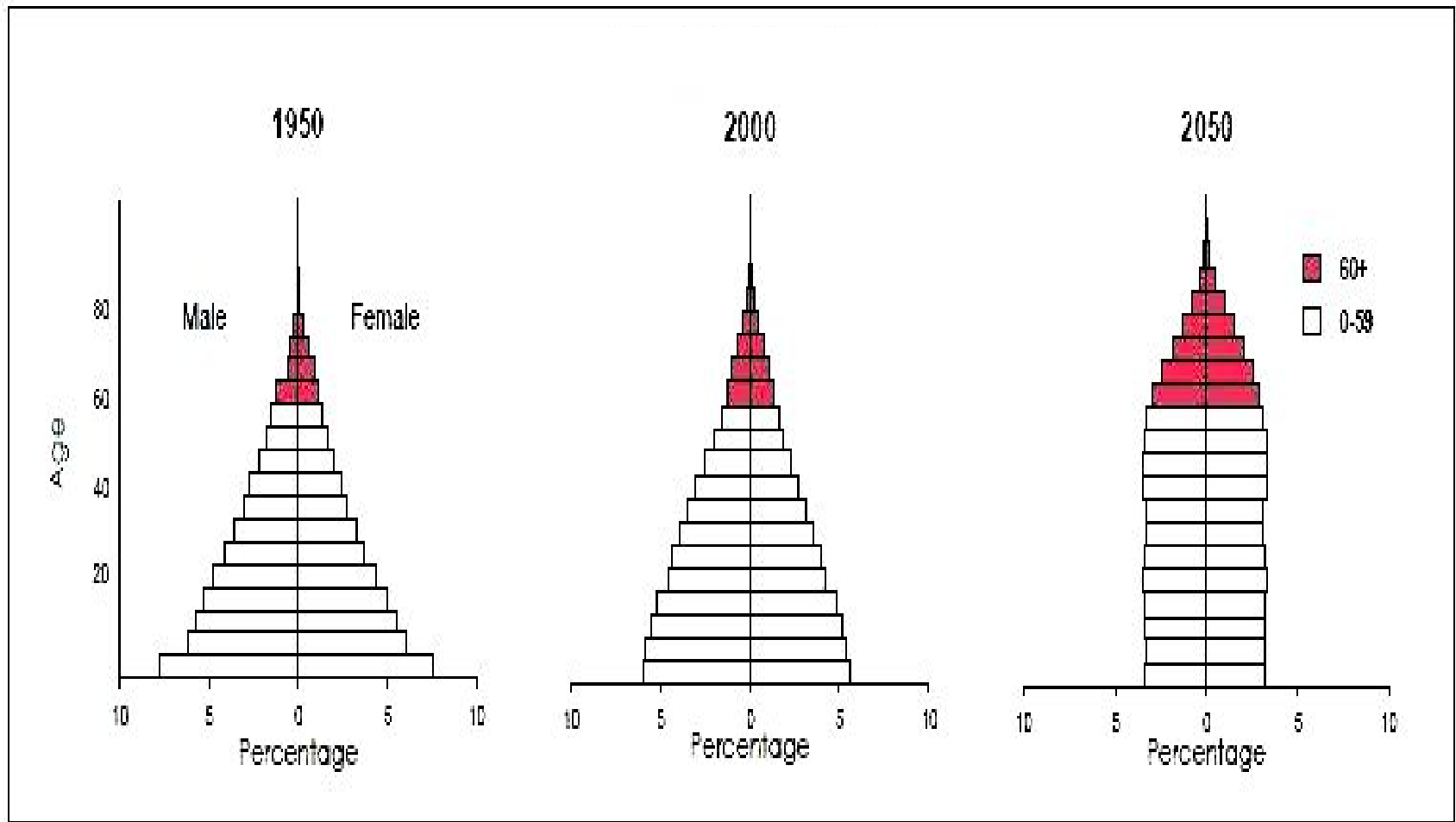
by  
**Anup Khosla**

# Demographics

- ▶ **Older People in India (60+):**
  - **2009 – 90 million**
  - **2050 – 324 million**
- ▶ **Countries with a higher TOTAL population:**
  - **2009 – Only 12**
  - **2050 – Down to 3**

# All Data From World Population Ageing 1950 – 2050, Population Division, DESA, United Nations

# Population Pyramid



# All Data From World Population Ageing 1950 – 2050, Population Division, DESA, United Nations

# Ageing Population

Age Group	1950	1975	2000	2025	2050
<b>0 – 80+</b> (in millions)	358	621	1009	1352	1572
<b>60+</b> (in millions)	20 (5.6%)	38 (6.2%)	77 (7.6%)	169 (12.5%)	324 (20.6%)
<b>70 – 79</b> (in millions)	6 (1.6%)	11 (1.8%)	23 (2.3%)	51 (3.8%)	106 (6.7%)
<b>80+</b> (in millions)	0.9 (0.26%)	1.9 (0.31%)	6.1 (0.61%)	17.4 (1.28%)	48.2 (3.06%)

# All Data From World Population Ageing 1950 – 2050, Population Division, DESA, United Nations

# Other Significant Facts

- ▶ **Life Expectancy at Birth:**
  - 1950 to 1955 - 38.7 years
  - 2000 to 2005 - 64.2 years
  - 2045 to 2050 - 75.4 years
- ▶ **Old Age Dependency Ratio** (60+: 15-59 years)
  - 13 % in 2000
  - 23% in 2025
  - 35% in 2050
- ▶ **Index of Ageing** (Elderly to every 100 Between 0-14 Years)
  - 2000 - 23
  - 2025 - 53
  - 2050 - 105

▶ # All Data From World Population Ageing 1950 – 2050, Population Division, DESA, United Nations

# Other Significant Facts – Marital Status

- ▶ 33% of older people lived without spouses
- ▶ 15% males widowers
- ▶ 50% females widows
- ▶ Half the total oldest-old population were widowed
- ▶ 70% older women compared to 30% older men were widowed

According to 2001 Census

# Other Significant Facts – Living Arrangements

- ▶ 93% of widowers/widows lived with children and grandchildren
- ▶ 10% lived alone or with other relatives
- ▶ 7% of the widows lived with their son-in law as against 3% widowers
- ▶ 58% households had 1 elderly member, 39% had 2 members and 3% had 3 or more
- ▶ 2% older males and 4.5% females lived alone

According to 2001 Census

# A Changing Society

- ▶ Traditionally joint families moving to nuclear families
- ▶ Primary carer was daughter-in-law
  - Now many at work due to economic necessity / choice
- ▶ Families where both carer and cared are older people, as life expectancy increases
- ▶ Migration



# Current System of Care in India

- ▶ No formal or structured care giving
- ▶ Primarily responsibility rests with family
- ▶ Untrained / unskilled people employed by families to assist in caring
- ▶ Most institutional facilities, very basic and often with untrained staff
- ▶ Very limited funding from Government
- ▶ Responsibility on:
  - Family
  - Society at large
  - Charities

# Current and Future Caring Needs

- ▶ Substantial funding from the Government
  - A number of competitive demands on resources
- ▶ Trained professional, voluntary and community care givers
  - HelpAge India has started pilots and aims to develop an **Institute of Care Givers**
- ▶ Fiscal incentives to families providing care
- ▶ Strong advocacy to inform and bring into the conscience of society, the needs of older people
- ▶ Physical facilities such as old age homes / day care centres
  - Legislated in 2008 - Maintenance and Welfare of Parents and Senior Citizens Act 2007
- ▶ End of life palliative care
  - HelpAge India's project commenced in 2007



▶ **Established 1978**

▶ **Currently in 25 States**

▶ **520 staff**

**12 million are blind**

**Only because they  
cannot afford the cure  
for less than Rs. 1000  
(£14) per operation**

**HelpAge India sponsors 30,000  
cataract operations every year**



**30 million are lonely**

**That is more than the  
population of Australia**

**We run HelpLines in 12 cities  
in India**





**The poor have less  
than 100 days of  
work**

**90% have to  
continue to work**

**If they have to live**

**HelpAge India has been  
advocating for old age  
pensions and Social Security  
for All**



# Specific Activities

## (Social-Health-Economic-Advocacy)

- ▶ **Projects Directly by HI (Rs 100 million - £1.43 million in 2009-10)**
- ▶ **Existing Programs (MMU, Helpline Toll Free -1253)**
- ▶ **Pilots (Livelihoods (Elder Self Help Groups, Community Care, Palliative Care, HIV/AIDS)**
- ▶ **Physiotherapy Centres**
- ▶ **Disaster Risk Reduction & Management**



# End of Life Issues – Palliative Care

- ▶ More than nine million people die every year in India
- ▶ WHO estimate is that 60% of these people die in pain and misery.
- ▶ Means 5.4 million people in India spending their last days / weeks in severe distress
- ▶ Each district in India also has on an average 7-10,000 people bedridden for prolonged periods – most of them for the rest of their life.



# Palliative Care - Process & Involving Volunteers

- ▶ Identification of Patient
- ▶ Preparation of Schedule
- ▶ Starting of Home Care /Nurse/Doctor
- ▶ Volunteers Training
- ▶ Continues Volunteers follow-up over phone
- ▶ Volunteers regular meeting as schedule
- ▶ Organising volunteers as a group





**PALLIATIVE CARE PROJECT Rs 9.25 million  
(£0.13 million)**





**HOME  
support  
Rs 1.07 million  
(£15K)**

**PHYSIOTHERAPY IN OLD AGE HOMES**