



STRUCTURE, TYPES AND FUNCTIONS OF OLD AGE HOMES IN KARNATAKA

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Abstract

Older Parents are treasure of experience and knowledge. Children should protect them during their older stage of life. Admitting them into old age homes must be last choice not the first option. In India, Old age was never a problem. Elder abuse and old age homes considered as a western concept. In the past older persons in a joint family were respected a lot and they continued to live with respect and dignity till their last breath. But now situations changed a lot and older people considered as burden. In the era of globalization, World became global village which provides in numerous opportunities for higher education, career development and younger generation more inclined towards materialistic life which leaves parents uncared. In such situations old age homes becomes essential and plays a crucial role in taking care of older people. In Karnataka, there is commercial (paid) non-commercial (free) and pay and free type of old age homes can be found. This paper based on secondary data. The objectives of the paper are to know the historical background of old age homes in India, to know the structure and types of old age homes in Karnataka and to understand the functions of old age homes in Karnataka.

Key Words: Older People/ Older Parents, Types of Old age Homes.

Introduction

The concept of the old age home has become quite familiar today, but often for the wrong reasons. Though, the concept of Vrudhashram or Old age home does not fit in our Indian culture. But it has become the need of the hour. It has been ascertained by social surveys that there need not be any stigma attached to the residents of old age homes and neither do they require our pity. Old age homes are for old people where they are taken care. They are given food and place to live. The old age homes are some institutions run by a trust or some people. The old people who are alone or don't have someone to take care can live in these places. Helpless people of above 60 years irrespective of race, cast and creed can be rehabilitated with the full responsibility in a centre named "Old Age Home". All basic amenities like accommodation, foods, cloths, medicines and other facilities are provided free of cost to the neglected, unable to earn livelihood and helpless old peoples of above 60 years till their death in the old age homes. Necessary medical facilities are also provided.

Statement of the Problem

Based on the cultural value system, Family is the primary organization which looks after old age persons till their death. Family is therefore main source of security, welfare and development of the old age people.

Over a period of time and space, the structure of the family has been undergone radical changes posing threat to the protection, welfare, security and development of the older persons. The core responsibility of member of the family is taking care of the old age persons shifting rapidly. The alternative arrangements for the welfare and development of the old age persons emerged for which both government and private organizations coming forward in the form of old age homes. The objective of the present paper is therefore to ascertain critically the structure, types and functions of the old age homes.

Why Old age Homes are required

Old age homes are very much important for the present society due to increase in older population. So we are becoming evident to massive increase in number of old age homes, Day care center or Retirement homes. Earlier joint family system was prevalent in India. The older people used to have a respectful position in the family and the ultimate decision making power was in the hands of older parents of the family. But in the recent past with the decline in joint family system into nuclear families, the respectful and decision maker position which was enjoyed by older people earlier has also eroded. For nuclear families easily considered older parents as burden to them both physically and economically. Though it feels inhuman but it's true that there are children who leave their older parents as destitute to die in streets. This is one of the reasons to the increasing of old age homes in India.

Day by day older people becoming more isolated and younger generations have lesser patience and time for taking care, adjusting and managing them. Finally, children themselves or sometimes family situations forced the older people to join the last resort that is Old Age Home; this is one side of the coin. The other side of the coin shows that many times children or family members who are forced to take the decision of leaving the parents in old age homes because of their older parent's attitude and behaviour makes situation complicated in family which leaves no choice for children to admit them into old age home.

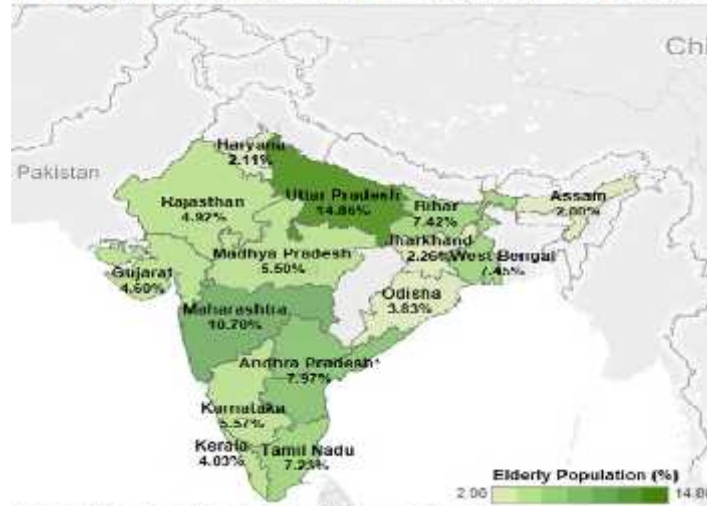


If older people living alone, in case of unmarried, widow/ widower and no family members or relatives to take care of them then the community, Government and society needs to share the burden. In such situations old age homes becomes very important and plays a vital role in taking care of older people by providing food, shelter, cloth and medical facilities for the neglected.

Objectives

1. Know the historical background of old age homes in India.
2. Know the structure and types of old age homes in Karnataka.
3. Understand the functions of old age homes in Karnataka.
4. Understand the facilities available to start old age home under various Acts, policies and programmes

Elderly Population in India, Top 15 States



NOTE: Andhra Pradesh in India, the elderly population for Telangana*

Source: <http://www.indiaspend.com/cover-story/as-india-aged-32-of-elderly-got-71-of-government-money-70551>

Review of Literature of old-age homes

Studies of old-age homes in India are very rare. Even though, old age homes have been in existence for about 300 years, only recently have they caught the attention of researchers. The problems of inquiry also have been exacerbated by the lack of accurate information about the facilities. Four directories (Association for Senior citizen, 1992; Help Age India, 1995 & 2001; and Nair, 1995) reported between 325 and 354 homes.

A Report on **Study of Effectiveness of Social Welfare Programmes on Senior Citizen In Rural Rajasthan, Chhatisgarh, Gujarat & Madhya Pradesh (2011) the findings are (Pp: 63-67)**

- a. Old age Homes cater to the needs of those elderly who are unable to live by them and for those who have been abandoned by the family or are neglected and uncared for by their children. Old age homes provide and cater to the various needs of the elderly to spend the “evenings of their lives” with dignity and respect and not feel a burden to the society.
- b. Old age home are not available in the rural areas except in the state of Gujarat where 89% of the respondents have said old age homes are available in the district. Similarly 4% & 3% in Madhya Pradesh and Chhatisgarh respectively. Few of the respondents (1.5%) said old age homes are available in the districts in Rajasthan.
- c. Old age homes are generally not available in the rural area, though Government of India, Ministry of Social Justice and Empowerment is running the scheme for construction of old age home since long. This scheme is being implemented in urban area generally through NGOs. Therefore, it is recommended that under the scheme priority should be given to those NGOs who are ready to construct old age home in rural areas.

A Report on **Study of Effectiveness of Social Welfare Programmes on Senior Citizen in Rural Rajasthan, Chhatisgarh, Gujarat & Madhya Pradesh (2011)** submitted to the Planning Commission Government of India by Sonali Public Shiksha Samiti (Pp: 3-13) the official statistics reveal that large segments of the elderly in India are illiterate, out of work force, partially or totally dependent on others and suffering from health problems or physical disabilities. A review of the Government of India Five Year Plans shows very limited and inconsistent concern for the older people. The only welfare



measure for the elderly considered by the government until the Seventh Five Year Plan was the running of old age homes. The Eighth and Ninth Plans, however, incorporated fairly more specific and comprehensive welfare measures for the elderly such as provision of old age homes, day care centers, Medicare and no institutional services. However, the issue of older persons' learning has not been given any importance in the government policies and programs. We have to understand the basic scenario of the older people in the country.

In the Help Age India study (1995), of the 256 facilities responding, 162 were free, 30 were for pay and 64 served both, destitute and paying residents; 53 catered only to women. Fewer than 13,000 elderlies resided in these homes. According to a survey, carried out to evaluate old-age homes, Ramamurti & Jamuna (1997) found that the elderly, who are destitute, childless, uneducated and who have less desire to live with their children, opt for institutional care in 'free homes'. While, Ara (1995), Jamuna (1997b) and Nalini (1997) found that the most common reasons for institutionalization of residents at 'pay and stay' homes are desertion by the family members, abuse by adult children, childlessness and elderliness own preferences to live away from children. In the mid-1990s a few studies were undertaken focusing on homes in specific states (Dandekar, 1996; Ramamurthi, Jamuna & Reddy, 1996; Irudaya Rajan, 2000; and Sandhu & Arora, 2003). These on-site studies emphasized resident satisfaction, quality of care and, to a lesser degree, management issues.

To fill some gaps left by the earlier studies, a four month nationwide investigation was undertaken by Phoebe S. Liebig in 1997-1998, in which nearly 50 homes and 9 day-care centres were visited in six Indian states (Liebig, 2005). Some studies have discussed the proper role of old age homes (for *e.g.*, Help Age India, 1995 & 2001). While, some have proposed a few standards for quality of care relevant to Indian homes (Shankardass 1995; and Dandekar, 1996). Chadha & Mangla (1991), Chadha & Arora (1995) and Malhotra (1996) have found that there are very large differences between the social involvement of persons, residing in old-age homes and those, staying at homes; satisfaction in elderly persons, residing in old age homes, is low (Nagpal & Chadha, 1991; Arora, 1995; and Dandekar, 1996).

Liebig P S (2003), This article describes a study of 48 old age homes in different parts of India. All are run by non-governmental organizations, only one third with any government assistance. Free homes tend to be bigger and older but older people have less privacy and emphasize on occupational therapy and income generation activities. For pay homes have more privacy and western style facilities. The gradual increase of all old-age homes has given rise to debates about their appropriate roles in Indian Society and about their quality.

Theoretical Framework

The System approach sets the framework for the current paper. "A system is a complex of elements or components directly or indirectly related to a casual network in such a way that each component is related to at least some others in a more or less stable way with in a particular of time". (Buckley, 1967) mentioned in social case work book (R.K Upadhayay, 2003). Every system as composed of interacting units, each with its own parts and each being part of some other larger system. A change in one part of a system brings changes in other parts of components. Social system is composed of persons or group of persons who interact and influence the behaviour of each unit. For example, Family as a whole is a system and an independent unit; at the same time it is a part of the community which is also a system and independent unit (R.K Upadhayay, 2003).

The System theory approach views organization as a unified, purposeful system composed of interrelated parts. The system theory approach maintains that the organization has four major components; they are inputs, transformation processes, output and feedback. Any activity in one component affects the activity of other components (Shuchi Sharma-2013).

The Main Components are

1. The "inputs" to the system consists of money, materials, men, machines and informational source and these are required to produce goals and services.
2. The "transformational processes" are managerial technological abilities which are used to convert inputs into outputs.
3. "Outputs" are the products/services and other results produced by the organization.
4. "Feedback" refers to information about the outcomes and the position of the organisation with respect to the environment it operates in.

The focus of the system approach is that heads of the organization cannot function within the confines of the traditional organization chart. They must develop networks with various stake holders. The system theory provides a frame work where we can plan actions and anticipate both immediate and far reaching consequences while allowing the understanding of unanticipated consequences as they develop. Organization is an open system, which is composed of interacting and



interdependent parts called subsystem. There are two types of systems, the open and the closed systems. The open system is characterized by an active interaction with the environment while the other system which does not interact with the environment is referred as a closed system. All organizations are essentially open systems in which the environment plays an active role (Shuchi Sharma-2013).

Operational Definitions

Older People: In 1875, in Britain, the Friendly Societies Act, enacted the definition of old age as, “any age after 50”, yet pension schemes mostly used age 60 or 65 years of eligibility (Roebuck,1979). The UN has not adopted criterion but the UN agreed cut off is to use 60+ years to refer to the older population.

In this study "Elderly" defined in this study are those men and women aged 60 years and above living in old age homes.

Old age homes: Juvenile Justice (Care And Protection Of Children) Act, 2000, Chapter 1 "special home" means an institution established by a State Government or by a voluntary organisation and certified by that Government under section 9; "Children's home" means an institution established by a State Government or by voluntary organisation and certified by that Government under section 34;

In this study old age homes refers to multi residence housing facility for older people who cannot take care of themselves anymore and need a little extra help. Old age homes meant for senior citizens who are unable to stay with their families or are destitute.

Functions: In this paper Functions implies the objectives of the old age homes and services provided by old age homes.

Historical Background of Old Age Homes in India

The first step to provide services and facilities to the aged was taken in India in the year 1782, when the first institution of care of the aged. It was established by Monegar and Rajah of Venkatagiri in Chennai (Madras) in 1840, the friend in need society was established to arrange the help for aged and helpless people in Bangalore. Thereafter, David Sassion Asylum was started in the year 1856, in the city of Pune, where the arrangements such as food, lodging and clothing were made. The St.Mary's home was set up by the church of North India, Exclusively for women in 1872. "Little Sisters of Calcutta" started working in this direction, in the year 1882 and necessary means of livelihood, medical facilities were provided to the aged. Thereafter the same organization has started home for the aged and poor people in Madras, Bangalore and Secandrabad.

St. Joseph Prashanth Nivas, Sisters of Charity an old age home was started in 1898 in Mangalore, Karnataka. Home for the week and infirm person was started in Surat in the year 1912. St. Ann's Home for the Aged was started in Mangalore, Karnataka in the year 1949. Captain Leonard Cheshire of England has established chain of homes in this country for the aged. He came to India in 1955 and established chain of old age homes for aged persons with his own means and determination, in Mumbai, Pune, Dehradun, Jamshedpur, and Calcutta. In kingsway camp of Delhi, Oznam home was founded by the St. Vincent de Paul society in 1958 (Maurya 1984). Abhaya Ashraya and Little Sisters of the Poor has been established in Mangalore in 1971 and 1978 respectively.

After Independence, the central and State government have also taken necessary steps in this direction for the care and welfare of the aged. Some state Government have started their own old age homes, destitute homes, where the arrangement is done for complete care of infirm aged persons. In other parts of India, where, begging is banned and instead of that home for the destitute has been established. In these homes various problems of aged persons are solved and their requirements are fulfilled. Along with this, Central Social Welfare Board and state governments provide liberal aid to all those NGO's and other agencies who organize welfare programmes for aged persons. Thus both central and state government encourages NGO's to work more with elderly by providing financial aid.

How to start an old-age home

According to Amit Kumar Burman (2016), Advocate, Calcutta High Court, Any person, who, for remuneration, wants to run a home for the aged, must apply to the Department of Welfare and Population Development for a registration certificate. **The running of old-age homes is strictly regulated by law, notably the Aged Persons Act, 1967, as amended,** In terms of the relevant Act, an 'aged person' is a male or a female of 60 years or older. A 'debilitated person' is described as one of 60 years or older who, because of age or some mental or physical disability, is unable to look after himself or herself properly, but does not require constant qualified medical or nursing attention. The Act does not apply to hospitals or clinics. A registration certificate, once issued, may be amended or cancelled after one month's notice. The person or organisation, to which the certificate has been issued, may not transfer it to another without obtaining the necessary permission from the Department of Welfare and Population Development.



Eligibility criteria to start Old Age Home

1. The Non-governmental voluntary organization should be a registered body, under an appropriate Act.
2. It should be registered either under the Societies Registration Act, 1860 or relevant State Societies Registration Act and has already been working for atleast two years; or a Public Trust registered under any law for the time being in force or a charitable company licensed under Section 525 of Companies Act, 1958.
3. It should have been registered for a minimum period of 2 years but in the case of the North Eastern region, J&K, desert areas and under serviced / under-represented areas, this condition of 2 years will not be applicable. In other deserving cases, the condition of 2 years may be relaxed with the approval of the Secretary (SJ&E) on case-to-case basis.
4. The Organization shall have a properly constituted managing body with its powers, duties and responsibilities clearly defined and laid down in a written Constitution. It shall have an appropriate administrative structure and a duly constituted managing/ executive committee.
5. The organization is initiated and governed by its own members on democratic principles.
6. The Organization shall not run for profit to any individual or a body of individuals. The Organization should possess proven credentials and capabilities to handle such projects.

According Preeti Goel (2009), The breakup of maximum funds provided by Government for operation and maintenance of such homes is 90% of the amount specified in the given table. The balance of 10% of the cost is to be borne by the NGO / Old Age Home itself.

		(In Rs.)
I	RECURRING EXPENDITURE: (a to e)	5,42,000/-
(a)	Staff Honorarium	1,62,000/- per annum
	Supdt./warden/manager	42,000/- per annum
	Social worker/counselor	36,000/- per annum
	Midwife/nurse	36,000/- per annum
	Cook	24,000/-per annum
	Helper/sweeper	12,000/-per annum
	Chowkdar	12,000/-per annum
(b)	Building (Rent/Maintenance)	90,000/- per annum
(c)	Health Care	2,50,000/- per annum
	Food	1,96,000/-per annum
	Doctor	18,000/- per annum
	Medicine	18,000/-per annum
	Clothing, oil soap etc.	18,000/-per annum
(d)	Recreation (Includes Books, Magazines, Newspapers, Outings, religious and cultural programmes, Games like caroms, chess, cards etc.)	20,000/- per annum
(e)	Miscellaneous and unforeseen (electricity, water etc.)	20,000/- per annum
II	NON RECURRING ITEMS (at the time of setting up of the project)	
(f)	Items like Furniture, Utensils, television, indoor games etc.)	1,25,000/-
	Total (I + II)	6,77,000

Source: <http://voice4india.org/grants-funds-for-old-age-homes-in-india-2008-09/836>

Types of Old Age Homes in Karnataka

Basically there are three types of old age homes can be found in Karnataka. The functions of old age homes differ based on its types. Firstly, old age homes run free of charge for those who cannot afford to pay any charges for homeless people. Secondly, Old age homes at moderate rates for middle or higher middle class people who have spent their life in a better atmosphere and comfort ability and expects the same in old age homes too. They can afford to contribute moderately either from their own resources or pension or their children are ready to pay but they want modern amenities, clean atmosphere,



good environment and above all peace of mind and away from all hassles. Thirdly, Old age homes for elite class of the society who wants ultra-modern amenities like AC rooms, Social club and so on.

Commercial: Pay and Stay old age homes

Pay and free old age homes

Non- Commercial: Central Funded

List of Old Age Homes in each District based on Divisions of Karnataka

Divisions of Karnataka	Districts covered under Divisions of Karnataka	Total no. of Population in each Dist. of Kar. as per 2011 census	Comm. OAH's/ Pay and Stay	No. of Old Age Homes (OAH's)	
				Non - Comm./ free OAH's	Total
Mysore	Mysore	3001127	14	02	16
	Chamarajanagar	1020791	01	01	02
	Mandya	1805769	01	03	04
	Hassan	1776421	02	02	04
	Koduge	554519	01	02	03
	Chikamagular	1137961	00	03	03
	D.Kannada	2089649	12	08	20
	Udapi	1177361	06	01	07
	Total	12563598	37	22	59
Bangalore	Bangalore U	9621551	86	39	125
	Bangalore R	990923	02	03	05
	Chikkaballapura	1255104	00	03	03
	Davangere	1945497	01	06	07
	Shimoga	1752753	00	04	04
	Kolar	1536401	04	03	07
	Ramanagar	1082636	01	02	03
	Chitradurga	1659456	00	03	03
	Tumkur	2678980	02	04	06
	Total	22523301	96	67	163
Belagavi	Bagalkot	1889752	00	03	03
	Bijapura	2177331	01	03	04
	Dharwad	1847023	02	02	04
	Belgaum	4779661	04	04	08
	Gadag	1064570	01	02	03
	Haveri	1597668	00	02	02
	Uttar Kannada	1437169	00	03	03
	Total	14793174	08	19	27
Gulburga	Gulburga	2566326	01	06	07
	Bidar	1703300	00	07	07
	Koppal	1389920	00	02	02
	Yadgiri	1174271	00	00	00
	Bellary	2452595	02	04	06
	Raichur	1928812	00	02	02
	Total	11215224	03	21	24

Source: Directory of Old Age Homes in India, Help Age India (2009) info gathered on 22/11/2014.

www.censusindia.gov.in/2011census <http://welfareofdisabled.kar.nic.in/senior.asp>- info gathered on 11/10/2014



Facilities Available under various Acts, Programmes and Policies to Old Age Homes

Karnataka State Government extends the financial assistance to non-governmental organizations to establish and implement old age homes to take care of the older people by providing all the basic amenities including health care protection. According to Preeti Goel (2009) to Government of India gives financial assistance (grants / funds) to NGOs who run Homes for the Elderly (Old Age Homes) in India. This grant-in-aid is to provide food, shelter, care, recreation facilities, etc. to the inmates of these Homes. To become eligible for receiving grant-in-aid there should be a minimum of 25 destitute older persons in the Old Age Home. If the home is larger in size (say for 150 or 75 or 50 beneficiaries), the grant-in-aid for maintenance of such old age homes is sanctioned on a proportionate basis.

National policy for Older 1999, the main thrust of welfare will be to identify the more vulnerable among the older persons such as the poor, the disabled, the infirm, the chronically sick and those without family support and provide welfare services to them on a priority basis. The policy will be to consider institutional care as the last resort when personal circumstances are such that stay in old age homes becomes absolutely necessary.

Assistance will be provided to voluntary organizations by way of grants-in-aid for construction and maintenance of old age homes. Those for the poor will be heavily subsidized. It is important that such institutions become lively places of stay and provide opportunities to residents to interact with the outside world. Non-governmental organizations will be encouraged to seek professional expertise in the designing of old age homes, keeping in view needs of group living at this stage of the life cycle and the class of clients they serve. Minimum standards of services in such homes will be developed and facilities provided for training and orientation of persons employed in these homes.

Welfare

- I. Identify the more vulnerable among the older persons such as the poor, the infirm and those without family support. Institutional care to be the last resort only.
- II. Provide assistance to voluntary organisations by way of grants-in-aid for construction/maintenance of old age homes, daycare centres, multi-service citizens centres, outreach services, supply of disability related aids and appliances, etc.
- III. Set up of welfare funds for older persons with support from the corporate sector, trusts, charities, individual donors and others for protection of life and property, involvement of NGOs and supporting senior citizens to realize their potential.

The Integrated Programme for Older Persons (Revised Scheme)

The Integrated Programme for Older Persons (IPOP) is being implemented since 1992 with the objective of improving the quality of life of senior citizens by providing basic amenities like food, shelter, medical care and entertainment opportunities and by encouraging productive and active ageing by providing support for capacity building of Government / Non-Governmental Organisations/ Panchayat Raj Institutions / local bodies and the community at large. Under the scheme, financial assistance of up to 90 per cent of the project cost is provided to non-governmental organisations for establishing and maintaining old age homes, day care centres and mobile Medicare units. The scheme has been made flexible so as to meet the diverse needs of older persons including reinforcement and strengthening of the family, awareness generation on issues pertaining to older persons, popularization of the concept of lifelong preparation for old age, facilitating productive ageing, etc.

The eligibility criteria for beneficiaries of some important activities/projects supported under the IPOP are:

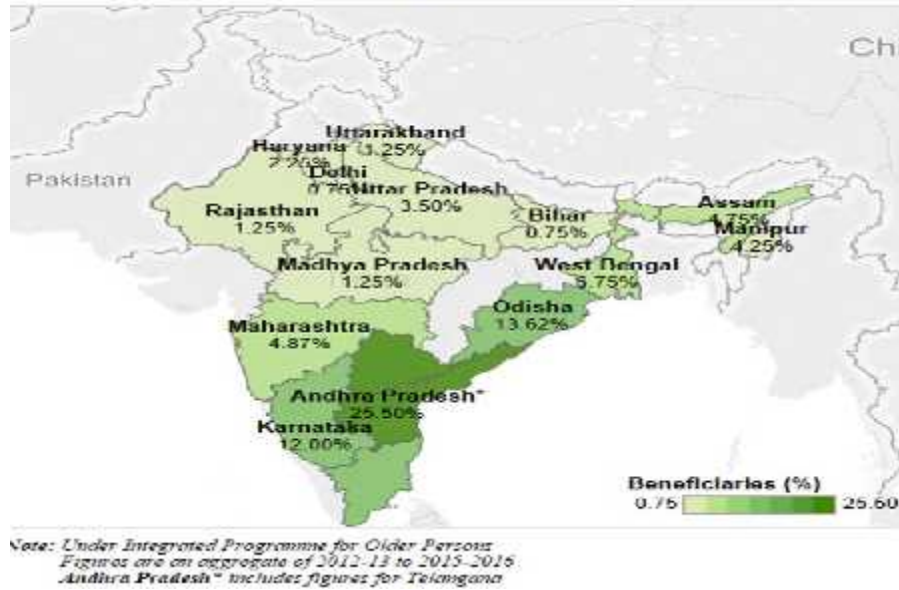
- I. Old age homes - for destitute older person
- II. Respite care homes and continuous care homes - for older persons who are seriously ill and require continuous nursing care and respite
- III. Mobile medicare units - for older persons living in slums, rural and inaccessible areas where proper health facilities are not available

Assistance under the IPOP scheme, 2012-16

Karnataka and Madhya Pradesh have similar proportions of people above 60 - 5.57 percent and 5.50 percent - but Karnataka, with 13.88 percent of IPOP funds, got 13 times as much funding as Madhya Pradesh over the last four financial years, during which Madhya Pradesh had 1.25 percent of IPOP beneficiaries compared to Karnataka's 12 percent. Odisha, which is not even among the top 10 states for senior citizen's population, got 12.53 percent of the funds granted to old-age homes over four years and ranks second in both beneficiaries targeted and old-age homes funded.



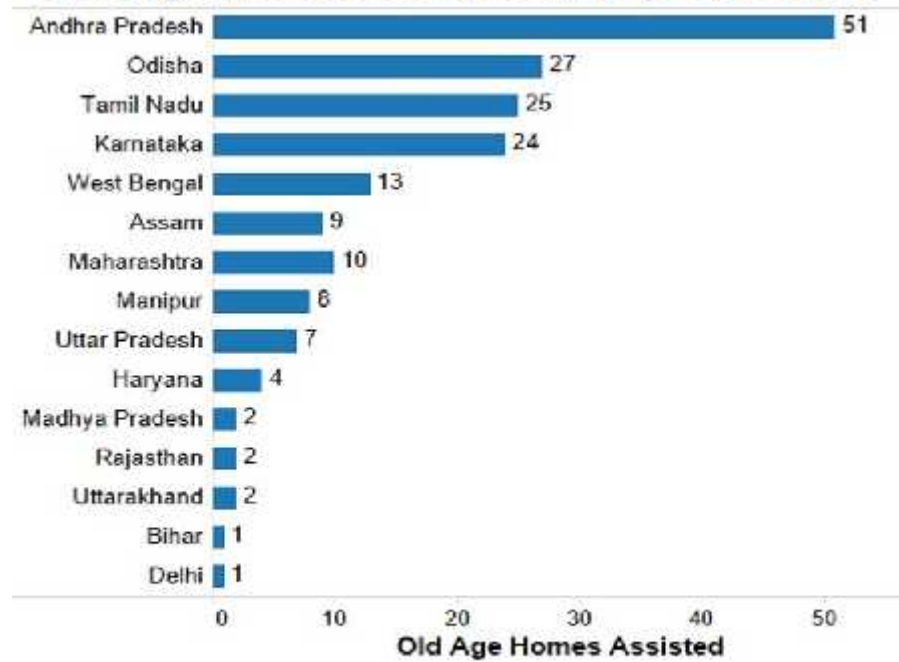
Beneficiaries of Elderly Care Funding, Top 15 States



Source: <http://www.indiaspend.com/cover-story/as-india-aged-32-of-elderly-got-71-of-government-money-70551>

Among the top-10 funded states are Assam and Manipur, which collectively got 10.59 percent of funds but are home to only 2.18 percent of India’s elderly population. With four million elderly persons, Gujarat ranks 10th on the list of senior citizens, but it received no elderly care funding over the last four financial years. Kerala, which ranks 11th, received no funding in 2012-13 and 2014-15.

Old Age Homes Assisted, Top 15 States



NOTE: Under Integrated Programme for Older Persons
 Figures are an average of 2012-13 to 2015-2016 and have been rounded off to the nearest integer

Source: <http://www.indiaspend.com/cover-story/as-india-aged-32-of-elderly-got-71-of-government-money-70551>



The number of old-age homes supported under the IPOP has declined over the last few years: 269 were funded by the central government in 2012-13, declining to 207 in 2013-14 and 187 in 2014-15.

Scheme for assistance for construction of old age homes

According to S Irudaya Rajan & U S Mishra **Scheme for assistance for construction of old age homes** launched in 1996-97 for Panchayati Raj/Institutions/Voluntary Organisations/Self Help Groups for construction of old age homes/multi service centers for older persons. Grant-in-aid to the extent of 50 per cent of the construction cost subject to a maximum of Rs. 15 lakhs was disbursed, under the Scheme in two instalments, the first being 70 percent and second being 30 per cent. The organization had to show matching contribution while applying for the second instalment. The implementing agencies failed to find the scheme attractive and it was discontinued at the end of the X Plan (2006-07).

The Maintenance and Welfare of Parents and Senior Citizens Act, 2007

Section 19 of the Maintenance & Welfare of Parents & Senior Citizens Act, 2007 envisages provision of at least one old age home for indigent senior citizens with a capacity of 150 persons in every district of the country.

- I. Maintenance of parents/senior citizens by children/relatives made obligatory and justifiable through Tribunals.
- II. Revocation of transfer of property by senior citizens in case of negligence by relatives.
- III. Penal provision for abandonment of senior citizens.
- IV. Establishment of old age homes for indigent senior citizens.
- V. Adequate medical facilities and security for senior citizens.

Scheme for Management of old age homes established under section 19 Scheme for management of old age homes for indigent senior citizens.-

(1) Old age homes established under section 19 shall be run in accordance with the following norms and standards:-

- (A) The home shall have physical facilities and shall be run in accordance with the operational norms as laid down in the Schedule.
- (B) Inmates of the home shall be selected in accordance with the following procedure:-
 - (a) applications shall be invited at appropriate intervals, but at least once each year, from indigent senior citizens, as defined in section 19 of the Act, desirous of living in the home;
 - (b) in case the number of eligible applicants on any occasion is more than the number of places available in a home for admission, selection of inmates will be made in the following manner:-
 - (i) The more indigent and needy will be given preference over the less indigent applicants,
 - (ii) Other things being equal, older senior citizens will be given preference over the less old, and
 - (iii) Other things being equal, female applicants will be given preference over male applicants.Illiterate and/or very infirm senior citizens may also be admitted without any formal application if the competent authority, is satisfied that the senior citizen is not in a position to make a formal application, but is badly in need of shelter;
- (C) While considering applications or cases for admission, no distinction shall be made on the basis of religion or caste;
- (D) The home shall provide separate lodging for men and women inmates, unless a male and a female inmate are either blood relations or a married couple endeavour shall be made to accommodate the married couple as far as possible;
- (E) Day-to-day affairs of the old age home shall be managed by a Management Committee, such that inmates are also suitably represented on the Committee.

(2) State Government may issue detailed guidelines/orders from time to time for admission into and management of old age homes in accordance with the norms and standards laid down in sub-rule (1) and the Schedule.

Norms Of Physical Facilities And Operational Standards For An Old Age Home For Indigent Senior Citizens Established U/S 19 Of The Act

Physical Facilities

1. Land: The land for the old age home should be adequate to comply with the Floor-Area Ratio (FAR) as prescribed by the relevant urban body/State Government. In the case of semi-urban/rural areas, the State Government shall provide adequate land for setting up of an old age home of requisite capacity such that there is adequate land for recreation, gardening, further expansion, etc.
2. Living Space: The old age home shall, as far as possible, have minimum area per inmate as per the following norms:- (i) area of bedroom/dormitory per inmate 7.5 sq. metres (ii) living area or carpet area per inmate i.e.



including (i) above plus ancillary areas like kitchen, dining hall, recreation room, medical room, etc. but excluding verandahs, corridors, etc. 12 sq. metres.

3. Facilities: (1) The old age home shall have the following facilities:- (i) residential area comprising rooms/dormitories-separately for men and women; (ii) adequate water for drinking and ancillary purposes; (iii) electricity, fans and heating arrangement for inmates (as necessary); (iv) kitchen-cum-store and office; (v) dining hall; (vi) adequate number of toilets and baths, including toilets suitable for disabled persons; (vii) recreation facilities, television, newspaper and an adequate collection of books; and (viii) first aid, sick bay, and primary healthcare facilities.

(2) The old age home should be barrier-free with provision of ramps and handrails, and where necessary, lifts, etc.

Operational Standards

1. Supply of nutritious and wholesome diet as per scale to be fixed by the State Government. 2. Adequate clothing and linen for the inmates, including for the winter season. 3. Adequate arrangements for sanitation, hygiene, and watch and ward/security. 4. Arrangements with the nearest Government hospital for emergency medical care, and with the nearest Police Station for security requirements.

Functions of Old Age Homes

The main functions of old age homes are helped needy aged of either men or women above 60 years irrespective of caste or creed. For this purpose, old age homes under take support and assist of programmes/projects/state or central funds to provide food shelter and clothing for needy aged. Along with medical care facilities, facilities like trained nurses, Visiting Doctors, Counsellors made available for the better care of older inmates and other activities like yoga and physical exercises to improve the health of the older inmates. Educational and recreational facilities to the aged also provided in old age homes.

According to Amit Kumar Burman (2016), Advocate, Calcutta High Court, **The running of old-age homes is strictly regulated by law, notably the Aged Persons Act, 1967, as amended.** Legal considerations apart, however, there are a number of factors that should be taken into account when a home is being considered, either as a business or charity proposition, or as a place that is going to be entrusted with providing shelter and care for a frail or aged relative. It is wrong in most cases to assume that elderly people wish to shut themselves off from the world and live the remainder of their lives in isolation. They need friends, company, stimulation and activity as much as ever before in their lives, although their physical state may impose limitations on their actual achievements. It is estimated that close to 90 per cent of the occupants of old age homes are single or widowed and, because they are no longer as adaptable as before, they prefer to have a room to themselves. This is the only space they can regard as their own, so it serves as much more than just a bedroom. Moreover, with such an arrangement, after the death of one partner, the survivor is not subjected to the further trauma of having to move. The rooms can then revert to being used as single rooms. People, who are no longer mobile and therefore cannot seek company, might be happier in a ward with others. A cosy sitting room or sun room, preferably with an attractive view, encourages social contact.

Bedrooms should have a floor area of at least 10.2m² for a single, and 15m² for a double room. Ideally, a bedroom should contain, in addition to a comfortable bed, a bedside cupboard, a dressing table that can serve as writing-desk, a bedside light, an armchair, clothing cupboards, a heater of the type without an exposed element and an electric bell for summoning aid that can be operated from the bed or from the armchair.

Safety features of an older person's room

Built-in cupboards are safer than the free-standing type, because they cannot be pulled over accidentally. There should be non-slip mats on the floor, and the door should be fitted with a lock that can be opened by staff from the outside. By law, each bedroom must have a wash-basin with hot and cold running water. Electric plugs, where fitted, should be at a height of about 90cm above the floor, although the use of certain electrical appliances, such as kettles, should be discouraged or even forbidden. Bathrooms and toilets, of which there should be at least one each per seven residents, should be central to the bedrooms and not, for instance, at the end of a long passageway. Where floor levels change on the same storey, a ramp is preferable to steps. There should be a chair or settee placed at inter-floor landings, and the law requires that there be hand-rails in all passages and for the length of stairways or ramps. Where a home consists of more than two storeys, it must be equipped with an elevator. Typical house rules may forbid smoking in bedrooms, the storage or consumption of alcohol in bedrooms, the use of electrical appliances such as kettles, tea or coffee makers and irons, and the presence in a resident's



bedroom of another resident of the opposite sex. They may also require residents to notify the person in charge if they intend to be away from the home for a large part of the day.

A home that houses debilitated persons must ensure that a registered nurse is on duty at all times. The registered nurse on duty may be relieved for short periods by an enrolled nurse or assistant nurse. A register of medicines must be kept, and the medicines must be stored in a locked place. A register of accidents and medical treatments must also be maintained.

Procedure for admission

Aged persons cannot be placed in a home against their will, except where a court order has been granted to permit this. Where admission to a home is sought, it is reasonable for the manager to request the following information:

- Name, date of birth, sex, home language, religion and marital status;
- Name, address, telephone number and occupation of the next-of-kin who has resumed responsibility, and of any other next-of-kin;
- Income and assets;
- Medical history and the name of the family doctor;
- Funeral arrangements or special instructions in this regard;
- Where the will is kept;
- Details of insurance policies and where the policies are kept;
- Personal property brought to the home.

The above information may be incorporated into an admission agreement, signed by the aged person, responsible next-of-kin, and two witnesses. In receiving aged persons into the home, the manager implicitly undertakes to:

- Allow them freedom of religion;
- Allow them to have freedom of movement, within reason;
- Ensure their personal safety while in the care of the home;
- Allow them to keep in touch with and to receive visits from friends and relatives;
- Ensure that they are always properly dressed;
- Provide suitable recreation;
- Make them feel at home;
- Provide at least three nutritious, hygienically prepared meals each day;
- Ensure that rooms are kept clean and that bedding is changed regularly;
- Ensure that efficient staff are always on duty;
- Accommodate no more than two persons per room, except in the sick bay, often known as the 'frail care' ward.

Conclusion

Changing family value system, economic compulsions of the children, neglect and abuse has caused older people to fall through the net of family care. Old age homes are ideal for elderly people who are alone, face health problems, depression and loneliness. There are two types of old age homes available in Karnataka. One is a no charge or Free or non-commercial type which is mainly provides shelter, food and clothing and medical care to those older people who have nobody to look after to them. Another type of old age home is based on payment which is known as "Paid" homes or Commercial old age homes which provides all the facilities. The functions of old age homes differ based on its types. All the old age homes provides basic needs like food, clothes and accommodation along with medical care facilities whereas commercial or paid old age homes provides additional amenities.

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