



## International Longevity Centre-India Annual Report (July to December 2022)

### ILC-I Programmes:

With the support of Gharda Chemicals Ltd. under Corporate Social Responsibility (CSR), ILC-I has been undertaking several programmes for the well-being of an important segment of society, namely, the senior citizens over the age of 60 years. For the period July 2022 to December 2022, we continued our two field programmes; the Mobile Literacy Training Programme for seniors (MLT) and Physiotherapy Assessment Camp (PAC) and our research study on the caregiving and Covid-19 pandemic and one online webinar session to mark World Alzheimer's Day on 21<sup>st</sup> September 2022.

### Update on the Field Programmes by ILC-I:

#### 1. **Physiotherapy Assessment Camps in Pune & Nasik, Maharashtra, India:**

From 2018, ILC-I started conducting this programme called "Physiotherapy Assessment Camps" in different parts of Pune city in collaboration with DES Brijlal Jindal College of Physiotherapy. Till date, around 1000 seniors have been covered under this programme, including the follow-up visits. New MoU has been signed with Physiotherapy College, Maratha Vidya Prasarak Samaj, Nashik.

This programme is aimed at primary care where this free-physiotherapy assessment addresses issues like knee pain, arthritis, back pain. This is done by the Physiotherapists and the seniors are given customized home-based exercises after their individual due examination which would help relieve them from pain. Also, if a major issue comes up which the doctors feel it needs further investigation, then the senior citizen is referred to a tertiary care facility. After the first camp, a follow-up camp is organized a month after where the participants report if the given exercises were appropriate or need any modifications under the guidance of the doctor.

The following table describes the date and place of the camps in Pune city and Nasik city, Maharashtra.

No.	Date	Name of the sangha	Type of the camp
1.	19 <sup>th</sup> July 2022	Samartha Jyeshtha Nagarik Sangh, Chetana nagar, Nashik	Follow up camp
2.	20 <sup>th</sup> July 2022	Shatayushi Jyestha Nagarik Sangh, Rajiv nagar, Nashik	First camp
3.	26 <sup>th</sup> August 2022	Myco Employees Forum, Cidco, Nashik	First Camp

4.	27 <sup>th</sup> August 2022	Shatayushi Jyestha Nagarik Sangh, Rajiv nagar, Nashik	Follow up camp
5.	24 <sup>th</sup> September 2022	Senior Citizens' Organization, Kothrud (KOSKA), Pune	First Camp
6.	12 <sup>th</sup> November 2022	Madhyavarti Jyeshtha Nagarik Sangh, Kothrud, Pune	First camp
7.	19 <sup>th</sup> November 2022	Navachaitanya Haasya Club, Wakeshwar, Pashan, Pune	First camp

2. **Mobile Literacy Training Programme for Senior Citizens:** The objective of this programme was to train seniors to adapt to a society that is fast moving towards becoming a 'cashless' one, and where financial transactions were becoming electronic and digital. So ILC-I organized these training programmes for senior citizens to be mobile-savvy and to help the seniors understand the use of a mobile for more than just receiving and making calls.

Three trainers of the team ILC-I, Ms. Yaashodaa Padhye, Mr. Nandkumar Sakat and Mr. Sushant Sonwane conduct such two half days' training programmes at the various community based senior citizens' organizations and teach seniors a few vital things that are required for them to know-like how to book cabs, make travel bookings, pay the utility bills, use what's app for staying connected with friends and families with a view to dispelling isolation and loneliness, using 'You Tube' for entertainment, in short, to make good use of the Mobile for connectivity and payments.

More than 1000 seniors have been trained across different districts of Maharashtra state till date. ILC-I has collaborated with the "All Senior Citizens Organizations Pune-ASCOP" in March 2022 and through this collaboration we are conducting training programmes in urban as well as rural parts of Pune city, besides different parts of the state of Maharashtra.

The following table shows details of the recent programmes.

Date	Name of the Senior Citizens' Organization
29 <sup>th</sup> & 30 <sup>th</sup> August 2022	Sun Universe Jyestha Nagarik Sangh, Narhe, Pune
15 <sup>th</sup> & 16 <sup>th</sup> September 2022	Jyestha Nagarik Sangh, Wagholi
28 <sup>th</sup> & 29 <sup>th</sup> November 2022	Madhyavarthi Jyeshtha Nagarik Sangh, Sangli

#### **Update on the webinar session:**

To mark the World Alzheimer's Day on 21st September 2022, International Longevity Centre-India with the support of Gharda Chemicals Ltd. organized an online webinar session to create awareness about Alzheimer's and we had a wonderful discussion with the experts-Dr. Prem Narasimhan, Geriatrician & Ms. Prajakta Wadhavkar, who owns a dementia care centre. Topics: "Alzheimer's Disease-An introduction" by Dr. Prem and "Active engagement of Persons with Dementia-How to do it?" by Ms. Prajakta.

Around fifty participants across Pune, Mumbai, Nasik, Tamilnadu and Karnataka joined the session. [Link to the session on YouTube:](#)

<https://www.youtube.com/watch?v=yLYdLJ9fG6c>

#### **Update on the Research study:**

ILC-I in the year late 2021-mid 2022 carried out a research study titled "Availability of the instrumental and emotional support to the older adults during the Covid-19 pandemic-A study in Pune city, Maharashtra."

Total 205 community dwelling men and women aged sixty years and above participated in the study. Written informed consent was obtained prior to the interviews. The study was a survey and data were collected with the help of a semi-structured questionnaire. The analysis was carried out using SPSS 22.0 and results were generated.

The major findings show that the seniors who were living with their family members and those who were living with their spouse only had instrumental i.e. physical support like availability of someone to take them to the doctor, provide meals, run errands when not well etc. during the tough times of the pandemic.

With respect to availability of the emotional support, seniors who were living with the family had highest emotional support, but for those who were living with the spouse or



alone scored the least in terms of receiving emotional support. Interestingly, the mean T scores for the respective scales obtained for these two categories were so similar that it was observed that, maybe those who were living with the spouse were as good as living alone. Maybe it is because the spouse is ailing or not connected with the senior. This needs further investigation!

The physical and emotional support pillars were children and spouse in more than eighty percent of the respondents.

Additionally, how seniors spent their time during the lockdown and how they prevented being infected to Covid-19 through complementary and alternative medicines was also recorded.

Ms. Yaashodaa presented a part of the data as a paper in the National Conference on Research and Biomedical Sciences (SYMRESEARCH 2022) at Lavale, Pune on 4<sup>th</sup> November 2022. The research paper is in the pipeline.

ILC-I, on similar lines with the ILC Global Alliance has started an exploratory research study titled “Issues and Concerns of the trained geriatric caregivers-A study in Maharashtra” which is an ongoing study. The data is being collected through in-depth, face to face interviews of the formal (trained) geriatric caregivers working in the geriatric care-centres and old age homes. The updates will be shared with the ILC GA through ROTA and/or annual reports.