

Vriddha Mitra

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Healthy Ageing

Adding Life to Years



From the Editor's Desk

The second wave of the COVID pandemic impacted everyone, but the elderly even more so. With its deep and long-lasting consequences on their health and mental wellbeing, the anxiety of contracting the infection and fear of death was highest among those who live alone.

Constant messaging on Covid appropriate behaviour, ensuring vaccination and dealing with post-vaccine complications continues to be a prioritized activity in the communities where we work with the older people. Providing ration, at times cooked food, if the elderly is unable to cook; giving medications as per their prescriptions; multivitamins for the frail; conducting virtual OPDs to listen to their health challenges and providing solutions; extending assistive devices for their ease; hygiene materials; and many such basic requirement on a daily basis was an incessant effort the staff was involved in.

Along with ensuring their protection, the greatest challenge has always been that of addressing their loneliness, and isolation especially in times when they are not allowed to socialize and have also lost their livelihood, the odd jobs they were engaged in, in the nearby housing societies and localities. Reaching them in their homes and chatting from a distance made their life much easier.

Last but not the least, continuous support from all our field project partners: Sevadham Trust, Deep Griha Society, Vanchit Vikas and Navnirman Samaj Vikas Kendra helps us in dealing with this situation.

Benazir

Dr. Benazir Patil, CEO, SCHOOL



Our Reach

We started with 2 slums in Pune city, and today we are in 39 slums, reaching 5200 elderlies in a duration of last two and a half years.

The next two cities we expanded to are Mumbai in Maharashtra and Bhopal in Madhya Pradesh

In April 21, we rolled-out our first rural project in Bhitwar block of Gwalior district

- 8200 elderlies in 4 locations in India (5200 in Pune; 1000 in Mumbai; 1000 in Bhopal; 1000 in Gwalior).
- 63% females and 37% males.
- 7% elderlies living alone (without any single family members).
- 11% elderlies living alone (only with their spouse).
- 16% elderlies having any kind of pension.



सामाजिक संस्था स्कूल ने गांवों में वृद्धजनों एवं निराश्रितों को बांटा राशन

भितरवार ■ राज न्यूज नेटवर्क

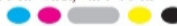
महाराष्ट्र और झारखंड के बाद प्रदेश में ग्वालियर जिले के भितरवार ब्लॉक के लगभग आधा दर्जन गांवों में पहुँची सामाजिक संस्था स्कूल ने निराश्रित वृद्धजनों को राशन बांटा। वहीं संस्था का संचालन कर रहे डॉ.पवन पाठक ने की जाने वाली गतिविधियों से ग्रामीणों को अवगत कराया।

सोसायटी ऑफ कम्युनिटी हेल्थ औरिप्टेड ऑपरेशनल लिंक स्कूल के नाम से जानी जाने वाली सामाजिक संस्था ने बेसहारा बुजुर्गों की सेवा करने का वीणा उठाया है। निराश्रित वृद्धजनों के हितों के लिए महाराष्ट्र और झारखंड में विभिन्न गतिविधियों का संचालन कर चुकी उक्त सामाजिक संस्था स्कूल के संस्थापक डॉ.पवन पाठक शुक्रवार को संस्था के समन्वयक अखलेश शर्मा, सोनू यादव एवं राजू पाठक के साथ ब्लॉक के ग्राम गोहिंदा, बसई, बामरोल पहुँचे। जहाँ उन्होंने चिन्हित किए गए एक दर्जन से अधिक निराश्रित बुजुर्गों को खाद्य सामग्री की किट प्रदान की। 5 किलो आटा, तीन किलो



चावल, 2 किलो दाल, शकर तेल और चाय पत्ती से भरे बैग वृद्धजनों को दिए गए। इस दौरान उपस्थित ग्रामीणजनों से संस्था के संस्थापक डॉ. पवन पाठक ने कहा कि स्कूल के नाम से जानी जाने वाली उक्त सामाजिक संस्था का मुख्य उद्देश्य बेसहारा बुजुर्गों की सेवा करना है। और प्रत्येक निराश्रित वृद्धजनों को कोरोना काल जैसी

विपरीत परिस्थितियों में आसानी से जरूरी खाद्य सामग्री उपलब्ध कराना संस्था का सबसे बड़ा उद्देश्य है। उन्होंने कहा कि संस्था ने महाराष्ट्र और झारखंड के बाद मध्य प्रदेश में ग्वालियर जिले की भितरवार और घाटीगांव में बुजुर्गों को जीवनयापन की आवश्यक सामग्री उपलब्ध कराने का निर्णय लिया है।



Vriddha Mitra in the field



Last Mile Connectivity

Pushpa Lakshman Phadke

Pushpa Lakshman Phadke is a 70 year old lady who lives in Mahatma Phule Vasahat, Tadiwala road. She lives in a small one room house where, kitchen and bathroom are also within the same room. She has no children. She lost her husband 20 years ago. After losing her husband she was completely alone and had no one to take her care.

She worked as a maid for many years, and retired two years ago. A breast cancer surgery caused her immense stress, and she continued to live a very stressful life. Living alone, with no emotional as well as financial support from anyone, when she met our Community Officer – Jyoti, she poured her heart out and cried like a baby. Jyoti started meeting her every second day, ensured that she always had ration in the kitchen by giving her regular ration kits and also sometimes cooked food. Jyoti has also linked her for her cancer medication, which she has started receiving free of cost.

And the greatest change in her life is her mental wellbeing, she feels that she has been blessed with a daughter in Jyoti after so many years of patience.

She is thankful to SCHOOL for this peace in her life.



Shantabai Londhe

Shantabai Londe, is a 79 year old pleasant woman living in Aundh Slums for 50 years. In a very small house she brought up her 5 children as a single parent. Her son was just 12 years old when her husband passed away. Currently, she lives with her son, daughter-in-law and grandchildren.

As Shantabai was living in a rural area, she faced poverty since the beginning of her life. She faced several health problems, including inability to hear. For the last 3 to 4 years she could not hear a single word when any person spoke to her. This caused her irritation and she always remained disturbed. Apart from this, she sensed stiffness in her knee joints and had stones in her gall-bladder.



There came a drastic change in her when she met with our Community Officer Anupama Kadam. She started getting home-health check-ups regularly, which gave her a lot of confidence about her health. She started meeting our doctor in virtual OPD and was provided with Multivitamins and Calcium supplements.

After about a month's consumption of supplements, one day Shantabai informed Anupama, "I am feeling good. My knee pain has reduced and I can now walk with the help of the walking stick." Further to this, Anupama referred her ahead for Cataract Surgery at H.V. Desai Hospital. Anupama also took Shantabai to Aundh district hospital, got her certified for hearing disability, on the basis of which a hearing aid was provided to her.

It was a delight for her to start hearing clearly again like before. This also improved her communication with all. She is also a religious follower of physiotherapy exercises she is taught by the visiting doctors. SCHOOL has also been providing Shantabai with Raw Ration every alternate month.

Shantabai smiles more often now and feels as if SCHOOL was born to reshape her life.

Important Updates of the Quarter

Last Mile Connectivity in Pune:

- 5200 elders are covered in 7 clusters and 39 slum pockets
- Support through home visits: Totally 9702 home visits were paid during the last quarter to provide support to elderlies through counselling on improving life style, mental well-being, psychological support, nutrition; interactions with family members to discuss about elderlies' health issues and care required, delivered the information health issues, nutrition, exercise, and medication; information on government schemes especially, Shahari-Garib Yojana; and information on physiotherapy sessions being held in the field.
- Support through assistive devices: 60 different assistive devices such as walking sticks, walkers, commode chair, wheel chair, asthma pumps, hearing aid, spectacles, knee caps, etc. were provided to make their life easy. 55 Table fans were provided on special demand during the summer season.
- Routinely we had 60 bedridden elderlies every month, for whom the support comprised: instructions regarding special care to be taken in terms of nutrition, hygiene, medication and exercises; along with diapers and multi-vitamins.
- 325 elderlies were provided consultation and medication through the virtual OPDs held near their homes.

Last Mile Connectivity in Mumbai, Bhopal and Gwalior:

- Registration of 2500 elderlies
- Virtual OPDs started. Medicines and multi-vitamins have also been dispensed regularly now
- Raw ration kits were distributed to the elderlies every month
- Diapers are provided for the bedridden.
- Elderly grannies were given night gowns for their ease
- Health-check-up camps are held regularly in collaboration with local organizations like Gauravi.

COVID-19 specific activities:

1. Community meetings on COVID appropriate behaviour and addressing hesitancy for vaccination.
2. 1540 elderlies were counselled and convinced about vaccination, registered in the portal and escorted to vaccination centers
3. Basic management of post-vaccination fever and related complications.
4. Efforts for organizing vaccination campaigns in the slums in collaboration with PMC and PCMC. Planning is going on.

Special Services:

1. Raw Ration Kits were distributed to 4356 needy elderlies during the second wave of COVID pandemic.
2. Cervical and Breast cancer screening camps in 5 slums clusters where 189 female elderlies were screened and provided information and support.
3. Referral services: 63 elderlies were referred to avail clinical services in Government and private health set-ups. 52 elderlies were referred for acquiring health related support and family counselling, in various organizations.
4. Ophthalmic care: 102 elderlies received eye check-up services at H.V. Desai hospital, 100 were diagnosed with cataract and their surgeries were supported.
5. Physiotherapy: 136 patients received physiotherapy services at their doorsteps by the experts.
6. 31 Covid deaths reported for ensuring their families support and incentives from donors.

New Ventures:

1. CSR support from Yardi Software.
2. Preparations for Geriatric unit: A Geriatric unit especially for physiotherapy and other services for elderly is under process. The unit is planned in Dalvi hospital, Shivajinagar, a secondary hospital of Pune Municipal Corporation. A collaborative effort with PMC and financial support from SBI Capital has come to fruition. This unit will be inaugurated by Mr. Vikram Kumar, the Municipal Commissioner, PMC, on 13th July 2021.
3. Launch of our first rural project in Gwalior district
4. An elderly bureau established for ensuring livelihood and engagement of elderlies



You can also contribute:

A/C: Society of Community Health Oriented Operational Links
Bank: Axis Bank Ltd, Lashkar, Gwalior - 474009
A/C No: 911020029018544 (Current), IFSC Code: UTIB0001055