

Scheme for Elderly Support and Palliative Care Programme

1. Title of the Programme

Community-Based Elderly Support and Palliative Care Programme

Theme: *Ensuring Dignity, Comfort, and Compassionate Care for the Elderly*

2. Background and Rationale

With increasing life expectancy, many elderly people face health challenges, loneliness, and lack of proper care. Those with chronic or terminal illnesses require palliative care to improve their quality of life. Community-based elderly support programmes provide physical, emotional, social, and spiritual care, ensuring dignity and comfort.

3. Objectives

- To provide compassionate care and support to elderly persons
 - To improve quality of life for elderly and terminally ill patients
 - To provide home-based palliative care services
 - To reduce loneliness and social isolation
 - To support families and caregivers
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4. Target Group

- Elderly persons aged 60 years and above
 - Elderly living alone or with limited support
 - Terminally ill patients requiring palliative care
 - Families and caregivers
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5. Programme Duration and Location

- Duration: Continuous programme
 - Location: Homes, community centers, hospitals, and care centers
 - Frequency: Weekly or monthly visits
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6. Key Components of the Programme

A. Home-Based Care

- Regular home visits by trained caregivers
- Assistance with daily activities
- Monitoring health conditions

B. Medical and Nursing Care

- Basic nursing care
- Pain management support
- Coordination with doctors and hospitals

C. Emotional and Social Support

- Counseling and companionship
- Reducing loneliness and isolation
- Family support

D. Spiritual Support

- Prayer and spiritual counseling (if desired)
- Emotional comfort

E. Caregiver Support

- Training for family caregivers
- Guidance and counseling

7. Programme Activities Schedule

Activity	Frequency
Home visits	Weekly
Medical check-ups	Monthly
Counseling sessions	Monthly
Caregiver training	Quarterly
Awareness programmes	Twice a year

8. Implementation Plan

Phase	Activity	Timeline
Phase 1	Needs assessment and identification	Month 1
Phase 2	Recruitment and training of caregivers	Month 2
Phase 3	Programme implementation	Ongoing
Phase 4	Monitoring and evaluation	Continuous

9. Roles and Responsibilities

Programme Coordinator

- Overall programme management

Nurses and Healthcare Workers

- Provide medical and nursing care

Volunteers

- Provide social and emotional support

Counselors

- Provide emotional support

Community Leaders

- Assist in programme implementation
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10. Resources Required

- Medical equipment and supplies
 - Transportation
 - Training materials
 - Staff and volunteers
 - Communication tools
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11. Budget

Item	Estimated Cost (₹)
Medical supplies	10,000
Staff honorarium	1,000
Training	1,000
Transportation	7,000
Total	20,000

12. Monitoring and Evaluation

- Patient health records
 - Visit reports
 - Family feedback
 - Programme review meetings
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13. Expected Outcomes

- Improved quality of life for elderly
 - Reduced suffering and pain
 - Better emotional well-being
 - Stronger family and community support
 - Dignified care for elderly and terminally ill
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14. Sustainability Plan

- Community and volunteer participation
 - Partnerships with healthcare institutions
 - Donor and NGO support
 - Linkage with government schemes like National Programme for Health Care of the Elderly (NPHCE)
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15. Conclusion

Elderly support and palliative care programmes ensure dignity, comfort, and compassionate care for elderly persons. These initiatives strengthen families and create caring communities that respect and support their elders.