

## **Annual report 2013-14**

### AWARENESS PROGRAMME ON GERIATRIC MENTAL HEALTH

Aging is a natural phenomenon which is also the god's blessing and nature's gift. It is the last stage of human life span which poses a lot of mental and physical health issues. The period is challenging for both the aged individual as well as the care takers of them. These issues demands lot of adjustmental behaviours from both. This turns the issue into social and cultural aspects also. With that the very stage becomes multi dimensional and demands professional as well as personal mastery to manage.

In fact, the population of aged is increasing worldwide drastically where the whole world is becoming conscious about the unproductive group of population. Indian is not exception to it. In next 20 years, India as well as the globe is receiving more than 20% of the population as aged. This calls for a great intervention of professional social work.

Intervention methods such as Case Work, Group Work, Community Organisation, Research etc., needs to be implemented professional in addressing the above requirements. In the line V-CARE is concentrating on creating awareness among the group of aged as well as among the middle aged people so that the group gets prepared to face the challenges. The organisation is started with the awareness programme under community organisation, where the retired and aged population of K.H.B. Colony, Hootagalli, Mysuru were approached and personal counseling was given to the each individual and his family about the requirements of having awareness about problems of the aged and its managing techniques.

Though the initial response was not very motivating, the staff member of the organisation were successful in conducting initial meeting with the group of aged through which a group of 30 members of aged were mobilized and the awareness programme was conducted in two batches on 21.07.2013 and 18.08.2013 at V-CARE premises between 3.00 pm to 5.00 pm. The programme was motivated these aged and the future requirements were also expressed by the members. Based on the requirements the future programmes were also discussed such as programmes for family members to prepare them to take care of these olds at home, improvements of adjustmental capacities among the aged and their dietary issues etc.

In the meeting Dr. Ravish, the HOD, Department of Psychiatry, K.R. Hospital, Mysuru and Dr. Sarika Prasad, Psychiatrist cum Pediatrician and also the trustee of V-CARE addressed the gather and educated them about the physical and mental health requirements of the aged. They threw light on the sensitive issues of social and cultural matters in taking care of the needs of