

The State Of Senior Living: An Exploration Of Old Age Homes In Bhopal

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Aim and Objective

This research aims to comprehensively explore the experiences, challenges, and aspirations of residents in old age homes, focusing on the case of Aasra Old Age Home operated by Gandhi Bhawan Trust in Bhopal. The research seeks to shed light on the impact of old age homes on residents' quality of life and well-being, as well as to examine the operational dynamics and functioning of such facilities. It also aims to identify the challenges faced by elderly individuals and the efforts made by the institution to address these challenges.

Objectives:

- Explore the current state of senior living in Bhopal
- Focus specifically on old age homes and investigate the living conditions and quality of life for seniors residing in these facilities
- Identify the resources and support available to seniors in Bhopal
- Determine the challenges and opportunities associated with senior living in the city
- Provide recommendations for improving the quality of life for seniors in Bhopal

Research Methodologies

The information was gathered through unstructured interviews with the Gandhi Bhawan Trust, which operates Aasra Old Age Home, as well as the employees and residents of the facility. At the time of data collection, approximately 90 individuals were living in Aasra. As a result, in-depth interviews were performed and used as a data collection technique with males and females residing in the Aasra old age home. Observational research was also carried out. In addition, we did secondary research, which included articles, reports, and case studies. The data was gathered in order to learn more about old age homes in India, the requirements and impacts of old age homes, the problems encountered in old age homes, and so on.

Abstract

As the world's population ages, providing compassionate care for the elderly becomes increasingly crucial. This paper studies the lifestyle of senior citizens living at Aasra Old Age Home in Bhopal, India. It examines the care quality, facilities, social engagement, healthcare services, and overall well-being of elderly residents. The research uses a mixed-methods approach, analysing secondary data and conducting qualitative interviews with residents, staff, donors, and administrators. The findings emphasize the importance of old age homes in offering comfort, care, and emotional support to elderly individuals lacking caregivers. Changing societal values, such as nuclear families and evolving care patterns, have increased the demand for institutionalized elderly care in India. Old age facilities provide healthcare services, social interactions, and support for daily activities. However, residents often face difficulties like a sense of isolation, limited recreational options leading to boredom and disengagement. The uninspiring infrastructure also contributes to a sense of despair among the inhabitants. The research indicates that the residents experience a sense of dependency that can lead to frustrations and loneliness among them. Hence, this study seeks to look for opportunities through which the lifestyle of the elderly living in the old age home can be improved upon by taking necessary actions.

Keywords: Old Age Homes, Senior Citizens, Societal Values, Isolation, Recreational options, Despair, Dependency, Opportunities, Lifestyle

State of Senior Living: An Exploration of Old Age Homes in Bhopal

Amidst the bustling city of Bhopal, where life unfolds with modernity's vibrant hues, there lies a concealed narrative that persuades us to dive deeper. Have you ever wondered about the untold stories whispered within the walls of old age homes, where echoes of lifetimes lived reverberate? Imagine a place where stories of resilience, companionship, and solitude intertwine—a microcosm of the human experience that often goes unnoticed. In an era marked by

shifting demographics and evolving societal values, one burning question resounds: How are societies adapting to the challenges and opportunities presented by an aging population and how are they adapting to accommodate them?

The combination of reduced fertility rates and extended lifespans has led to a notable surge in both the total count and relative percentages of older individuals. In the context of India, the proportion of the population aged 60 years and above was 7 per cent in 2009 and is projected to increase to 20 per cent by the year 2050. In absolute numbers, the elderly population, around 88 million in 2009, is forecasted to surpass 315 million by 2050 (Lekha Subaiya, 2011) In 2021,

India had about 138 million elderly individuals, with 67 million men and 71 million women. As societies grapple with aging populations, the importance of senior living arrangements becomes pronounced. This research paper thus initiates an expedition to illuminate the unexplored corridors of senior living. At the core of this exploration is a central inquiry that illuminates how old age homes influence the experiences, challenges, and aspirations of their residents. It also examines whether the potential improvement of services and facilities in the future could enhance the quality of life for the elderly.

Embarking on a journey into "The State of Senior Living: An Exploration of Old Age Homes in Bhopal," the study focuses on Aasra old age home operated by Gandhi Bhawan Trust. Through this research, insights were gained into the operational dynamics and functioning of an old age home, along with its impact on its residents. Within these walls, numerous stories remain untold and unheard. The exploration uncovers layers within these enigmatic sanctuaries, gently challenging existing perceptions and shedding light on the intricacies of aging in a dynamically evolving world.

2. Review of Literature

2.1 Old Age Homes

Old age homes are dignified substitutes for providing accommodation for the elderly when they get unwell, when they lack caregivers, or when they need comfort and emotional support without fear of prejudice or disgust. Furthermore, old age homes provide for their fundamental requirements of housing, nourishment, and healthcare.

2.2 Golden Years in the land of Diversity: India

When it comes to constructing senior living buildings, India has been acting defensively by living in denial. It is frequently argued that the creation of old age homes would relieve the family and children of the duty of caring for their elderly members and the homes would turn into dumping grounds. The demand for elderly care goes beyond typical urban issues. In both urban and rural areas, the breakdown of the joint family has left the elderly alone. The majority of elderly people, whether they live in rural or urban areas, experience "empty nest syndrome" when their children move out in search of employment opportunities or better living arrangements. They might decide to leave the nation or move to a different city.

2.2.1 The Pioneers of Elderly Care in India

In Thrissur, Kerala, the first old age home was built in 1911. The Raja Varma old age home was established by the Raja of Cochin. Kerala has aged more quickly than the rest of the nation. Almost 14% of the population is over the age of 65. With the exception of Punjab and Haryana, which have aged significantly, the northern states are still younger. The first retirement homes were built in Coimbatore, Tamil Nadu, and Pune, Maharashtra. The best retirement homes in the nation were started by Paranjape Builders in Pune and Col Sreedharan in the south.

2.2.2 Old Age Homes in Madhya Pradesh

The social justice division of Madhya Pradesh is set to initiate a pilot project in Bhopal, involving the establishment of an old age home. If this endeavour proves successful, similar initiatives will be introduced in other urban areas. Considering that Madhya Pradesh holds the unfortunate distinction of being the second-most unsafe state for senior citizens, the safety of these individuals is a significant concern, as highlighted by a high-ranking official from the social justice department.

Given that the state has more than 57 lakh senior residents, MP ranked sixth in terms of population in the 2011 Census. According to a survey by the National Crime Record Bureau, MP is the state where senior citizens are most at risk, with 4602 crimes against them reported in 2020, second only to Maharashtra (NCRB). Since 2018, the number of crimes against senior citizens has increased by 10% annually. (Correspondent, 2022)

2.3 Old Age: Schemes and Policy

1. The National Policy for Older Person, 1999, addresses demographic ageing and its implications in society and the

economy. It focuses on financial security, healthcare, housing, education, welfare, and protection of life and property. The policy acknowledges the importance of older persons and their concerns, aiming for an age-integrated society and more opportunities for them to lead an active life. ("Human Rights of the Elderly Persons," n.d.)

2. National Policy of Senior Citizens, 2011, the guiding framework on ageing, strongly emphasizes that the elderly should continue to live with the family and that the family act as primary caregivers; institutional care is seen as a last resort. (Dommaraju, January 2016)
3. Maintenance and Welfare of Parents and Senior Citizens Act, 2007 which provides redress to the elderly to seek maintenance from the family, and provides penalties including imprisonment for family members not providing maintenance or care. (Dommaraju, January 2016)

SCHEMES

There is no scheme from this Ministry for construction of old age homes. However, under the 'Atal Vayo Abhyuday Yojana (AVYAY)', Grant in aid is provided to NGOs/Voluntary Organisations for running and maintenance of Senior Citizen Homes (Old Age Homes), Continuous Care Homes, etc. (*Old Age Homes*, n.d.)

1. Pradhan Mantri Vaya Vandana Scheme

The Pradhan Mantri Vaya Vandana Scheme is a government-funded pension plan for senior citizens over 60, offering financial security and assurance. With an attractive 8% per annum interest rate, it is administered by the Life Insurance Corporation (LIC) and provides a safe post-retirement financial planning option. (*10 Government Schemes Launched for the Benefit of Senior Citizens*, n.d.)

2. Indira Gandhi National Old Age Pension Scheme (IGNOAPS)

IGNOAPS is a government-backed program in India that offers financial assistance to senior citizens. Under the Madhya Pradesh 2023 Old Age Pension Scheme, applicants aged 60-69 receive ₹300 monthly, while those 80+ receive ₹500 monthly. (*10 Government Schemes Launched for the Benefit of Senior Citizens*, n.d.)

2.4 Changing Trends

Migration is crucial for understanding the well-being of elderly individuals in rural areas, as many are left behind in villages as their children migrate to cities. Structural, institutional, and ideational Changes in employment structures, migration shifts towards consumerism, and changing notions of family. These may have weakened support and care for the elderly, potentially causing changes in living arrangements. The lack of family support is the main reason for living alone, with 40% of the elderly living alone rarely or never communicating with their children. This weakens ties with family members and leads to ambivalence among elderly individuals living alone or in old-age homes.

The elderly population in India is hesitant to stay with their daughters. About two-fifths of the elderly said that they did not want their daughters to look after them in old age. This preference is rooted in the Indian marriage and kinship system, where daughters are considered lost to the natal family after marriage and parents are primarily responsible for sons. The breakdown of the joint family system due to westernization, modernization, industrialization, and urbanization has led to a decline in social support and respect for the elderly, affecting their quality of life. The intergenerational relationship between the elderly is neither unidirectional nor fixed, as seen in their living arrangements and economic situation.

2.5 Understanding and Meeting the Needs of Old Age in Old Age Homes

To create a meaningful and fulfilling life for the elderly population addressing the elderly's diverse needs is crucial, especially considering their weakened physical abilities. To create a safe environment, it is essential to design living spaces that prioritize safety, incorporating practical features like grab bars, ramps, and non-slip surfaces. Maintaining their independence is necessary, achieved by providing home care services, assistive technologies, and creating living spaces that are easily accessible and accommodating. Additionally, addressing mobility challenges is crucial as it is necessary for medical visits and social interactions. Comprehensive healthcare is essential for individuals' physical, mental, and emotional well-being, involving specialized medical care and emotional support to promote overall wellness.

Recognizing that seniors often seek a sense of purpose post-retirement, meeting this need involves crafting routines, fostering the pursuit of new hobbies, encouraging group engagement, and facilitating opportunities for charitable involvement. Enriching recreational activities tailored to their interests not only promote physical activity but also stimulate their minds, contributing to their overall well-being. Addressing social isolation is equally crucial, as meaningful social engagement combats loneliness, enhances mental health, and cultivates a sense of belonging within the community. Cultural sensitivity plays a pivotal role, acknowledging and embracing their cultural values and spiritual beliefs. Integrating these aspects into their care plans demonstrates respect for their individuality.

Financial security is a fundamental concern, and pension systems provide a robust foundation from which to offer

financial support to the elderly. Leveraging government schemes and recognizing the potential contribution of children in supporting their elderly parents further fortifies this aspect of care.

2.6 Impacts of Architectural Design in OAH

There is an interaction between human health and the built environment. The physical environment is not only vital for good health, but can be a critical stressor for the individual (Dilani 2006). Physical elements in an organisation can contribute to stress, and are therefore essential factors for increasing comfort (Dilani 2001). There is a lack of knowledge about how these environments affect health and wellbeing. (*Health Management*, n.d.)

Recent scientific research shows that our surroundings have a greater impact on our energy levels, allergies, overall health, sleep patterns, stress levels, and even hormonal well-being than previously thought.

Unlike traditional architectural approaches that may emphasize aesthetics above well-being, healthy building design takes a more holistic and strategic approach to construction. It dives extensively into the man-made environment, with the goal of prioritizing the health and welfare of individuals who live within it.

Inadequate building design and maintenance can cause a variety of negative health effects, including headaches, allergies, exhaustion, disrupted sleep, decreased attention, and mood swings. Furthermore, the results might lead to more severe disorders such as lung irritation, chronic illnesses such as cardiovascular disease, hormone imbalances, and the spread of infectious diseases.

Incorporating 'green' design concepts to encourage a healthier planet is an important aspect of healthy building design.

Individual's physical mobility naturally reduces as they age, emphasizing the significance of striking a balance in senior care facilities between restricting and stimulating movement. Achieving a harmonious balance between allowing for simple movement and preventing dangerous mobility is critical, and architects can play an important role in developing safe and well-thought-out floor layouts that stimulate physical activity among the elderly.

2.7 Youth and Elderly

Health conditions depend on caregivers' social support and care. Socio-demographic factors like education, religion, family income, and living conditions are strongly linked to young people's knowledge and attitudes towards older adults. These factors play a crucial role in shaping both positive and negative perspectives that youth have towards the elderly. Youth living with the elderly have a more positive attitude.

Good Fellows

Goodfellows start-up was started by Shantanu Naidu and funded by Ratan Tata, a programme aimed at creating lasting friendships between seniors and recent graduates. The programme offers services similar to a grandchild's, addressing the issue of loneliness and a lack of companionship, which contribute to the decline in the mental and physical health of senior adults. The relationships between the two generations are significant and are helping India address a significant social issue. Ratan Tata is optimistic that the investment will help the young Goodfellows team grow and succeed. The programme aims to solve the problem of older people feeling alone, which can make them unwell in their minds and bodies.

2.8 Secondary Data Analysis

The literature review highlights key aspects of elderly care. Old age homes offer dignified accommodation, care and emotional support when family care is lacking. The Indian scenario examines homes' scepticism due to abandonment concerns. The joint family breakdown, urbanization, and migration isolate elderly, necessitating better care. Policy frameworks, acts (e.g., National Policy for Older Persons, Maintenance and Welfare of Parents and Senior Citizens Act), stress financial security, healthcare, and protection. The breakdown of the joint family system, urbanization, and migration dynamics have left many elderly individuals isolated, fostering a need for better care facilities. Tailored old age home solutions emphasize on creating safe environments, ensuring independence through assistive technologies, and addressing mobility challenges. Furthermore, the review acknowledges the importance of social engagement, recreational activities, and cultural sensitivity in enhancing the well-being of the elderly. The impact of architectural design on health is examined, focusing on the importance of incorporating "green" design concepts and promoting physical activity among seniors. Initiatives like the Good Fellows program, fosters intergenerational friendships, highlights strategies to combat loneliness and improve mental and physical health among the elderly. Overall, the review provides a comprehensive overview of the multifaceted landscape of elderly care, showcasing the need for holistic approaches that encompass physical, emotional, and social well-being.

3. Primary Research and Analysis

3.1 Gandhi Bhawan Trust

In 1969, the Gandhi Shatabdi Samaroh Samiti was formed on 4th October 1978, it was transformed into Gandhi Bhawan Trust. The main objective of establishing the trust was to ensure the continuity of the dissemination of the principles of Gandh. From the time of its inception, various activities have been carried out to spread Gandhi's principles, by managing different trends. One such endeavor is Aasra Old Age Home.

Gandhi Bhawan is a charitable trust supported by the government to raise funds. The organization's staff consists of 14 people, the salaries of whom are not directly managed by the government. The source of income through which all its expenses are managed is by conducting exhibitions, camps, sales, various programs, and by renting auditoriums, halls, rest houses and canteen in the vicinity of Gandhi Bhawan.

3.2 Aasra Old Age Home

"Aasra" – is a word that embodies hope, safety and comfort all in one. It represents the generosity and compassion of the human spirit, a haven in a storm, and a helping hand in times of need. Old age is a journey that can be fraught with challenges and obstacles. It is a path that can be lonely and difficult to navigate, particularly when the body and mind begin to falter. The word Aasra and the old age home Aasra are not distant from each other. The old age home itself was established with a purpose of providing old, vulnerable individuals a place to live and find refuge.

On 08-08-1994, the Gandhi Bhawan Trust founded the Aasra Old Age Home as a non- governmental organization. Mr. Ramchandra Bhargava, a Gandhi follower and philanthropist who served as the Trust's former secretary, played a significant role in establishing the home. His efforts to identify vulnerable senior citizens and improve their quality of life have been invaluable.

Gandhi Bhawan Trust is responsible for the smooth and effortless working of the old age home. When the funds raised by the Social Welfare Department Government of Madhya Pradesh and Collector are delayed, it's Gandhi Bhawan along with some donors, who take care of the expenses and functioning of the old age home.

3.2.1 Types of Admissions

Admission to Aasra old age home can occur under a variety of circumstances, with the following being some of the most common:

- *Voluntary Admission:* The elderly voluntarily live in the old age home due to various reasons, including avoiding family burden, challenging interpersonal dynamics, divergent lifestyles, and the isolation caused by family members' busy schedules.
- *Involuntary Admission:* When elderly individuals can't self-care and lack family or caretaker support, they may be placed into old age homes at the direction of caregivers. Caretakers place them in old age homes due to reasons like financial instability, physical limitations, lack of specialized care, family conflicts, and safeguarding against abuse.
- *Respite Admission:* Elderly people temporarily admitted to old age homes for care are family members or caregivers seeking a break from caring for them. Common reasons include travel or financial constraints, or when families are unable to care for the elderly due to temporary financial difficulties.
- *Emergency Admission:* When an elderly person is discovered lost, in poor condition, or abandoned by a family member, the police or individuals who have witnessed their suffering bring them to the old age home.

3.2.2 Admission Procedure

Aasra old age home requires a proper form for admission, including the resident's name, family members, country of origin, and the person who admitted them. The form should also include medical history, identification cards, and the resident's address. This registration process ensures the old age home provides the best care to its residents, ensuring they have the necessary information to provide the best care.

3.2.4 Exploring the Aasra Lifestyle

Meals	Timing
Morning Tea	5:30 AM
Breakfast	9:00 AM
Lunch	12:30 AM
Evening Tea	3:30 AM
Dinner	5:30 AM

Table 1.0 Meal timings of the residents

In case of any medical emergency, they have contact with Chirayu Hospital which conducts the treatment free of cost for the elderly. Apart from this there's Seva Sadan Eye Trust Hospital in Bairagad for eye treatment and various camps are organized by different organizations.

Aasra has 90 residents, including both males and females. The daily food preparation process includes breakfast and lunch, with the manager selecting the menu and residents requesting their choices. The residents prioritize solitude and seem to accept their current situation, lacking motivation for work or activities. Their only recreational activity is religious music. The residents appear to have accepted their current situation and are hesitant to engage in new activities. The Aasra old age home's infrastructure and ambiance are lacking, negatively impacting the well-being of its residents. The facility's dull and uninspiring atmosphere can lead to apathy and hopelessness among the elderly. The building's condition is also concerning, with disrepair, peeling paint, cracked walls, and worn-out furniture. Lack of maintenance and subpar sanitation standards contribute to the issue. The washrooms have foul odors and filthy surfaces, endangering the residents' health and well-being. Inadequate room and privacy also contribute to an uncomfortable and stressful living environment.

In case of medical emergencies, they have access to Chirayu Hospital, Seva Sadan Eye Trust Hospital, and various camps organized by various organizations.

3.2.5 Human Resources

Staff: Aasra employs 18 people, including a manager, nurse, doctor, guard, gardener, four caretakers, four sweepers, and four cooks. The Gandhi Bhawan Trust appoints all staff, paid from government funds. Operating in two shifts (8:00 am to 5:00 pm, 8:00 pm to 6:00 am), with only two night staff, they average 8,000 per month.

In a chat with veteran caretakers Sadhna Dwivedi and Geeta bai Paruchai, attached to the home since its inception, they've formed strong bonds due to extensive time at the Ashram. Dealing with diverse elderly residents requires tailored approaches, given their varying moods and needs. Staff endure occasional outbursts, staying patient and caring. The caretakers emphasize that an ashram is for those without family support, reinforcing the importance of family care.

Donations: Every donation made to Aasra Old Age Home brightens residents' lives with affection and attention they deserve. All donations are directed towards enhancing their well-being. Upon donation, the donor receives a receipt confirming the contribution. The various options to donate include cash, goods, food, vegetables, fruits, clothing etc.

Retired government officer Mr. Manoj Mishra, a recurring donor at Aasra since 2010, donates on his wife's birthday and their anniversary. He ensures his contributions match residents' needs. He believes that shifting family dynamics is a challenge and with the decline of joint families, elderly care becomes complex. Many lack family support, leading to isolation. For unmarried elderly without families, places like Aasra become vital. While Manoj appreciates Aasra's fund-based model and resident-centric approach, he notes that paid homes often have advanced infrastructure.

Aasra reaches out to their regular donors for assistance whenever there's a need. Every donation big or small is appreciated. Each donation ensures the residents receive the necessary care and support they need, enabling them to live with dignity and serenity.

3.3 Challenges Faced by Gandhi Bhawan Trust

A number of obstacles arise for Gandhi Bhawan Trust in its efforts to support and care for the elderly. One of the most challenging issues is dealing with people who are not required to register but are forced to do so by officials. The institution may face difficulties in both administration and logistics as a result of this.

The elderly home's ability to provide basic amenities and services to its residents may be hindered if funds from the government take too long to arrive, which is yet another issue. Additionally, some elderly people are abandoned at Aasra without being registered by family members, which can make record-keeping and care planning more difficult. Aasra Old Age Home strives to address these issues to the best of their ability and remains committed to providing compassionate care and support to the elderly population despite these challenges.

3.4 Problems in Aasra Old Age Home

Aasra old age home faces several issues that have a significant effect on the quality of life of its elderly residents. One of the most serious problems in elderly is loss of hope which can be a prominent reason behind leading to a range of negative outcomes, including depression, anxiety, social isolation, and decreased quality of life.

A further major problem is the delay in receiving government funds, which results in a lack of resources and a decline in the quality of care given. This delay has a knock-on impact, lowering residents' quality of life and making them feel neglected.

Another problem is a lack of recreational activities, leading to boredom, disengagement, mental health issues, and a decline in overall well-being. This issue affects the elderly, who may feel uninterested in certain activities due to their advanced age and physical limitations. Additionally, some residents may lack motivation, making it difficult to engage in certain activities. Furthermore, the home's facilities and amenities may be sufficient, leaving residents with little incentive to engage in additional activities.

Residents at Aasra are self-centered and favor isolation, resulting in less interaction with others. This causes loneliness and a decline in overall well-being, they also get into unnecessary fights among themselves, making it more difficult for staff to manage them and provide appropriate care.

The facility's outdated infrastructure and unsanitary conditions are also significant issues responsible for the health of the elderly residents, who deserve to live in a clean and safe setting. Food at the old age home is also a source of worry. The quality and variety of food are inadequate, resulting in unsatiated taste buds and loss of appetite. This can be especially upsetting for the elderly, who rely on nutritious food to remain healthy.

Differently abled residents are difficult to manage, and staff may lack the necessary resources to provide them with the care and attention they require. This can be a distressing experience for them, as they may not receive the necessary support and care.

Finally, residents are not permitted to leave the facility and must rely on staff for all of their daily needs. This can lead to feelings of frustration and dependency, which can worsen mental health issues in the elderly. It is critical to provide them with opportunities for socialization and engagement in order for them to feel connected to the world around them.

3.5 Primary Data Analysis:

The Gandhi Bhawan Trust, formed in 1969, focuses on perpetuating Gandhi's principles through various activities, including managing the Aasra Old Age Home which was established on August 8, 1994. It is a government-supported charitable trust raising funds through exhibitions, sales, and renting facilities. Aasra was founded to provide a safe haven for elderly and vulnerable individuals. Aasra houses 90 residents. It ensures timely meal service, with the menu prepared by the manager with input from the residents. The residents lack motivation for work or activities. The facility's infrastructure and ambiance are lacking, leading to a dull atmosphere and apathy among the elderly. The residents prefer solitude and have reduced enthusiasm for life due to a lack of stimulation and recreational activities. Donations are accepted in the form of cash, goods, and food, and all donations are directed towards improving the lives of the elderly residents. The residents of Aasra old age home face challenges like loss of hope, delayed funding, isolation, boredom, dull infrastructure conditions and physical limitations. Addressing these issues is crucial for improving their well-being and providing a safe and comfortable living environment.

4. Discussion

The research paper "The State of Senior Living: An Exploration of Old Age Homes in Bhopal" explores the elderly care ecosystem, focusing on Aasra old age home operated by Gandhi Bhawan Trust. It examines the challenges and opportunities faced by the elderly population in the context of changing demographics and societal values. The study highlights the importance of old age homes as dignified alternatives for elderly care and discusses India's evolving landscape. The research highlights policy frameworks, schemes, and initiatives designed to address the needs of the elderly population and family dynamics.

In Old Age Homes like Aasra, that falls far behind contemporary elderly care facilities, there lies challenges but they also hold opportunities for improvement. Here are some promising avenues:

1. **Intergenerational Interaction Programs:** Programs, such as storytelling sessions where seniors share their life experiences can captivate the curiosity of young minds while offering companionship to the elderly, craft workshops, and collaborative art projects, foster meaningful connections between the elderly and young people.
2. **Architectural Enhancements and Sustainable Design Collaboration:** In alignment with SDG 11, Sustainable Cities and Communities, we are transforming the old age home into an eco-friendly and intergenerational space through joint efforts of seniors and youth. This includes energy-efficient upgrades, local materials, and repurposed resources for minimal environmental impact. Intergenerational workshops create adaptable spaces with adjustable furniture, while collaborative outdoor designs offer tranquil retreats. Shared maintenance responsibilities promote resource efficiency and community unity, making the old age home a model of environmental consciousness, creativity, and responsibility.
3. **Kids' Daycare Program:** Introduce a daycare program where working parents can entrust their children to the old age home for the day. This arrangement not only allows parents to focus on their work but also provides children the opportunity to interact with the elderly. Structured activities that cater to different age groups can be designed to ensure a rewarding experience for everyone involved.
4. **Collaborative Activities:** Organize joint activities that resonate with both generations. Movie screenings featuring classic films that appeal to all age groups can create shared experiences. Board games and puzzles can foster friendly competition and camaraderie. Art exhibitions showcasing the collaborative work of seniors and children can celebrate their creative synergy.
5. **Cultural Exchange Events:** Host events that celebrate diverse cultures, inviting the elderly to share their traditions

and customs with the younger generation. This can include festivals, music performances, and cooking demonstrations. Learning about each other's backgrounds can bridge generational gaps and foster mutual understanding.

6. Learning Circles: Initiate sessions where seniors and youngsters exchange skills and knowledge. Seniors can share traditional cooking methods, handicraft techniques, or even lessons in languages they're fluent in. In return, the younger generation can impart digital skills, modern crafts, and pop culture insights.
7. Mentorship Opportunities: Encourage seniors to mentor children, providing guidance and wisdom. Children can benefit from the life lessons and experience of their older counterparts, while seniors find purpose in guiding the next generation. This fosters an intergenerational hub in an old age home, fostering joy, companionship, and valuable life lessons for the younger generation.

Conclusion

In conclusion, this research highlights the potential of the outlined opportunities to enhance the quality of life in Aasra and similar old age homes, aligning them with established benchmarks. These prospects may not be groundbreaking at first glance but can break the monotony of elderly lifestyles, bringing in renewed interest and engagement. The ultimate goal is to create an environment where seniors feel valued, promoting their well-being and satisfaction. As society addresses the challenges of an aging population, these initiatives offer a promising avenue to improve the lives of our elderly citizens.

Appendix Questionnaire Gandhi Bhawan Trust

What is Gandhi Bhawan? Who started Gandhi Bhawan?

What was the purpose behind starting Gandhi Bhawan? What all activities are conducted in Gandhi Bhawan?

How many people look after Aasra from Gandhi Bhawan? How many members work in Gandhi Bhawan?

Where does the money come from Gandhi Bhawan? What are the challenges faced by Gandhi Bhawan? What is Aasra old age home?

What is the connection between Aasra and Gandhi Bhawan? What campaigns does Gandhi Bhawan run for Aasra?

Who initiated Aasra, and what were the reasons for its inception? What is the operational structure of Aasra?

How many residents are there in Aasra? What is the ratio of male and female?

How do people get to know about Aasra? How publicity is done for Aasra?

How does Aasra generate funds? How many people work for Aasra? How can one register with Aasra?

What type of people are registered in Aasra? How is the registration process done?

What are the requirements for admission in Aasra? Where does the funds come from?

How much fund goes to Aasra from government?

What are the terms and conditions for running Aasra? How donors are connected to Aasra?

What facilities are provided in Aasra? What activities are conducted for elderly? How do elderly feel?

Any scenarios or happenings that have impacted you? Donors Name.

Age

Where are you from? Profession

How did you come to know about Aasra? Why did you choose Aasra?

Do you go to other places as well for donation? How long have been you donating?

How often do you donate?

What is your perspective on Old Age Home? What things do you donate?

What are your views on infrastructure? How and whom do you contact in Aasra?

How much quantity of donation do you bring? Staff Name

Age Profession

How long have you been working? Timings of shift

Designated Work

How many staff members? What challenges do you face?

What do you like here?

What precautions do you take while cooking? How are staff members appointed?

What are your views on Aasra?

Do you talk to Old people, contact them?

Where does the ingredients for cooking come from? What is your salary?

Does anyone from Gandhi Bhawan comes for inspection? Is inspection done by the government?

What kind of people come for visit? Who decides the menu?

In case of shortage of items, what do you do? What type of donations comes?

Any scenarios or happenings that have impacted you? Residents Unstructured Interviews and Conversations

Terms and Conditions

- There are some rules that must be followed at Aasra
- Age Group: Males over the age of 60 and females over the age of 55 are permitted to live in Aasra.
- The identity of the elderly, as well as his or her family or the person dropping them, is required.
- The elderly who are ill or in poor health are not admitted; this is only possible in an emergency, such as when an elderly person has been abandoned and is helpless without anyone to care for them.
- Those with pensions are usually not admitted; they are admitted on the condition that they give 50% of their pension to the ashram, and only then are they allowed to stay. This is due to the fact that this ashram focuses on those who are in need and are not financially self-sufficient.
- Only those who wish to stay after visiting the ashram are admitted, and their decisions are respected.
- Once a resident, the elderly person is not permitted to leave the ashram without permission.

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