



राष्ट्रीय समाज सुरक्षा संस्थान सामाजिक न्याय और अधिकारिता मंत्रालय ट्रांसजेंडर व्यक्ति (अधिकारों का संरक्षण) अधिनियम 2019 और नियम, 2020

मुख्य विशेषताएं

- ट्रांसजेंडर व्यक्ति का अर्थ किसी ऐसे व्यक्ति से है जिसका लिंग जन्म के समय उस व्यक्ति को दिए गए लिंग से मेल नहीं खाता।
- शिक्षा, रोजगार और स्वास्थ्य सेवा आदि क्षेत्रों में कोई भी व्यक्ति या प्रतिष्ठान किसी ट्रांसजेंडर व्यक्ति के साथ भेदभाव नहीं करेगा।
- जिला मजिस्ट्रेट से पहचान प्रमाण पत्र प्राप्त करके ट्रांसजेंडर व्यक्तियों की पहचान की पहचान और लिंग परिवर्तन होने पर संशोधित प्रमाण पत्र प्राप्त करना होता है।
- कल्याणकारी योजनाओं और कार्यक्रमों के निर्माण के लिए प्रावधान जो ट्रांसजेंडर संवेदनशील, गैर-कलंककारी और गैर-भेदभावपूर्ण हैं।
- उपयुक्त सरकारों के दायित्व: ट्रांसजेंडर व्यक्तियों की पूर्ण और प्रभावी भागीदारी और समाज में उनका समावेश सुनिश्चित करने के लिए कदम।
- प्रावधान ट्रांसजेंडर को माता-पिता और तत्काल परिवार के सदस्यों के साथ निवास का अधिकार प्रदान करता है।
- ट्रांसजेंडर व्यक्तियों की जरूरतों को पूरा करने के लिए उनके बचाव, सुरक्षा और पुनर्वास के प्रावधान।
- ट्रांसजेंडर व्यक्तियों के मुद्दों से संबंधित शिकायतों से निपटने के लिए एक शिकायत अधिकारी का प्रावधान।
- ट्रांसजेंडर व्यक्तियों के लिए राष्ट्रीय परिषद की स्थापना का प्रावधान।
- ट्रांसजेंडर व्यक्तियों के खिलाफ अपराधों के लिए दंडात्मक प्रावधान।

आगे की जानकारी के लिए कृपया संपर्क करें:

ट्रांसजेंडर और बेगरी डिवीजन

राष्ट्रीय सामाजिक सुरक्षा संस्थान (एनआईएसडी)

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Online Basic Course on Transgender Issues

- An online basic course on Transgender issues through the NISD online education platform 'TAPAS'
- The course has been devised to equip the participants with knowledge, skills and aptitude to effectively implement/enforce the Transgender Persons (Protection of Rights) Act 2019.

Other activities/programmes of the division

- National consultation meetings in coordination with Ministry of Social Justice and Empowerment for Transgender Persons.
- Observing different important days dedicated to Transgender Persons.



Transgender And Beggary Division

NATIONAL INSTITUTE OF SOCIAL DEFENCE

Ministry of Social Justice and Empowerment
Government of India

Plot No. G-2, Sector-10, Dwarka,
New Delhi-110075

ACTIVITIES FOR TRANSGENDER WELFARE



NATIONAL INSTITUTE OF SOCIAL DEFENCE

Ministry of Social Justice and Empowerment
Government of India

Website: <http://www.nisd.gov.in>

Introduction on Transgender Welfare activities

Transgender community is among the most vulnerable communities in India. They face high levels of stigma in almost every sphere of their life such as health, schools/colleges, employment, absence of social schemes and any other entitlement.

Extreme social exclusion diminishes self-esteem and sense of social responsibility. This community needs to be included in the mainstream development programmes of the country and be protected from all forms of abuse and exploitation.

The Transgender Welfare Division engages in conducting awareness programmes, consultation meets, workshops, inter-ministerial meetings on transgender for chalking out Policies, legislations/rules and developmental schemes/programs for Transgender Community.

Major Activities in the Transgender Welfare division

1. Garima Greh: Shelter Home for Transgender Persons.
2. Online awareness Programmes on the Transgender Persons (Protection of Rights) Act, 2019
3. National Portal for Transgender Persons
4. Online Basic Course on Transgender Issues

Garima Greh

- Garima Greh has been initiated to provide shelter to transgender persons with basic amenities like food, medical care and recreational facilities.
- Besides, it will provide support for the capacity-building / skill development of Transgender persons.
- Inauguration was done on 25th November, 2020.
- Community Based Organisations are running Garima Greh across the country.

Online awareness Programmes on Rights of Transgender Persons

- Online awareness programme on Rights of Transgender with reference to the Transgender Persons (Protection of Rights) Act 2019.
- These are organised for various stakeholders such as Police, PRIs, Prison functionaries, Social Welfare Department functionaries, social work professionals, medical functionaries, Anganwadi workers and education department functionaries, media, judicial functionaries etc.

National Portal for Transgender Persons

- National Portal for Transgender Persons has been developed on 25th September, 2020.
- This Portal help transgender persons in applying for a Certificate and Identity card through digital mode from anywhere in the country.
- The most important benefit is that it helps the transgender person to get the I-Card without any physical interface and without having to visit any office.
- Online awareness programmes on National Portal for Transgender Persons are conducted for Transgender Persons as well as District Magistrates of the country.



NATIONAL INSTITUTE OF SOCIAL DEFENCE

MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA

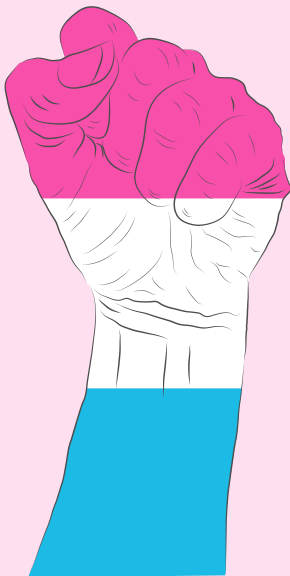


Transgender persons (protection of Rights) Act 2019 and Rules 2020

"transgender person" means a person whose gender does not match with the gender assigned to that person at birth and includes trans-man or trans-woman (whether or not such person has undergone Sex Reassignment Surgery or hormone therapy or laser therapy or such other therapy), person with intersex variations, genderqueer and person having such socio-cultural identities as kinner, hijra, aravani and jogta.

Prohibition Against Discrimination (Section 3)

No person or establishment shall discriminate against a transgender person in sectors such as education, employment and healthcare etc.,



Recognition of identity of transgender person and right to self-perceived gender identity (Section 4)

Recognition of identity of transgender persons by obtaining certificate of identity from the District Magistrate and a revised certificate is to be obtained if sex is changed.



Welfare Measures

Provisions for formulation of welfare schemes and programmes which are transgender sensitive, non-stigmatising and non-discriminatory.

Duties of Government

Obligations of appropriate Governments: Steps to secure full and effective participation of transgender persons and their inclusion in society.



Safety, Rescue and Rehabilitation

- Provision provides transgender the right of residence with parents and immediate family members.
- Provisions for the rescue, protection and rehabilitation of transgender persons to address their needs.



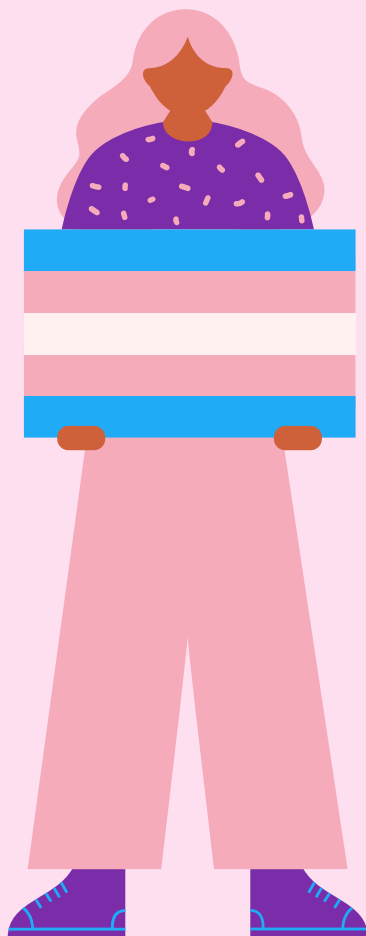
Penalties Against Offences

Penal Provisions for offences against transgender persons including imprisonment which shall not be less than six months and may extend to two years with fine. (Section 18)



Setting Up Statuary Bodies

- Provision for a complaint officer to deal with the complaints relating to issues of Transgender Persons.
- Provision for setting up of National Council for Transgender Persons, Protection Cell and Grievance Redressal Mechanism



For More information kindly contact :

Transgender & Beggary Division, National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, Plot No. G-2, Sector-10, Dwarka,, New Delhi-110075

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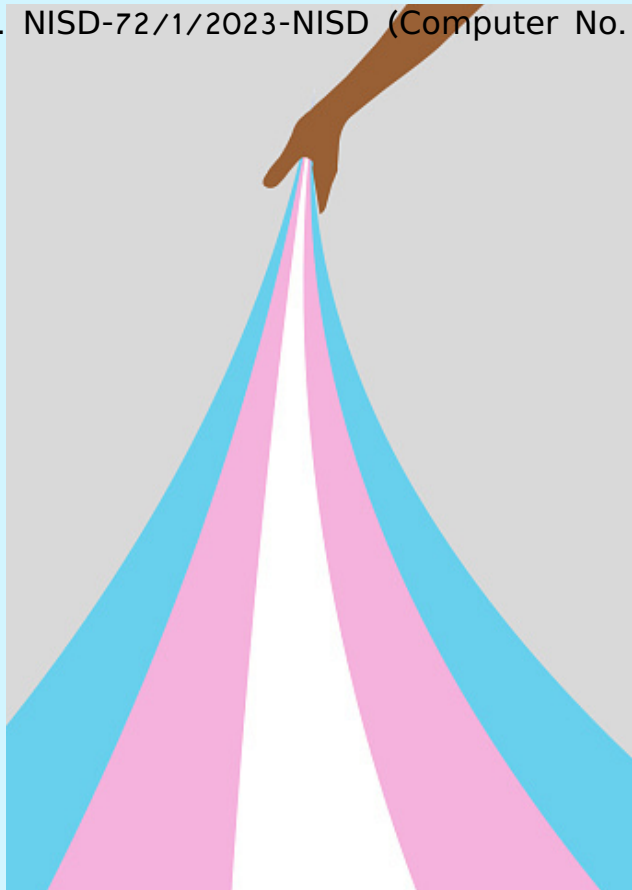
**TRANSGENDER PERSONS (PROTECTION OF RIGHTS)
ACT, 2019 & RULES 2020**

Background

The transgender community enjoyed recognition in ancient history and finds mention in several of our ancient scriptures. However, it was in the colonial era that the discrimination against the community rose, leading to rigid prejudice against them. Due to their lack of recognition and ostracization from society at large, they have been unable to exercise their fundamental rights as citizens of the country. For a long period of time, they have faced issues such as unemployment, social discrimination, mental and physical abuse, lack of educational opportunities, property ownership, and so on. As per the Census 2011, there are 4,87,803 Transgender persons in India.



"Transgender Person" is someone whose gender does not match with the gender assigned to that person at birth. It includes trans-man or trans-woman, a person with intersex variations, genderqueer, and person having such socio-cultural identities as kinner, hijra, aravani and jogta.



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The Transgender Persons (Protection of Rights) Act, 2019, was enacted w.e.f 10.01.2020 in order to provide protection of rights of transgender persons and their welfare. The Act, inter-alia, provides for recognition of identity of transgender persons, prohibition against discrimination, welfare measures by the Government, obligation of establishments and other persons, education, social security and health of transgender persons and National Council for transgender persons.

Some of the key provisions of the Act and Rules thereof are listed below:

- Prohibition Against Discrimination (Section 3)

No transgender person can be discriminated in educational establishments and services thereof; employment or occupation; healthcare services; enjoyment or use of any goods, accommodation, service, facility, benefit, privilege or opportunity dedicated to the use of the general public; right of movement; right to reside, purchase, rent, or otherwise occupy any property; and hold public or private office;

- Recognition of identity of transgender person and right to self-perceived gender identity (Section 4)



- Provision to obtain Transgender Certificate and Identity Card from District Magistrate. Revised Certificate is to be obtained if sex is changed. (Section 6 & 7)
- Obligations of appropriate Governments to take steps to secure full and effective participation of transgender persons and their inclusion in society. (Section 8)
- Obligations of establishments. Non-discrimination in employment. (Section 9)
- Provision for establishment to designate a complaint officer to deal with the complaints relating to violation of the provisions of this Act. (Section 11)



- Provision provides Transgender Persons Right of residence (Section 12)
- No child shall be separated from parents or immediate family on the ground of being a transgender, except on an order of a competent court, in the interest of such child. (Section 12(1))

- Provision for Vocational Training and Self-Employment (Section 14)
- Provisions for Health Care (Section 15)
- Provisions for Constitution of National Council for Transgender Persons (Section 16 & 17)
- Penal Provisions for offences against transgender persons including imprisonment which shall not be less than six months and may extend to two years with fine. (Section 18)



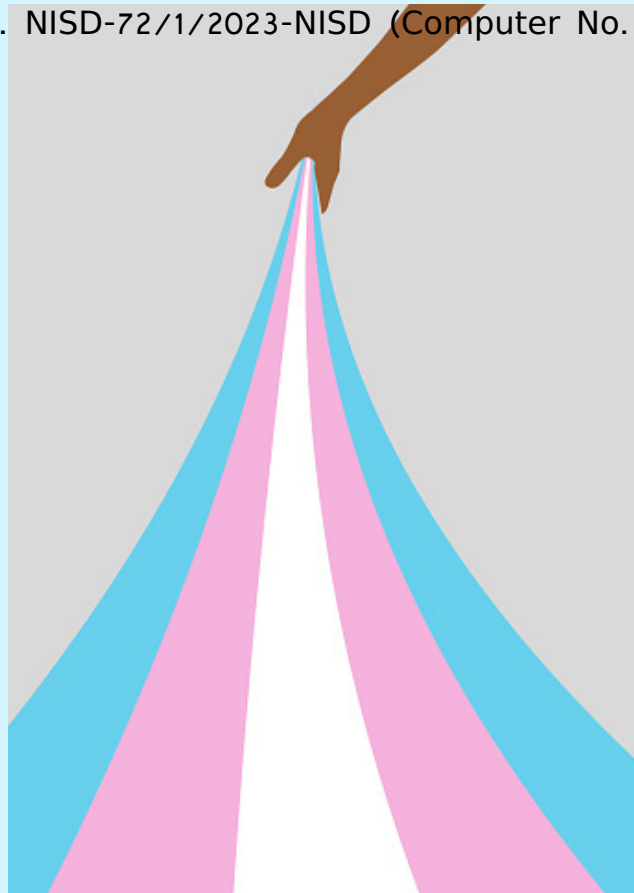
Some of the important provisions of the Transgender Persons Rules, 2020 are:

- Provision for welfare measures, education, social security and health of transgender persons by appropriate Government(Rule 10)



• संवेदीकरण:

- स्कूलों और कॉलेजों में शिक्षकों और शिक्षकों सहित उपयुक्त प्राधिकारी द्वारा संस्थान और प्रतिष्ठान,
- स्वास्थ्य पेशेवरों का संवेदीकरण;
- कार्यस्थलों में संवेदीकरण कार्यक्रम; तथा
- शिकायत अधिकारियों के लिए संवेदीकरण कार्यक्रम। (नियम 10 (7))
- ट्रांसजेंडर व्यक्तियों के लिए एक व्यापक नीति तैयार करने का प्रावधान (नियम 11 (2))
- जिला मजिस्ट्रेट के प्रभार में एक ट्रांसजेंडर सुरक्षा प्रकोष्ठ की स्थापना का प्रावधान (नियम 11 (5))
- शिकायत निवारण के लिए एक शिकायत अधिकारी की नियुक्ति का प्रावधान। (नियम 13)
- हेल्पलाइन और आउटरीच केंद्रों के माध्यम से संचालित एक वर्ष के भीतर शिकायत निवारण तंत्र स्थापित करने का प्रावधान। (नियम 13 (6))



अधिक जानकारी के लिए कृपया संपर्क करें:

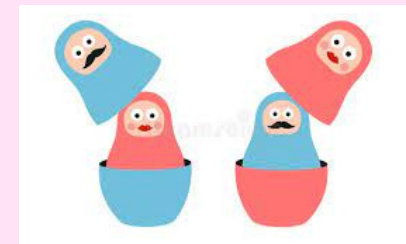
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राष्ट्रीय समाज रक्षा संस्थान सामाजिक न्याय और अधिकारिता मंत्रालय

ट्रांसजेंडर व्यक्ति (अधिकारों का संरक्षण) अधिनियम, 2019 और नियम 2020

पार्श्वभूमि

ट्रांसजेंडर समुदाय को प्राचीन इतिहास में मान्यता मिली थी और हमारे कई प्राचीन ग्रंथों में इसका उल्लेख मिलता है। हालाँकि, यह औपनिवेशिक युग में था कि समुदाय के खिलाफ भेदभाव बढ़ गया, जिससे उनके खिलाफ कठोर पूर्वाग्रह पैदा हो गया। बड़े पैमाने पर समाज से उनकी मान्यता और बहिष्कार की कमी के कारण, वे देश के नागरिक के रूप में अपने मौलिक अधिकारों का प्रयोग करने में असमर्थ रहे हैं। लंबे समय से, उन्हें बेरोजगारी, सामाजिक भेदभाव, मानसिक और शारीरिक शोषण, शैक्षिक अवसरों की कमी, संपत्ति के स्वामित्व आदि जैसे मुद्दों का सामना करना पड़ा है। 2011 की जनगणना के अनुसार, भारत में 4,87,803 ट्रांसजेंडर व्यक्ति हैं।



"ट्रांसजेंडर व्यक्ति" वह व्यक्ति होता है जिसका लिंग जन्म के समय उस व्यक्ति को दिए गए लिंग से मेल नहीं खाता है। इसमें ट्रांस-मैन या ट्रांस-वुमन, इंटरसेक्स विविधताओं वाला व्यक्ति, जेंडरक्यूअर और किन्नर, हिजड़ा, अरवानी और जोगटा जैसी सामाजिक-सांस्कृतिक पहचान वाले व्यक्ति शामिल हैं।

अधिनियम, 2019, ट्रांसजेंडर व्यक्तियों (अधिकारों का संरक्षण) अधिनियम, 2019, ट्रांसजेंडर व्यक्तियों के अधिकारों और उनके कल्याण की सुरक्षा प्रदान करने के लिए 10.01.2020 से लागू किया गया था। अधिनियम, अन्य बातों के साथ-साथ, ट्रांसजेंडर व्यक्तियों की पहचान, भेदभाव के खिलाफ निषेध, सरकार द्वारा कल्याणकारी उपायों, प्रतिष्ठानों और अन्य व्यक्तियों के दायित्व, ट्रांसजेंडर व्यक्तियों की शिक्षा, सामाजिक सुरक्षा और स्वास्थ्य और ट्रांसजेंडर व्यक्तियों के लिए राष्ट्रीय परिषद प्रदान करता है। अधिनियम और उसके नियमों के कुछ प्रमुख प्रावधान नीचे सूचीबद्ध हैं:

भेदभाव के खिलाफ निषेध (धारा 3)

किसी भी ट्रांसजेंडर व्यक्ति के साथ शैक्षणिक प्रतिष्ठानों और उसकी सेवाओं में भेदभाव नहीं किया जा सकता है; रोजगार या पेशा; स्वास्थ्य देखभाल सेवाएँ; आम जनता के उपयोग के लिए समर्पित किसी भी सामान, आवास, सेवा, सुविधा, लाभ, विशेषाधिकार या अवसर का आनंद या उपयोग; आंदोलन का अधिकार; निवास करने, खरीदने, किराए पर लेने या अन्यथा किसी संपत्ति पर कब्जा करने का अधिकार; और सार्वजनिक या निजी कार्यालय धारण करें;

ट्रांसजेंडर व्यक्ति की पहचान की मान्यता और स्व-कथित लिंग पहचान का अधिकार (धारा 4)



प्राप्त करने का प्रावधान। लिंग परिवर्तन होने पर संशोधित प्रमाण पत्र प्राप्त करना होता है। (धारा 6 और 7)

- ट्रांसजेंडर व्यक्तियों की पूर्ण और प्रभावी भागीदारी और समाज में उनका समावेश सुनिश्चित करने के लिए कदम उठाने के लिए उपयुक्त सरकारों की बाध्यता। (धारा 8)
- प्रतिष्ठानों के दायित्व। रोजगार में भेदभाव न करना। (धारा 9)
- इस अधिनियम के प्रावधानों के उल्लंघन से संबंधित शिकायतों से निपटने के लिए एक शिकायत अधिकारी को नामित करने के लिए स्थापना का प्रावधान। (धारा 11)



- प्रावधान ट्रांसजेंडर व्यक्तियों को निवास का अधिकार प्रदान करता है (धारा 12)
- ऐसे बच्चे के हित में सक्षम न्यायालय के आदेश के अलावा, किसी भी बच्चे को ट्रांसजेंडर होने के आधार पर माता-पिता या तत्काल परिवार से अलग नहीं किया जाएगा। (धारा 12(1))

(धारा 14)

- स्वास्थ्य देखभाल के लिए प्रावधान (धारा 15)
- ट्रांसजेंडर व्यक्तियों के लिए राष्ट्रीय परिषद के गठन के प्रावधान (धारा 16 और 17)
- ट्रांसजेंडर व्यक्तियों के खिलाफ अपराधों के लिए दंड का प्रावधान जिसमें कारावास भी शामिल है जो छह महीने से कम नहीं होगा और जुर्माने के साथ दो साल तक बढ़ाया जा सकता है। (धारा 18)



ट्रांसजेंडर व्यक्ति नियम, 2020 के कुछ महत्वपूर्ण प्रावधान इस प्रकार हैं:

उपयुक्त सरकार द्वारा ट्रांसजेंडर व्यक्तियों के कल्याणकारी उपायों, शिक्षा, सामाजिक सुरक्षा और स्वास्थ्य के लिए प्रावधान (नियम 10)



National Institute of Social Defence Ministry of Social Justice & Empowerment

Transgender Persons (Protection of Rights) Act 2019

Main Features

- Transgender person means someone whose gender does not match with the gender assigned to that person at birth.
- No person or establishment shall discriminate against a transgender person in sectors such as education, employment and healthcare etc.,
- Recognition of identity of transgender persons by obtaining certificate of identity from the District Magistrate and a revised certificate is to be obtained if sex is changed.
- Provisions for formulation of welfare schemes and programmes which are transgender sensitive, non-stigmatising and non-discriminatory.
- Obligations of appropriate Governments: Steps to secure full and effective participation of transgender persons and their inclusion in society.
- Provision provides transgender the right of residence with parents and immediate family members.
- Provisions for the rescue, protection and rehabilitation of transgender persons to address their needs.
- Provision for a complaint officer to deal with the complaints relating to issues of Transgender Persons.
- Provision for setting up of National Council for Transgender Persons.
- Penal provisions for offences against Transgender Persons.

For further information, please contact:

Transgender & Beggary Division

National Institute of Social Defence (NISD)

Plot No. G-2, Sector-10, Dwarka, New Delhi-110075

Telephone: 011-20893999, 011- 20893995

Email: directoroffice.nisd@gmail.com Website: <http://www.nisd.gov.in>



National Helpline for Senior Citizens (Elderline -14567)

The Ministry of Social Justice and Empowerment along with all the State Governments/ Union Territory Administrations has started a National Helpline for Senior Citizens (NHSC) with the objective of expeditiously attending to the needs of the elderly. NISD is the nodal agency for the implementation of the helpline. Elderline – 14567 is a toll-free number open 12 Hours a day (8 am to 8 pm) 7 days of the week. Elder Line supports elderly with information, guides them for pension related queries, provides emotional support for those requiring it and ensures appropriate care & legal recourse for those facing abuse, or abandonment. Elder Line also provides on ground support to those elderly to ensure faster redressal of grievance.



Senior Citizen Division



National Institute of Social Defence
Ministry of Social Justice and Empowerment,
Government of India

Plot No. G-2, Sector-10, Dwarka,
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Web: <http://www.nisd.gov.in>
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National Institute of Social Defence
Ministry of Social Justice and Empowerment,
Government of India



About the Division

Ageing is an inevitable process of life. The ageing population in the country is a demographic transition in which both mortality and fertility rates decline. As per the 2011 Census data, India has over 103.9 million elderly people (those aged above 60 years), who constitute 8.5% of the total population. This is higher than the data of 2001 Census, when elderly people made up 7.4% of the total population. So, India is experiencing a demographic transaction- according to a 2017 report by the United Nations Population Fund (UNFPA), around 12.5% of India's population will be 60 years and older by 2030 and by 2050, this will increase to one-fifth of the total population. This will have an impact on the individual, family, community, society and the nation at large. This section of population needs care and support, which is what NISD focusses on. The Senior Citizens Division of NISD has been actively involved in imparting training and generating a pool of caregivers for the care of older people.

Aim and Objectives

- ❖ Develop a cadre of professional for the care and welfare of older persons
- ❖ Provide a comprehensive and scientific knowledge base on various aspects relating to geriatric care
- ❖ Generate skilled manpower focused on intervention in the family and community settings for the welfare of older persons.
- ❖ Orient the students on techniques /interventions for managing the care of the elderly with focus on programme development and management
- ❖ Identify and promote support systems and networking for care of the older persons
- ❖ Facilitate convergence of services of government/non-government sectors, both locally and at the national

Target Group

- ❖ Residential Welfare Associations
- ❖ Students of School and Colleges
- ❖ Judicial Members
- ❖ Social Work Educators, Counsellors and Academicians
- ❖ Senior Citizen Homes, Physiotherapy Centres, Day Care Centres
- ❖ Panchayath Raj functionaries and concerned State Level Departments
- ❖ Police functionaries
- ❖ Community Based Organisations and NGOs
- ❖ Other stakeholders working in the field of Senior Citizens
- ❖ Others

**Activities of the Division**

The Senior Citizens Division of the Institute runs a series of programmes certificate courses to develop a pool of geriatric caregivers and skilled functionaries who can work for the welfare of Senior Citizens. It runs several independent courses and programmes in collaboration with the Regional Resource Training Centers (RRTCs), other reputed organisations and collaboration with the stakeholders.

One Day Awareness Programmes...

- ❖ Intergenerational bonding
- ❖ Maintenance and Welfare of Senior Citizens Act, Act, 2007 and other Govt. Policies & Programmes
- ❖ Holistic health care including preventive care, yoga and physiotherapy
- ❖ Diet and Nutrition
- ❖ One Day Inter-Generational Bonding Mela / Walkathon on Special days, etc / Activity based Competitions - Sports & Games (indoor/Outdoor), Singing, Drawing, Cooking etc. exclusively for Senior Citizens
- ❖ Online Awareness Programmes (Webinars) on elderly issues including COVID-19

Two Day International, National, Regional and State level Conference / Workshop / Seminar on Senior Citizen issues

Three Day Residential Training Programmes on

- ❖ Dementia Care and Management
- ❖ Geriatric Care and Management
- ❖ Geriatric Counselling

Five Day Non-Residential outreach Programme for the persons for Primary Caregivers.

Organising events like walkathon, International Day of Older Persons, in collaboration with the Ministry of Social Justice and Empowerment.

Three Month Certificate Course on Geriatric Caregivers / bedside Assistance

One year PG Diploma in Integrated Geriatric Care jointly with Tata Institute of Social Sciences (TISS)

Two online training courses - on Elderly / Geriatric Care and Care & Management of Dementia through the NISD online Education Platform "TAPAS".

CONSULT YOUR PHYSICIAN REGARDING

- Your fall risk factors and prevention
- Regular eyesight and feet check-ups
- Exercises to improve strength and balance



MAKING HOMES SAFER

- Adequate lighting
- Decluttering
- Non-slip flooring/tiles and mats
- Removing loose cables
- Installing handrails
- Grab bars in bathrooms
- Shower chairs

File No. NISD-72/1/2023-NISD (Computer No. 75774)

FALLS AMONG OLDER PEOPLE ARE:

- Common
- Costly
- Preventable

For further queries, contact us at:



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Ministry of
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Government of India

**Ministry
of
Social Justice & Empowerment**

GUIDELINES ON PREVENTING FALLS AMONG OLDER PEOPLE



National Institute of Social Defence
Senior Citizens Division

2021

IMPROVING STRENGTH & BALANCE

- Weight training
- Sports
- Swimming
- Circuit Training
- Resistance Training
- Chair Rise Exercise

These exercises build muscle, bones and joint strength and improve balance and posture.

POSTURAL HYPOTENSION

In postural hypotension, our blood pressure falls when we change our posture like from lying down to sitting or from sitting to standing.

Due to the drop in the blood pressure, less blood travels to our muscles and organs, thereby making us more likely to fall.

FACTS ABOUT FALLS

Literatures show that:

- 30% of older people aged 65 years and above fall at least once every year. 50% of older people aged 80 years and above fall more than once a year
- Falls are a major reason which brings older people to the emergency divisions of acute care settings
- 5% of all falls among the older people leads to fracture and hospitalisation
- Falls among the older people can be largely prevented by controlling the risk factors



REGULARLY CHECK

- Grip of your footwear
- Orthostatic blood pressure
- Vitamin D/ B12 or/and Iron/ Sodium/ Potassium Deficiency

Managing postural hypotension:

- Changing posture gradually
- Ensuring that there is something to grab while sitting or standing
- Drinking 6-8 glasses of water
- Avoiding hot showers
- Ensuring that the head is well-cushioned in a slightly elevated position while sleeping.

Managing Dementia continued

- 4 **Assisting with memory loss and confusion**
Reassure the patient while allowing them to express their ideas via simple explanations and duplicate items that they lose often.
- 5 **Permit maximum independence and freedom**
With identification tag on the patient, allow them the freedom to move around in safe environment
- 6 **Reduce anxiety-provoking situations**
Keep reality orientation, non-threatening and be patient with forgetfulness. Maintain a daily regular routine along with a simple structure.
- 7 **Provide rehabilitation**
Support the patient by accepting them as an individual and understand their feelings of anxiety. Encourage them to talk and express more.
- 8 **Encourage positive feeling of self**



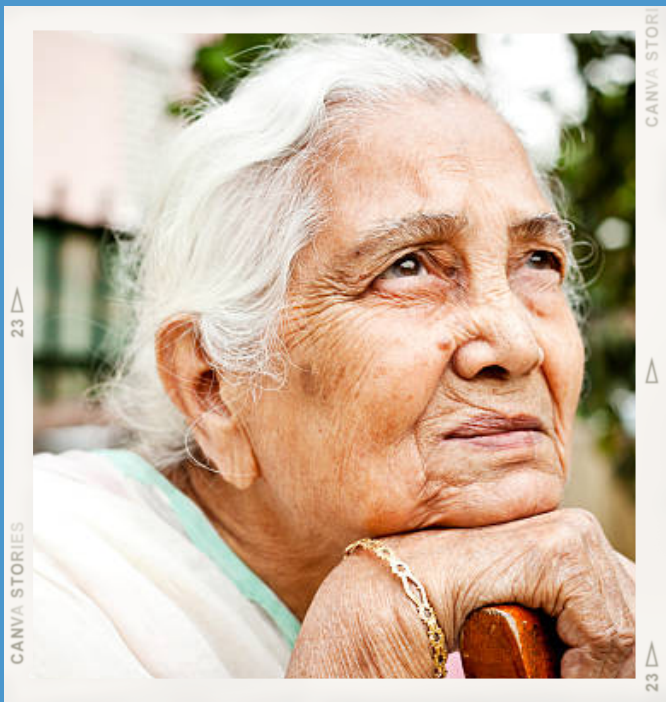
Three-Step Approach to Identify Common Behaviors and Their Causes

- 1 Identify and examine the behavior - Look at their behavior and identify the trigger events
- 2 Explore Potential solutions - Find out if the needs of the person are met or not.
- 3 Try Different Responses: Check whether the new response helped or not. If not explore other potential causes and solutions.



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DEMENTIA: PREVENTION & MANAGEMENT



National Institute of Social Defence

Ministry of Social Justice and Empowerment

Government of India

WHAT IS DEMENTIA?

Dementia is a brain disorder and the most devastating illness of old age. It increases with advancing age. It may result in personality changes and behavioral problems. Ultimately these problems result in changes in the individual's ability to work, to fulfill social and family responsibilities, and to perform activities of daily living.

WHAT HAPPENS?

Cognitive changes

Loss of reason, logic & judgment

Loss of Memory

Short term
Long term

Bedridden & Completely dependent on Others

Death due to opportunistic infections

Physical Changes

Inability to recognize self/Unable to speak or walk/Incontinence

Behavioural Changes

Hallucinations, delusions, anxiety, paranoia/Aggression, inappropriate behaviour/Disinterest in social activities, depression wandering



Regular Check-ups

Exercise

Around the clock help

Brain stimulating activities

Social interaction

Balanced Diet

Dementia:
Care at Home

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Managing Dementia

The care should be given according to its cause, the onset of illness, and severity. The main aim is to make the patient's life easier and pleasant. There is no effective treatment of dementia but we can help the patient in adjustment to life and coping with stress.

1

Reduce Environmental confusion

Approach the patient in a pleasant, calm way. Maintain a living schedule with minimal to keep the patient at par with daily activities. Reliance can be laid on lists of activities, reminding notes, labels on items; pictures, diagrams etc. for better retention.

2

Increase Environmental cues

Include environmental stimulation as part of the conversation. E.g.: Prior to switch on the light late in the evening, tell the patient that the day is going to be over and we need light, and hence switch on the light.

3

Tips for better communication

Listening, maintain eye contact, care, hearing about their experiences without interrupting, avoid critiquing and arguing, help them to be more expressive, understand their emotions. One must use short simple ways to communicate better. Be patient.