

Protection of Senior Citizens in Old Age Homes: Indispensable in promoting their Well-being

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Article Received: 05-June-2023

Revised: 25-June-2023

Accepted: 15-July-2023

ABSTRACT:

The protection of senior citizens is considered to be the priority of individuals, employed in old age homes. The organizations of old age homes are required to be in such a manner that senior citizens feel protected and safe. This is regarded to be of utmost significance in promoting good health and well-being, physically as well as psychologically. One of the important aspects that needs to be taken into account is, the personnel need to focus on making provision of infrastructure, amenities and facilities. The senior citizens are required to be well-equipped in terms of different types of measures and approaches, which would be facilitating in leading to protection. Within rooms, almirahs are required to be kept locked. The senior citizens may have certain concerns in terms of various factors. Hence, they are required to be listened to and one should make provision of support and assistance to them. Furthermore, the senior citizens are required to be provided with the opportunities, which would enable them to enjoy their stay in old age homes. Therefore, protection of senior citizens in old age homes is indispensable in promoting their well-being. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of protection of senior citizens in old age homes, factors highlighting the protection of senior citizens in old age homes and effects of protection of senior citizens in old age homes.

Keywords: *Effects, Goodwill, Information, Living Conditions, Protection, Old Age Homes, Senior Citizens, Up-gradations*

INTRODUCTION:

The senior citizens live in old age homes, particularly when they do not feel comfortable living with their family members. They normally form the viewpoint that within old age homes, they will be able to live their lives with dignity and respect. Within old age homes, there are number of factors that are facilitating in protecting the senior citizens. It is apparently understood that they are overwhelmed by number of health problems and illnesses, i.e. pain in the joints, high blood pressure, low blood pressure, kidney disorders, heart problems and so forth. Hence, within old age homes, the medical practitioners and health care specialists are invited. They put into operation the job duties of treating and taking care of needs and requirements of senior citizens. Hence, when they form the viewpoint that they have others to take care of their medical and health care facilities, they will be able to live their lives with peace of mind. Therefore, protection of senior citizens in old age homes is acknowledged, when they are provided with medical and health care facilities.

The senior citizens also in some cases are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression (Sarokin, 2019). These are experienced due to number of factors, i.e. loneliness and seclusion, health problems and

illnesses and so forth. Hence, in order to provide solutions to these problems, the senior citizens are provided with counseling and guidance facilities. The professional counselors conduct the analysis of the causes of problems. After the analysis is conducted, they are providing useful solutions to senior citizens. The senior citizens need to acquire an efficient understanding of the solutions and implement these in an effective manner. The senior citizens are required to be well-versed in terms of measures and approaches, which would be facilitating in providing solutions in a satisfactory manner. One of the important aspects is, within old age, senior citizens are required to make sure that their psychological problems do not have unfavorable effects on their health conditions. Therefore, protection of senior citizens in old age homes is acknowledged, when they are provided with counseling and guidance services.

Understanding the Meaning and Significance of Protection of Senior Citizens in Old Age Homes

The senior citizens in some cases are overwhelmed by various types of criminal and violent acts as well, i.e. verbal abuse, physical abuse, neglect, mistreatment, theft and robbery. The senior citizens are required to be well-versed in terms of measures, which would be facilitating in curbing various types of criminal and violent acts. They are required to put into practice

communication processes in an effective manner. This is facilitating in augmenting information in terms of various factors and acquiring reverence from others. Furthermore, they need to make sure, they keep doors and windows locked. Within their rooms, valuables need to be kept in almirahs. These factors are facilitating in curbing various types of criminal and violent acts and preventing theft and robbery. As a consequence, they will render an important contribution in preventing the occurrences of various types of criminal and violent acts. Therefore, one is able to acquire an efficient understanding of the meaning and significance of protection of senior citizens in old age homes, when measures are been implemented in curbing various forms of criminal and violent acts.

Within old age homes, it is necessary to make provision of infrastructure, amenities and facilities. These are, power supplies, water supplies, clean drinking water, restrooms, furniture, heating and cooling equipment in accordance to the weather conditions, tools, machines, technologies, apparatus, devices and so forth. As a consequence, the senior citizens feel comfortable living in old age homes. Furthermore, they are able to take care of their health conditions, both physically as well as psychologically. The senior citizens need to ensure, these are available within their rooms. Furthermore, they will be able to carry out their tasks and activities in a well-ordered and disciplined manner. In other words, when they are engaged in certain types of tasks and activities, they will contribute efficiently in doing well in them. The individuals feel safe and secure, when they are putting into practice different types of job duties and responsibilities in a well-ordered manner. Therefore, individuals are able to acquire an understanding of the meaning and significance of protection of senior citizens in old age homes, when there will be availability of infrastructure, amenities and facilities.

There are organizations of certain types of functions and events within old age homes. These are social, cultural, economic, political, and religious. The senior citizens are participating in different functions with interest and enthusiasm (2004 World Survey, 2006). They depict their talents of singing, dancing, role playing, and so forth. In this manner, they not only incur the feelings of pleasure and contentment, but also feel protected. Furthermore, they enjoy their stay in old age homes. The senior citizens incur the feeling of satisfaction. They need to ensure, they are putting into practice their tasks and activities in a manner, which would promote well-being of not only themselves, but also others. Hence, they feel protected. One of the important aspects that need to be taken into account is, participation is facilitating in alleviating loneliness and establishing linkages with other members. Therefore, an understanding of the meaning and significance of protection of senior citizens in old age homes is acquired, when individuals are participating in

different types of functions and events in a satisfactory manner.

Factors highlighting the Protection of Senior Citizens in Old Age Homes:

The old age homes are found throughout the country in both urban and rural communities. The individuals in charge are required to be well-versed in terms of different types of measures and procedures, which would be facilitating in leading to up-gradation of old age homes. One of the important aspects that needs to be taken into account is, measures and procedures need to be facilitating in promoting well-being and goodwill of senior citizens. The positivity needs to be reinforced in putting into practice different types of measures and procedures (Vatsala, Prakash, & Prabhavati, 2017). The individuals in leadership positions are vested with the authority and responsibility of guiding and leading others in the right direction. As a consequence of working in collaboration and integration, the individuals are rendering an important contribution in leading to up-gradation of old age homes. Promoting well-being and goodwill of senior citizens is regarded as one of the primary objectives of old age homes. The possession of information in terms of factors highlighting the protection of senior citizens in old age homes would be facilitating on a comprehensive basis. These factors are stated as follows:

Providing Medical and Health Care Facilities:

It is apparently understood that in old age, individuals are overwhelmed by number of health problems and illnesses, i.e. pain in the joints, high blood pressure, low blood pressure, kidney disorders, heart problems, visual impairments, hearing impairments, speech disorders, memory loss and so forth. Hence, within old age homes, the medical practitioners and health care specialists are invited. They make visits on regular basis. They put into operation the job duties of treating and taking care of needs and requirements of senior citizens. The senior citizens convey them regarding problems and seek useful solutions, which would be facilitating. Hence, when they form the viewpoint that they have others to take care of their medical and health care facilities, they will be able to live their lives with peace of mind. Furthermore, they will be able to alleviate physical and psychological problems. Hence, it is well-understood, protection of senior citizens in old age homes is acknowledged, when they are provided with medical and health care facilities. Therefore, providing medical and health care facilities is regarded as one of the indispensable factors highlighting the protection of senior citizens in old age homes.

Providing Counseling and Guidance Services:

The senior citizens in some cases are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These are experienced due

to number of factors, i.e. loneliness and seclusion, health problems and illnesses, staying at a distance from family members and so forth. Hence, in order to provide solutions to these problems, the senior citizens are provided with counseling and guidance facilities. The professional counselors conduct the analysis of the causes of problems. After the analysis is conducted, they are providing useful solutions to senior citizens. The senior citizens are required to hone their listening skills. These are facilitating in acquiring an efficient understanding of all types of solutions and implement these in an effective manner. The senior citizens are required to be well-versed in terms of measures and approaches, which would be facilitating in providing solutions in a satisfactory manner. One of the important aspects is, within old age, senior citizens are required to make sure that their psychological problems do not have unfavorable effects on their health conditions. Therefore, providing counseling and guidance services are one of the significant factors highlighting the protection of senior citizens in old age homes.

Curbing various forms of Criminal and Violent Acts:

The senior citizens in some cases are overwhelmed by various types of criminal and violent acts as well, i.e. verbal abuse, physical abuse, neglect, mistreatment, emotional abuse, theft and robbery. The senior citizens are required to be well-versed in terms of measures, which would be facilitating in curbing various types of criminal and violent acts. They are required to put into practice communication processes in an effective manner. This is facilitating in augmenting information in terms of various factors and acquiring reverence from others. Furthermore, they need to make sure, they keep doors and windows locked. Within their rooms, valuables need to be kept in almirahs. These factors are facilitating in curbing various types of criminal and violent acts and preventing theft and robbery. As a consequence, they will render an important contribution in preventing the occurrences of various types of criminal and violent acts. As a consequence, the senior citizens will feel protected. Furthermore, they will curb the psychological problems of stress and anxiety from assuming a major form. Therefore, curbing various forms of criminal and violent acts is an expedient factor highlighting the protection of senior citizens in old age homes.

Providing Infrastructure, Amenities and Facilities:

Within old age homes, it is of utmost significance to make provision of infrastructure, amenities and facilities. These are, power supplies, water supplies, clean drinking water, restrooms, furniture, heating and cooling equipment in accordance to the weather conditions, tools, machines, technologies, apparatus, devices and so forth. The management of financial

resources is vital. Furthermore, services are acquired from service providers. As a consequence, the senior citizens feel comfortable living in old age homes. Furthermore, they are able to take care of their health conditions, both physically as well as psychologically. The senior citizens need to ensure, these are available within their rooms. Furthermore, they will be able to put into practice all types of job duties and responsibilities in a well-ordered and disciplined manner. In other words, when they are engaged in certain types of tasks and activities, they will contribute efficiently in doing well in them. The individuals feel safe and secure, when they are putting into practice different types of job duties and responsibilities in a well-ordered manner. Therefore, providing infrastructure, amenities and facilities is an eminent factor highlighting the protection of senior citizens in old age homes.

Organizations of certain Types of Functions and Events:

There are organizations of certain types of functions and events within old age homes. These are social, cultural, economic, political, and religious. The senior citizens are encouraged to participate in different functions with interest and enthusiasm. The main reason being, these are organized to promote their well-being and goodwill. They depict their talents of singing, dancing, role playing, and so forth. In this manner, they not only incur the feelings of pleasure and contentment, but also feel protected. Furthermore, they enjoy their stay in old age homes. The senior citizens incur the feeling of satisfaction, when they get engaged in different types of pleasurable activities. They need to ensure, they are putting into practice their tasks and activities in a manner, which would promote well-being of not only themselves, but also others. In other words, they aspire to make others happy, as a consequence, they feel protected. One of the important aspects that need to be taken into account is, participation is facilitating in alleviating loneliness and establishing linkages with other members. Therefore, organizations of certain types of functions and events are a productive factor highlighting the protection of senior citizens in old age homes.

Providing Opportunities to Senior Citizens to Depict their Talents:

As a consequence of organizations of different types of functions and events in old age homes, the senior citizens are provided with the opportunities to depict their talents. They depict their talents of singing, dancing, role playing, playing of musical instruments and so forth. Furthermore, they are provided with the opportunities of producing various types of artworks and handicrafts. In this manner, they not only incur the feelings of pleasure and contentment, but also feel protected. Furthermore, they enjoy their stay in old age homes. The senior citizens incur the feeling of

satisfaction, when they get engaged in different types of pleasurable and creative activities. They need to ensure, they are putting into practice different types of creative skills in a manner, which would promote well-being of not only themselves, but also other members. In other words, they aspire to make all other members happy, as a consequence, they feel protected. Furthermore, protection is reinforced as a consequence of strengthening the traits of morality, ethics, diligence and conscientiousness. Therefore, providing opportunities to senior citizens to depict their talents is a renowned factor highlighting the protection of senior citizens in old age homes.

Implementing Grievance Redresser Procedures:

Within old age homes, the senior citizens are overwhelmed by number of problems and challenging situations, i.e. health problems, illnesses, psychological problems, loneliness, seclusion, poverty, illiteracy, unawareness in terms of various factors, backwardness and so forth. These are having detrimental effects on the health conditions of senior citizens, both from physical as well as psychological perspectives. Hence, within old age homes, there should be implementation of grievance redresser procedures. These are facilitating to senior citizens in addressing their grievances. These are redressed in a verbal and written form. As a consequence, other members will be able to acquire an efficient understanding of the grievances that are overwhelming to senior citizens. As a consequence, different types of measures will be implemented in order to provide solutions to all their problems. In this manner, senior citizens are contributing efficiently in putting into operation their tasks satisfactorily. The main reason being, their dilemmas and grievances will be solved in an effective manner. As a consequence, senior citizens will feel protected. Therefore, implementing grievance redresser procedures is a notable factor highlighting the protection of senior citizens in old age homes.

Communicating with Senior Citizens in an Effective Manner:

The senior citizens are to be communicated with in an effective manner. Through putting into operation effective communication processes, the senior citizens are not only augmenting their knowledge and understanding regarding various factors, exchanging different types of ideas and viewpoints, obtaining answers to all types of questions and overcoming setbacks. The other senior citizens, professional counselors, medical practitioners, health care specialists and other staff members are required to communicate with senior citizens in an effective manner. Furthermore, they are required to be well-versed in terms of communication ethics, i.e. making use of polite language and decent words, treating each other with respect and courtesy, maintaining eye

contact when communicating face to face, having pleasant facial expressions and possessing an approachable nature and an amiable attitude. The senior citizens feel protected, when they have other individuals to discuss their ideas and viewpoints. Furthermore, the senior citizens will be able to share their joys and sorrows and feel protected. In addition, this is soothing in promoting good physical and psychological health conditions. Therefore, communicating with senior citizens in an effective manner is an advantageous factor highlighting the protection of senior citizens in old age homes.

Alleviating Loneliness and Seclusion:

The senior citizens are overwhelmed by the feelings of loneliness and seclusion. These are regarded as distressful conditions, which are unhealthy for senior citizens. Hence, it is of utmost significance to be well-versed in terms of methodologies and procedures, which are facilitating in alleviating loneliness and seclusion. These conditions have unfavorable effects on their health conditions, physically as well as psychologically. Hence, within old age homes, the senior citizens are provided with the opportunities to alleviate loneliness and seclusion. The other senior citizens, professional counselors, medical practitioners, health care specialists and other staff members are required to communicate with all senior citizens in an effective and respectful manner. In other words, they need to put emphasis on forming an effective social circle. The senior citizens feel protected, when they have other individuals to discuss their ideas and viewpoints. Furthermore, the senior citizens will be able to share their joys and sorrows and feel protected. In addition, this is considered vital as well as useful in promoting good physical and psychological health conditions. Therefore, alleviating loneliness and seclusion is a favorable factor highlighting the protection of senior citizens in old age homes.

Creating Amiable Environment within Old Age Homes:

In order to feel protected, it is necessary for senior citizens to be well-versed in terms of all types of measures for creating amiable environment within old age homes. These are, making use of polite language and decent words; treating each other with respect and courtesy; maintaining eye contact when communicating face to face; having pleasant facial expressions; possessing an approachable nature and an amiable attitude; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; putting in efforts to one's best abilities; coping with psychological problems of anger, stress, anxiety, frustration and depression; promoting a normal mindset and contributing in keeping the environment clean. As a consequence of acknowledging and implementing all these factors, there will be formation of pleasant

and amiable environment within old age homes. The life experience of the senior citizens enables them to generate information in terms of all these factors. Furthermore, they generate information in terms of these, when they get admitted within old age homes. Therefore, creating amiable environment within old age homes is a useful factor highlighting the protection of senior citizens in old age homes.

Effects of Protection of Senior Citizens in Old Age Homes:

The senior citizens, irrespective of their occupations, communities, categories and socio-economic backgrounds live in old age homes, particularly when they do not feel comfortable living in their homes. They normally form the viewpoint that within old age homes, they will be able to live their lives with dignity and respect. Furthermore, they will have access to all the materials and amenities, which would be facilitating in promoting enrichment of their overall standards of living (Veda, & Gadkar, 2017). Within old age homes, there are number of factors that are protecting the senior citizens. When conducting research on protection of senior citizens, it is necessary to be well-versed in terms of effects on protection of senior citizens in old age homes. These are, senior citizens will reinforce a normal mind-set; they will form positive viewpoints regarding various factors; reinforcing a constructive approach; possessing an approachable nature and amiable attitude; promoting well-being and goodwill of others and leading to up-gradation of overall living conditions. These are stated as follows:

Senior Citizens will reinforce a Normal Mind-set:

The senior citizens in some cases are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These are experienced due to number of factors, i.e. loneliness and seclusion, health problems and illnesses, staying at a distance from family members and so forth. Hence, in order to provide solutions to these problems, the senior citizens are required to implement communication processes with other members (Saxena, n.d.). In this manner, they are providing useful solutions to senior citizens. The senior citizens are required to hone their listening skills. These are facilitating in acquiring an efficient understanding of all types of solutions and put these into operation in an effective manner. As a consequence, senior citizens will feel protected and will render an important contribution in reinforcing a normal mind-set. Therefore, senior citizens will reinforce a normal mind-set is regarded as one of the indispensable effects of protection of senior citizens in old age homes.

They will form Positive Viewpoints regarding various Factors:

As a consequence of feeling protected, senior citizens will form positive viewpoints in terms of various factors within old age homes. Furthermore, they will communicate and deal with other individuals in a satisfactory manner. In this manner, they will contribute efficiently in enjoying their stay within old age homes. They are required to put into practice communication processes in an effective manner. This is facilitating in augmenting information in terms of various types of subjects and concepts. In addition, communicating with others in a decent manner is facilitating and acquiring reverence from others. As a consequence, the senior citizens will enjoy their stay within old age homes. Furthermore, they will render an important contribution in promoting good health, both physically as well as psychologically. Therefore, they will form positive viewpoints regarding various factors are one of the significant effects of protection of senior citizens in old age homes.

Reinforcing a Constructive Approach:

When senior citizens feel protected, they will render an important contribution in reinforcing a constructive approach. Furthermore, they will interact and deal with other individuals in a satisfactory manner. In this manner, they will contribute efficiently in enjoying their stay within old age homes. They are required to get engaged in different tasks and activities, which are facilitating in promoting well-being and goodwill of other members. For example, when they produce an artwork or a handicraft and display it in the exhibition or event, they will acquire appreciation and reverence from other members. In this manner, they will contribute efficiently in promoting a normal mind-set. Furthermore, they will reinforce a constructive approach towards their tasks as well as in dealing and working with others. Therefore, reinforcing a constructive approach is an expedient effect of protection of senior citizens in old age homes.

Possessing an Approachable Nature and Amiable Attitude:

There are organizations of certain types of functions and events within old age homes. These are social, cultural, economic, political, and religious. The senior citizens are participating in different functions with interest and enthusiasm. They depict their talents of singing, dancing, role playing, and so forth. In this manner, they not only incur the feelings of pleasure and contentment, but also feel protected. Furthermore, they enjoy their stay in old age homes. The senior citizens incur the feeling of satisfaction. They need to ensure, they are putting into practice their tasks and activities in a manner, which would be facilitating to other members. This signifies that senior citizens possess an approachable nature and amiable attitude. One of the important aspects that needs to be taken into account is, this is facilitating in development of mutual understanding with other members. Therefore,

it is well-understood, possessing an approachable nature and amiable attitude is a meaningful effect of protection of senior citizens in old age homes.

Promoting Well-being and Goodwill of others:

The senior citizens get engaged in different tasks and activities, which are facilitating in promoting well-being and goodwill of others. For example, other senior citizens or staff members may be overwhelmed by various types of problems and challenging situations, for which they need to acquire ideas and suggestions. Hence, the life experience of senior citizens enables them to be well-informed in terms of different types of subjects and concepts. In this manner, they will render an important contribution in making provision of useful ideas and suggestions, which would be facilitating in providing solutions to problems of others. When senior citizens are skilled at production of artworks and handicrafts or singing, dancing etc., the other members depict interest in learning from them, hence, they make provision of classes and train them in terms of talents. In this manner, senior citizens are rendering an important contribution in promoting well-being and goodwill of others. Therefore, it is understood on a comprehensive basis, promoting well-being and goodwill of others is a useful effect of protection of senior citizens in old age homes.

Leading to Up-gradation of overall Living Conditions:

Leading to up-gradation of overall living conditions is regarded as one of the primary goals of individuals, irrespective of communities, categories and socio-economic backgrounds. In order to achieve this goal, there are number of factors, which are to be understood, i.e. making use of polite language and decent words; treating each other with respect and courtesy; maintaining eye contact when communicating face to face; having pleasant facial expressions; possessing an approachable nature and an amiable attitude; coping with different types of health problems and illnesses in a satisfactory manner; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; putting in efforts to one's best abilities; coping with psychological problems of anger, stress, anxiety, frustration and depression and forming cordial and amiable terms and relationships with others. As a consequence of acknowledging and implementing these factors, individuals are contributing efficiently in achievement of this goal. Furthermore, senior citizens will also achieve their desired goals. Therefore, leading to up-gradation of overall living conditions is a favorable effect of protection of senior citizens in old age homes.

CONCLUSION:

Within old age homes, factors are facilitating in protecting senior citizens. Factors highlighting the protection of senior citizens in old age homes are, providing medical and health care facilities, providing counseling and guidance services, curbing various forms of criminal and violent acts, providing infrastructure, amenities and facilities, organizations of certain types of functions and events, providing opportunities to senior citizens to depict their talents, implementing grievance redresser procedures, communicating with senior citizens in an effective manner, alleviating loneliness and seclusion and creating amiable environment within old age homes. Effects of protection of senior citizens in old age homes are, senior citizens will reinforce a normal mind-set; they will form positive viewpoints regarding various factors; reinforcing a constructive approach; possessing an approachable nature and amiable attitude; promoting well-being and goodwill of others and leading to up-gradation of overall living conditions. Finally, it can be stated, when senior citizens will feel protected, they will enjoy their stay in old age homes.

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