

## **Introduction**

The program builds domain and behavioral competency to promote active aging in hospitals, homes, and habits. Active aging optimizes opportunities for effective utilization of health services and social security schemes and promotes civic participation to enhance the quality of life as people age. The demographic transition with rapidly changing social support in India mirrors the trend of growing older. According to the UN Population Funds India Ageing Report, in 2023, India's 60 years and above population will double from 10.5 % to approximately 35 % by 2050.

The government of India has initiated several policies and programs to promote active aging and address the needs of its aging population. One of the significant policy documents in this regard is the National Policy on Older Persons, which aims to ensure the well-being and security of older persons in India by addressing various aspects such as healthcare, financial security, social integration, and protection of their rights. The National Programme for the Health Care of the Elderly (NPHCE), launched in 2010, focuses on providing comprehensive healthcare services to older adults, including preventive, promotive, curative, and rehabilitative services.

Unfortunately, the elderly population without active aging is vulnerable to alienation, a less active lifestyle, and increased expenditures on health and well-being. The program aims to reverse this trend by developing a holistic approach that promotes physical, mental, and social well-being. This will allow individuals to continue engaging in meaningful activities and contribute to their happiness and fulfillment.

To reverse the trend by promoting vibrant, fulfilling lives for senior citizens, the Training Course on Active Ageing and Well-Being for Healthcare Professionals is tailored for today's dedicated caregivers. This comprehensive program delves into the latest problem-solving, evidence-based techniques, and skills essential for optimizing the well-being of older adults. In addition to medical experts and policy and development experts, the program will provide an opportunity for lived experience with a visit to an Old Age Home or geriatric Ward of a Hospital.

This course offers a transformative learning experience under the mentorship of our esteemed experts in gerontology and healthcare. Led by professionals with a wealth of experience, it equips healthcare professionals with the knowledge and tools needed to champion the vitality and dignity of our aging population. Join us in shaping a brighter future for seniors, one filled with vitality, purpose, and joy.

### **General Objective**

To develop domain and behavioral competencies with skill and knowledge related to healthy and active ageing for caregivers as leaders to create inclusive active old age society.

### **Specific Objectives**

At the end of the training programme, the participants will be able to:

- Discuss the programmes and policy, including the NPHCE
- Identify prevalent health issues affecting the elderly population.
- Discuss mental health concerns and strategies to alleviate social isolation and loneliness among the elderly
- Enhance understanding of assistive devices for promoting active aging.
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- Explore the principles and practices of geriatric palliative care.



## **Course Contents**

The following topics/contents will be covered during the training:

- Overview of National program for health care of elderly (NPHCE);
- Health issues affecting the elderly population
- Mental health concerns of elderly
- Strategies to alleviate social isolation and loneliness among the elderly
- Assistive devices for promoting active aging
- Elder abuse and explore prevention methods.
- Principles and practices of geriatric palliative care
- Effective communication for caregivers of the elderly
- Counselling skills for caregivers of the elderly
- Strategies for developing support systems for elderly individuals with special needs



### **Methodology**

The training course would be based on experiential and participatory techniques. The medium of instruction will be English/Hindi.

- Exercise, Group Work
- Role Play, Use of Audio Video Aids
- Lecture Discussion, Case Study
- Field Immersion

### **Nature of Participants**

The course participants will be health professionals from health institutions, medical colleges, and other institutions working on elderly health. The health professionals include doctors, nurses, paramedics, and other healthcare providers.

### **Course Coordinating Team**

Course Coordinator: Prof. Meerambika Mahapatro  
Co-coordinator: Dr. Sarita Gautam  
Dr. Monika Saini  
Course- Associate: Ms. Rita Rani  
Dr. Sangita Mishra

### **About the Institute**

The National Institute of Health and Family Welfare is a premier autonomous institute funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country.

NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programmes in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.

### **Location of the Institute**

It is in South Delhi, near Jawaharlal Nehru University and Munirka DDA Flats. It is accessible from the Indira Gandhi International Airport and the New Delhi Railway Station, approximately 7 km and 15 km, respectively. Pre- paid taxis/auto-rickshaws are available.

### **Venue**

Teaching Block,  
The National Institute of Health and Family Welfare,  
Baba Gangnath Marg, Munirka,  
New Delhi-110067

### **Course Fee**

There is a course fee of Rs. 5000/- per participant, which can also be paid by online banking. This includes course materials, a working lunch, mineral water, and morning and evening tea with snacks for each participant. Boarding, lodging, and TA/DA expenses must be borne by the sponsoring organizations/ participants. The bank details are

Name of the beneficiary: Director NIHFW Bank  
Name & Branch: SBI, NIHFW, Munirka,  
New Delhi  
Account No.: 10932790787  
IFSC Code No.: SBIN0001624  
Branch Code No.: 01624  
MICR Code No.: 110002056

### **Accommodation**

Boarding and lodging facilities at applicable rates may be provided to the participants only within the Institute's campus subject to availability. Accommodation facilities for the participants will be provided upon prior request. The Institute will provide working lunch during the training period. The hostel email is [hostelbooking@nihfw.org](mailto:hostelbooking@nihfw.org), and reception phone numbers are 011-26165959, 26166441-ext-326

### **Registration link**

<https://forms.gle/EjY8bbSNiVmuRk6DA>

### **Last Date for Receiving Nominations**

**31<sup>st</sup> August 2024**

Participants are requested to make travel plans on receipt of confirmation for participation from the Coordinating team, NIHFW

### **Further Correspondence to be addressed to:**

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Ext. 234,  
**Mob. 996827729; Fax: 91-11-2610 1623**

### **Training Course on Active Ageing and Wellbeing for Healthcare Professionals**

**9<sup>th</sup> -11<sup>th</sup> September, 2024**



**The National Institute of Health and Family Welfare**  
**Munirka, New Delhi-110067**  
**Web Site: [www.nihfw.ac.in](http://www.nihfw.ac.in)**