

Aging in Place

Aging is also a sort of progressive disability and require support and help for continuing active aging. The situation of aging population in Kerala is moving towards an alarming level especially in the context of youngsters are compelled to flee outside Kerala and India in search of livelihood. This venture aims to address the growing needs of the elderly population by providing comprehensive support and services to enable them to age comfortably in their own homes.

Shifting to old age homes is not an acceptable solution to many middle-class families in Kerala. Snehabhavan-Kottayam is organizing an AgeGrace project in a social entrepreneurship model to provide the needy services to elderly who wish avail our services on the basis of reasonable cost-effective payments.

This service project aims to address the growing needs of the elderly population by providing comprehensive support and services to enable them to age comfortably at their own homes.

Project Name: **AgeGrace Solutions** (AGS) www.gracefulaging.in

Objectives:

- Improve the well-being and quality of life for the elderly population in Kerala.
- Provide comprehensive aging-in-place services, including healthcare, home modifications, social engagement, and emotional support.

List of various support and assistance that might be required to enable elderly individuals to continue living independently in their own homes as they age:(only a field study would bring out the real scenarios in Kottayam and surrounding places)

1. **Home Healthcare Services:** Professional caregivers provide medical and non-medical assistance at home, including medication management (including assisting with medication reminders, organizing pillboxes, and coordinating with healthcare professionals), nursing care, physiotherapy, and companionship.
2. **Medical Equipment Rental:** Rental services that offer medical equipment such as wheelchairs, walkers, hospital beds, and oxygen concentrators to assist with mobility and healthcare needs.
3. **Home Modifications:** Home modifications can make adjustments to the living environment to enhance accessibility, such as installing ramps, grab bars, handrails, and bathroom modifications.
4. **Personal Emergency Response Systems (PERS):** These systems consist of wearable devices or home-based units that allow seniors to call for help in case of emergencies. They connect to a 24/7 monitoring service.
5. **Home Delivered Meals:** Services that provide nutritious and customized meals delivered to the elderly person's doorstep, ensuring they have access to balanced meals even if they have difficulty cooking.
6. **Assisted Transportation:** Transportation services specifically designed for older adults, offering safe and accessible transport for medical appointments, grocery shopping, social outings, and other essential trips.
7. **Social Support Services:** offer social support, companionship, counselling, and recreational activities to combat loneliness and isolation among the elderly.

8. **Home-Based Personal Care:** Assistance with activities of daily living (ADLs) such as bathing, grooming, dressing, and toileting, provided by trained elder caregivers at the individual's home.
9. **Memory Care Services:** Specialized care services for individuals with dementia or Alzheimer's disease, including memory-enhancing activities, cognitive exercises, and caregiver support.
10. **Geriatric Care Management:** Professional care managers who provide comprehensive assessments, care planning, coordination of services, and advocacy to ensure holistic care for seniors.
11. **Fall Prevention Programs:** Initiatives that focus on identifying and addressing fall risks in the home, including home assessments, balance training, and education on fall prevention strategies.
12. **Engaging activities:** Visits, picnics, celebrations, prayer meetings, & social gatherings
13. **Laundry Services:**
14. **Home Cleaning and maintenance Services:**
15. **Garden Maintenance Services:**
16. **Financial Planning and Management Services, including income tax returns if applicable:**
17. **Paying Taxes, Electricity Bills, Water Bills, and Internet Bills:**

Those interested may please contact:

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