



## REVIEW OF RESEARCH

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### LIFE CARE HOME-A NECESSITY OF MODERN ERA



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#### ABSTRACT:

*urbanization, modernization, industrialization, and globalization have brought major transformations in the family in the form of structural and functional changes. As a outcome of these socio-demographic changes, older adults at times are required to shift from their own place to some institutions/old age homes. The life of the elderly in care home, often referred to home away from home. In this pressing context, the present paper attempts to capture the situations of care delivered by these institutions and the need of establishment of such institutions in Sangli district.*

**KEYWORDS:** *old age homes, community, family, freedom, relax life, mental health, physical health.*

#### 1.1 INTRODUCTION :

Ageing is everybody's problem as everyone is bound to age and experience. Ageing is a point of life which does not take place wholly sudden. The senior are like the setting sun that retreats into the night after life giving, light during the day. Getting old is normal and natural. It is a stage provoked with physical and mental problems. Very rare people reach old age completely free of diseases. Senior citizens across the world are not getting the suitable health care they need because governments and the society are not alert of their problem. Growing urbanization and fast moving modern life have added to the problem.

Furthermore, the destruction of moral values has also aggravated the situation. Earlier, when life was simpler and values were more valuable, the elderly held an enviable place in family and society. However, with the changes in the arrangement and functions of family, many elderly lost their space in family and had to move to old age homes as their final haven. The dynamics in the structure and functions of family along with the ongoing changes in social values have put serious indent on the space the elderly had been enjoying, bringing old age homes to the focus of discourse on ageing. It is been rightly quoted by Thomas Aldrich that **To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age.** This triumph can be provided only by making them comfortable by accompanying with their friends and by getting feeling of family through old age institutions or we can call it as a second home.

#### 1.2 OBJECTIVES

- To understand the institutional care given by the old age homes and
- To know the situation of physical and mental health of the elderly
- To know the need of establishment of old age home in sangli district

#### 1.3 HYPOTHESIS:

People prefer Old Age Home rather than living with their children.

**1.4 SIGNIFICANCE:**

This work contributes to our updated understanding of ageing and the consequent demand for additional people in senior living facilities. Current conditions and population predictions for India show that the growth rate of older individuals (aged 60 years and above) is comparatively faster than other regions of the world. Old age homes take over where families stop caring for the elderly. The population of older adults has been growing quickly in recent years due to a considerable increase in life expectancy, rise in the number of and proportion of older persons, and other factors. In the past, the family has been the main provider of material and emotional assistance for elderly people throughout Asia and the Indian family structure is frequently praised for its attributes such as support, tenacity, obligation, love, and senior care. Throughout addition to being well-known morally and societally in the nation, children's duty for their parents' welfare is codified in many Indian states' legal systems.

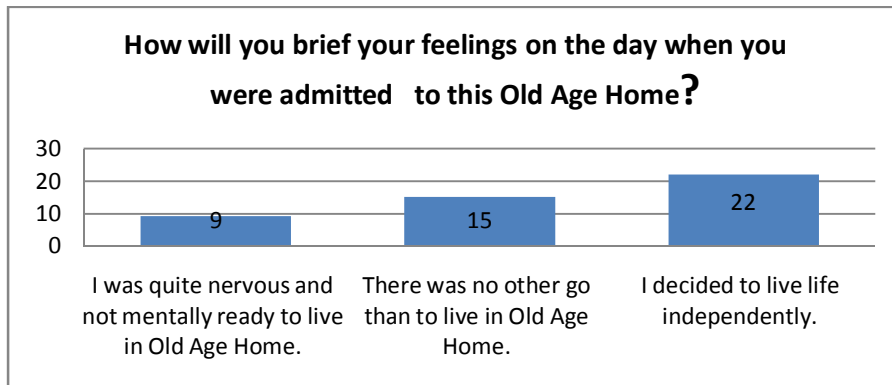
**1.5 RESEARCH METHODOLOGY:**

A survey of 30 female and 20 male residents of old age homes was conducted to better understand the needs of these facilities. The study's main goals were to learn about the residents' emotions and the reasons they entered these facilities, as well as the physical and mental health and institutional care they received

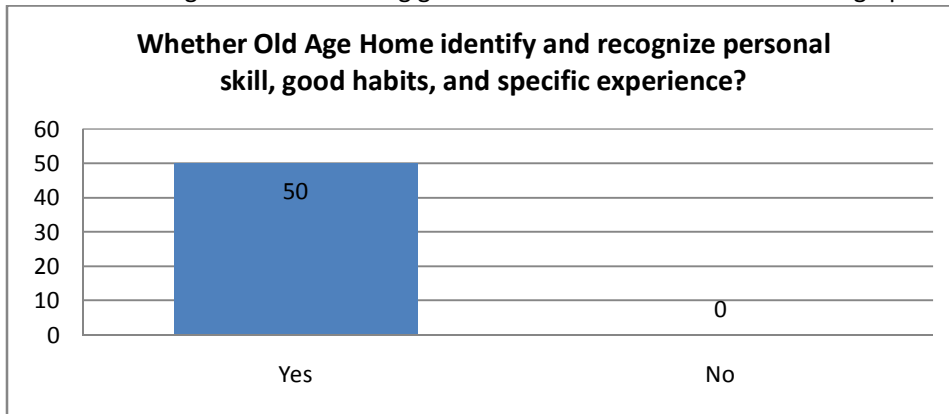
**1.6 RESULTS**

The diagrammatic depiction that follows clarifies the aforementioned goals.

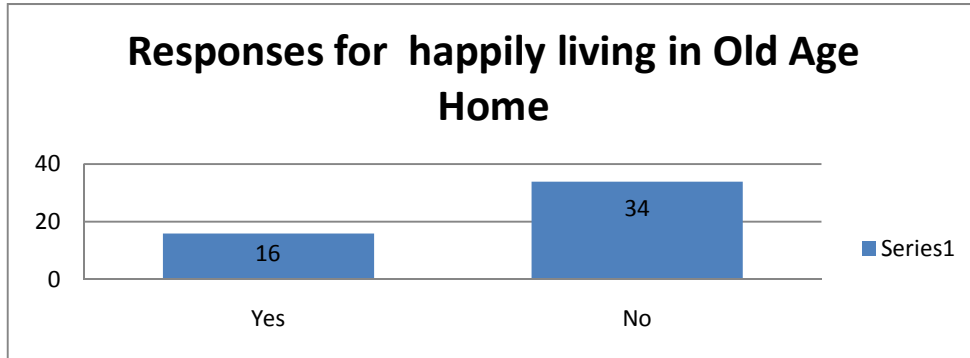
o How would you describe your emotions on the day you entered this nursing home?



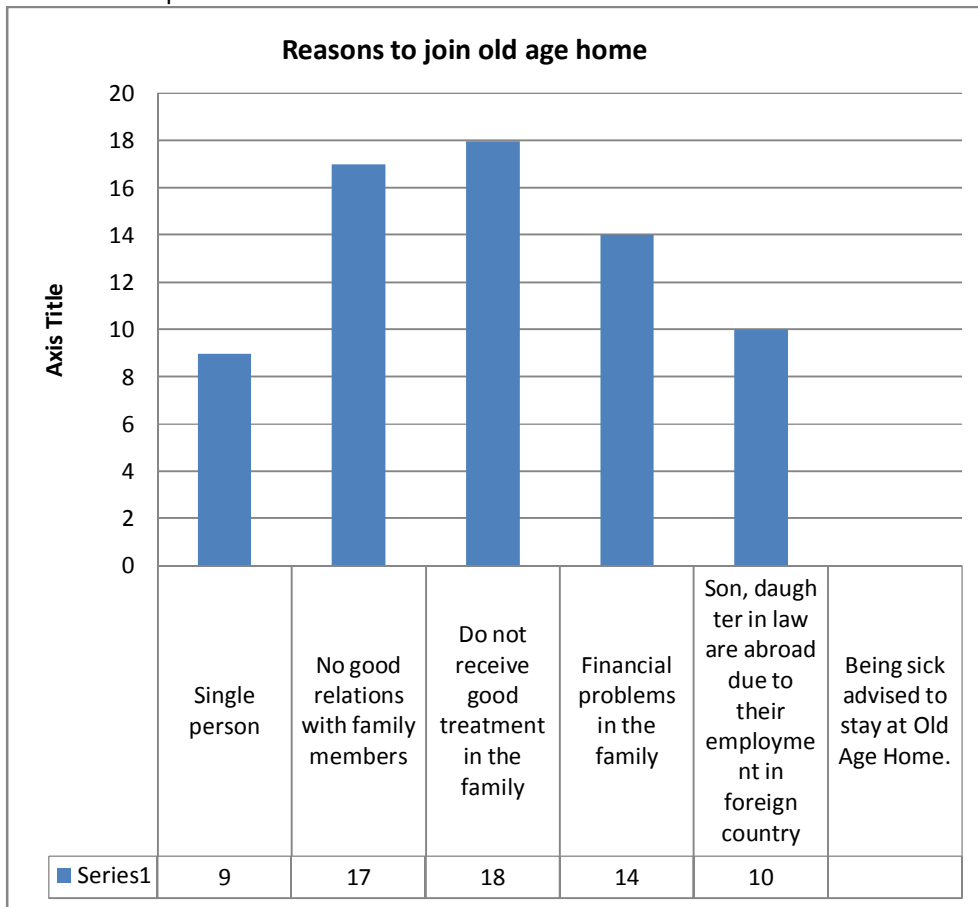
It can be cleared from the above that the respondents were happy to live their life independently so they have joined elderly homes. Where their personal skill and experiences were given a new path to develop a confidence among them also creating good mental health which is shown in graph below



Did people enjoy there rest of life with their friends in this homes asking this question 94% respondents were having best friends within these homes with whom they can share each and every thing thus these people are very happy to live in these place and won't wish to go back in family the responses for this were as follows



The most important thing which came into focus during the study was the reasons behind joining old age homes which is interpreted as below



Thus it is quite clear from the above interpretations that these institutions provide good care which in turn creates sense of belongingness with the institutions /homes.

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### 1.7 CONCLUSIONS

The increased span of life in India, a person over 65 years of age may be measured as aged. Education plays an imperative role to empowerment of people to progress their economic and social position and also enhanced the overall status of people. Misbehavior of children, financial crisis often lead to sense of Elderly people frequently choose other locations in order to live a problem-free life due to their ignorance and lack of emotional maintenance. Despite the constraints and difficulties that come with getting older, our later years can still be some of the most satisfying and fulfilling of our life.

It is clear from the aforementioned readings that our theory is correct, which means the Sangli district needs an old age home where residents can live independently, use their experiences to improve their mental health, and spend the rest of their lives in peace.

### 1.8 RECOMMENDATION AND SUGGESTION:

1. Community nursing curricula should be revised to equip students with the necessary knowledge and cultural sensitivity for caring for the elderly. They ought to be attentive listeners who care about and understand the concerns of senior citizens.
2. Senior citizens should be made aware of their right to self-education and the right to healthy bodily, psychological, and social wellbeing..
3. The old age home should be inspected several times a year by health authorities to ensure compliance with the old age act, thereby guaranteeing that the home provides adequate service.
4. Needs of this community is to be focused and number of old age homes are to be established

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