VISION

To transform lives in rural areas by building a sustainable and compassionate framework for elder care. SECT envisions a future where elderly individuals thrive with dignity, joy, and a sense of community. By advancing geriatric care training, steward leadership, and wellness programs, SECT aspires to set a benchmark for community-driven elder care solutions in India.

By blending innovation, training, and care, SECT continues its commitment to fostering a vibrant and supportive environment for the elderly in Karnataka.

OBJECTIVE

Sathya Educare Competency Trust (SECT), a Karnataka-based non-profit organisation, is committed to enhancing the quality of life for elderly individuals in rural communities. Through its initiatives—Geriatric Care Specialist Development, Geriatric Health Steward Program, Elder Wellness Centres, and Online Advanced Training for Caretakers—SECT seeks to create a holistic ecosystem of care. The organisation focuses on equipping caregivers with advanced skills, fostering emotional and social well-being, and promoting independence among the elderly.

ACTIVITY SUMMARY

Health Education Sessions: Covered critical topics including Gastric issues, Dementia, Diabetes, Anaemia, and Cataracts.Aimed at raising awareness about symptoms, prevention, and management strategies for these health conditions.

Interactive Games: Engaged participants in recreational activities to foster social interaction and mental stimulation.

Laughing Exercises: Conducted sessions to improve emotional well-being and reduce stress through laughter therapy.

CCA Activities: Organised creative and cultural activities (CCA) to encourage active participation and enhance cognitive functioning.

Health Checkups: Provided regular health assessments to monitor and address the physical health of the

WHATS NEW THIS MONTH

Health Education Sessions: Covered critical topics including Gastric issues, Dementia, Diabetes, Anemia, and Cataracts.Aimed at raising awareness about symptoms, prevention, and management strategies for these

Introduced distributing fruits at needy places.

Positive Impact

The wellness programs received tremendous support from librarians, SHG members, and administrative staff, ensuring smooth execution across various locations. Elderly participants showed remarkable enthusiasm, actively engaging in the programs and expressing their appreciation for the interactive activities and games. Outreach efforts were highly effective, with significant participation from men and women who enjoyed the wellness sessions and eagerly awaited the arrival of the team. The provision of fruits weekly further enhanced the participants' satisfaction, while old-age home residents found joy and comfort in the programs, valuing the focus on their well-being. Inclusivity was also emphasised, with plans to introduce games for physically challenged individuals, making the initiatives more accessible and enjoyable for all.

Challenges:

Medicines for Minor Issues: Frequent requests for medicines highlighted a gap in addressing minor health needs.

Nutritional Support and Walking Aids: Participants asked for nutritional supplements and walking sticks, indicating additional resource requirements.

Librarian Focus: In some areas, librarians lacked engagement, requiring the team to lead outreach independently. Discussions with PDOs and GP heads were initiated to address this.

SHG Absence: SHGs were missing in certain locations, necessitating personal outreach efforts to sustain participation.

Travel Challenges: Highway construction in some villages created accessibility issues for elderly participants.

Integration with Healthcare: People sought assistance for specific illnesses, emphasising a need to link wellness programs with healthcare services.

Low Participation in Some Areas: Limited interest among elderly individuals in specific locations highlighted the need for more engaging and tailored activities.

ACTIVITY SUMMARY OF ALL GRAMA PANCHAYATS ARIVU KENDRA

Week One

Date	Grama Panchayats	Male	Female
3-12-2024	Chandakawadi	10	15
3-12-2024	Kulagana	8	15
4-12-2024	Magla	4	3
4-12-2024	Santhemaralli	7	3
5-12-2024	Bhogapura	9	2
5-12-2024	Madapura	5	8
6-12-2024	Heggottara	10	2
6-12-2024	ummathur	5	9

Week Two

Date	Grama Panchayats	Male	Female
9-12-2024	Old age home	3	5
12-12-2024	Bhogapura	13	6
12-12-2024	Madapura	8	4
13-12-2024	Heggottara	10	4
13-12-2024	ummathur	4	6

Week Three

Date	Grama Panchayats	Male	Female
16-12-2024	Old age home	3	7
17-12-2024	Demahalli	18	12
17-12-2024	Kuderu	12	16
18-12-2024	Mangla	7	20
18-12-2024	Santhemaralli	8	6
19-12-2024	Bhogapura	15	12
19-12-2024	Madapura	4	10
20-12-2024	Heggottara	24	4
20-12-2024	Ummathur	5	9

Week Four

Date	Grama Panchayats	Male	Female
23-12-2024	Old age home	2	8
26-12-2024	bhogapura	16	13
26-12-2024	Madapura	15	8
30-12-2024	Old age home	3	9
23-12-2024	Old age home	2	8

GERIATRIC CARE STEWARD TRAINING

The **Geriatric Care Steward program** is a short-term training initiative aimed at empowering rural candidates from Chamarajanagar with essential skills in elder care. This intensive 5-day program combines practical and theoretical training to prepare participants for community-based geriatric care roles. It emphasises basic caregiving techniques, communication skills, and awareness of the physical, emotional, and social needs of elderly individuals.

Objective

The objective of this program is to establish home care services in every Grama Panchayat village. Trained stewards will visit elderly individuals, including those who are bedridden or have limited mobility, to support their well-being by monitoring their health conditions and providing both physical assistance and emotional support.

Outcomes:

Seventeen Self Help Group members from Chamarajanagar have successfully completed the Steward Program and are now equipped with the necessary skills to support the Trust's vision of serving the elderly in their homes. This initiative will begin in January 2025.

Challenges:

One of the challenges is that the SHG team is registered under Panchayat Raj and is engaged in various activities related to Panchayat Raj's responsibilities. This limits their availability to support us full-time. To address this, we have requested the Commissioner to grant permission for these trained stewards to dedicate specific hours to working with us.

ADVANCED TRAINING COURSE

SECT has designed the advanced course training to enhance the Geriatric care givers on specific skillsets like dementia care, Alzheimer's and palliative care for already trained caregivers. These programs will enable caregivers to specialise in handling complex elder care issues.

OBJECTIVES

Enhance Specialised Skills: Provide advanced training in specific areas such as dementia care, Alzheimer's management, and palliative care to improve caregivers' ability to handle complex geriatric conditions.

Introduce Latest Techniques: Equip caregivers with up-to-date methods and best practices for managing elderly patients with special needs, including rehabilitation and mental health support.

Improve Emergency Response: Offer training in critical areas like first aid, CPR, and managing medical emergencies effectively..
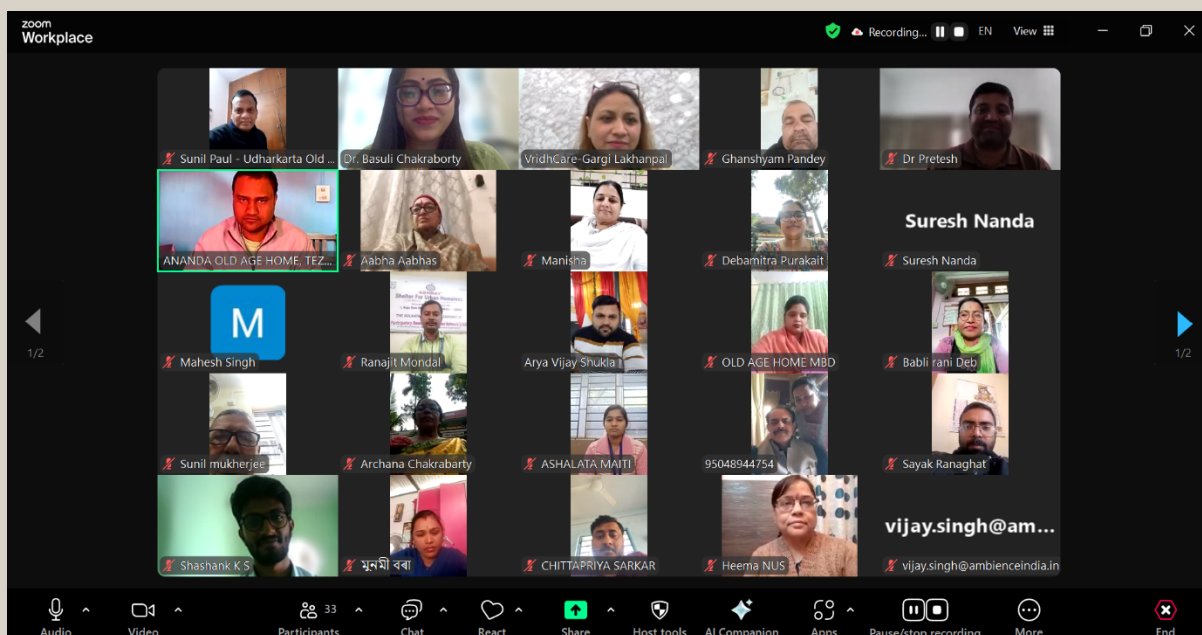
TRAINING UPDATES

Geriatric care Advanced training (Online Training)

Training duration: 2 days - 3 hours each day

Number of participants: 35 care givers across various old age home in India

The speaker: Dr.Preetesh Kiran - St.Johns Medical College

Way Forward

1. **Expansion of Geriatric Care Certification Training:**
   Scale the training program with the support of Grama Panchayat PDOs and volunteers to reach a broader audience across Chamarajanagar.

2. **Permission for Outreach Activities:**
   Seek approval from the CEO for conducting outreach programs to promote the Geriatric Care Certification training and engage more participants.

3. **Introduction of Wellness Activities in Additional Grama Panchayats:**
   Prepare to launch Wellness activities in 10 additional Grama Panchayats starting January 2025, enhancing the program's reach and impact.