



SATHYA EDUCARE COMPETENCY TRUST

MONTHLY REPORT

OCTOBER 2024

Objective and Vision

Sathya Educare Competency Trust, a non-profit organisation based in Karnataka, is on a noble mission to transform lives in rural areas. (SECT) aims to enhance the quality of life for elderly individuals through three primary initiatives: Geriatric Care Specialist Development, Geriatric Health Steward Program, and the Elder Wellness Centres. Our goal is to build an ecosystem of care that not only addresses the physical health needs of the elderly but also ensures their emotional, social, and psychological well-being.

Elder Wellness Program: Creating a Future of Dignity for Seniors

On 19th September 2024, Sathya Educare Competency Trust (SECT) launched the Elder Wellness Program at Chamarajanagar, in partnership with the Karnataka Panchayat Raj. This initiative introduced wellness activities in 10 Grama Panchayat Arivu Kendras, marking the start of a community-centered approach to elder care. Successfully implemented throughout October with support from Arivu Kendra librarians, Grama Panchayat PDOs, and Self-Help Groups, the program aims to enrich the lives of rural seniors.



Driven by SECT's vision of fostering respect and dignity for elders, the program focuses on:

- Improving physical health through regular exercise and health check-ups.
- Enhancing mental well-being through social engagement opportunities.
- Increasing access to health resources and education.
- Fostering community and belonging among rural seniors.
- Providing continuous support for sustained well-being.

IMPACT

Holistic Health Improvement: Addresses physical, mental, and emotional well-being.

Accessibility: Provides services and activities directly in the rural community.

Community Empowerment: Educates and empowers seniors to take control of their health.

Sustainable Impact: Builds a lasting support system within the community.

Healthier Seniors: Reduced incidence of chronic diseases and better-managed health conditions.

Stronger Communities: Increased social cohesion and support networks.

Enhanced Well-being: Improved mental health and overall happiness among seniors.

INITIATIVE TO INVITE VOLUNTEERS

To seek support for the Wellness Program, we reached out to Manonidhi Nursing College, Chamarajanagar, with an invitation for volunteers. The session was coordinated by the College Principal and included a general introduction to geriatric care and the Sathya Educare Competency Trust's vision for elder care. Nursing students were encouraged to participate in wellness activities at Grama Panchayat Arivu Kendras. The response from the students was overwhelmingly positive, and they have since begun visiting the Arivu



ACTIVITY SNAPSHOTS



Challenges:

At the start of the program, we faced challenges as many elderly were hesitant to participate. Volunteers had to visit villages to encourage their involvement, and even at the Arivu Kendras, the elderly needed reassurance about the

ACTIVITY SUMMARY OF ALL GRAMA PANCHAYATS ARIVU KENDRA

Week One

Date	Grama Panchayats	Male	Female
03-10-2024	Madapura	32	12
03-10-2024	Mangala	19	7
04-10-2024	Heggotara	23	9
04-10-2024	Ummathur	22	12

Week Two

Date	Grama Panchayats	Male	Female
09-10-2024	Santhemarahalli	10	6
09-10-2024	Bhogapura	16	2
10-10-2024	Mangala	18	2
10-10-2024	Madapura	10	2

Week Three

Date	Grama Panchayats	Male	Female
15-10-2024	Chandakavadi	40	15
15-10-2024	Kulagana	9	4
16-10-2024	Santhemarahalli	9	3
16-10-2024	Bhogapura	20	7
18-10-2024	Ummathur	5	10
18-10-2024	Heggotara	10	4

Week Four

Date	Grama Panchayats	Male	Female
23-10-24	Santhemarahalli	8	3
23-10-2024	Bhogapura	13	3
24-10-2024	Mangala	9	1
24-10-2024	Madapura	17	5
25-10-2024	Ummathur	4	3
25-10-2024	Kuderu	10	2

Summary of Activities Conducted:

- 1. Introductions & Community Engagement:** Self-introductions or elders' introductions to foster connection and create a welcoming environment.
- 2. Creative and Recreational Activities:** Passing the parcel, singing (CCA), and bhajans to promote joy, interaction, and creativity.
- 3. Wellness Exercises:** Chair exercises, yoga, and laughing exercises to improve physical and mental well-being.
- 4. Health Education & Discussions:** Topics like asthma, blood sugar regulation, and general health tips were discussed to raise awareness.
- 5. Recall & Reflection:** Revisiting previous activities to strengthen memory and reinforce learning.
- 6. Games & Mind Activities:** Engaging in paper games and mind exercises to stimulate cognitive functions.
- 7. Health Check-ups:** Regular monitoring of health parameters to track progress and identify concerns.

These activities collectively support physical health, mental wellness, and community building among participants.

Outcomes:

Elders expressed enjoyment in participating in creative activities such as singing, games, and yoga. The health check-ups were well-received, as they raised awareness and supported regular monitoring of well-being. The program successfully fostered a sense of community and engagement among the elderly. Health education sessions and discussions were considered informative and helpful, and activities like laughing exercises and bhajans brought joy and uplifted spirits.

Concerns:

Initially, some elders were hesitant to participate and needed encouragement to attend the sessions. A few participants found it challenging to stay engaged throughout the activities. There was feedback suggesting the need for more interactive and varied sessions to sustain interest. Additionally, some elders struggled to fully understand certain health education topics, indicating the need for simpler explanations or better delivery methods.

ONLINE TRAINING COURSE

We identified a significant gap in caregiver capabilities across India, particularly in their lack of formal training in geriatric care. Many caregivers in old age homes work without adequate knowledge of managing elderly individuals with conditions like dementia, Alzheimer's, and paralysis. To address these challenges and enhance elder wellness, we initiated a two-day online training program designed to empower caregivers with essential skills and techniques.

This program brings together geriatric specialists to provide practical and knowledge-based training tailored to the unique needs of elderly care. The first session, conducted in October in collaboration with Vridh Care, an NGO based in Delhi, saw participation from over 80 caregivers. This initiative marks a significant step towards improving the quality of care for the elderly in India.

Watch Training - on demand version

<https://www.sathyaeducare.com/about/updates>

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..

This online training is particularly targeted for enhancing the knowledge of the caregivers as a result enhancing the quality of service provided to the elderly population.

ONLINE ADVANCED GERIATRIC CARE TRAINING *Session*

OCTOBER 24TH-25TH, 2024

After completing the online session, a caregiver will have a sound understanding of commonly occurring diseases and accidents in the elderly, as well as prevention methods, dementia care, and mental health support.

Speaker
ANAND AMBALI
MASTER TRAINER, GERIATRIC CARE

Speaker
SAADIYA HURZUK
DEMENTIA, PSYCHOLOGIST

Way forward:

Scaling Online Geriatric Training Programs

Expand the two-day online training program to reach more caregivers across India, ensuring accessibility in regional languages. Partner with more NGOs, healthcare organisations, and old age homes to maximise outreach and impact.

Accreditation and Certification

Introduce a standardised certification process for caregivers who complete the geriatric training, enhancing their employability and incentivising participation. Certification can also serve as a benchmark for quality care in old age homes.

Advocacy and Awareness Campaigns

Collaborate with stakeholders to advocate for geriatric training for caregivers in old age homes. Conduct awareness campaigns to highlight the importance of specialised training in improving the quality of elder care and well-being.