



# PROJECT SENIOR CITIZEN CARE (SCC)

## CONCEPT

DEMOGRAPHIC RESEARCH  
FIELD STUDY ASSESSMENT  
PROJECT IMPLEMENTATION

IN LOMANTHANG  
UPPER MUSTANG NEPAL

## Global problem «The aging population»

### Challenges in Nepal

- Rapid increasing elderly population
- Health infrastructure inadequate in rural areas
- Family support precarious due to migration of younger generation
- Hard and difficult living situations high altitude and climate change

### SCC project goals

- Enhance quality of life of Nepal's elderly population
- Use existing resources
- Provide holistic care through community based approach
- Deliver low cost interventions
- **Assess long term impact**



Bodnath temple Kathmandu Nepal

## Project Senior Citizen Care (SCC)

*Innovative approach to enhance the  
quality of life of elderly in Nepal*

Idea based on longterm friendship  
between Switzerland and Nepal

Partnership in collaborative agreement with

NEXUS INSTITUTE OF RESEARCH AND INNOVATION (NIRI)

Non-profit research institute in Kathmandu Nepal

Team of researchers and professionals in various disciplines

- Conduct research in the field of natural, applied and social sciences
- Provide services for the welfare of society
- Promote collaborative research among NIRI members and international organizations

NIRI is Coordinating Centre of the project SCC

Principal Investigator Tulasi Acharya



Senior Citizen Care (SCC)



# AGING NEPAL

## Demographic population

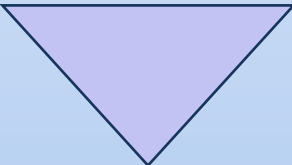
A review of the literature highlights the growing challenges posed by Nepal's increasing elderly population (Census 2021)

Nepal total population	29,164,578		
Seniors (> 65 y)	2,021,714		
	<i>Prevalence</i>		6,9%
Mustang	14,452		
Seniors	1.224		
	<i>Prevalence</i>		8,5%
Lomanthang Rural Municipality	1,430		
Seniors	188		
	<i>Prevalence</i>		13,1%



## Demographic structure of Nepal

- Over 85% of Nepal's elderly population live in underdeveloped rural areas - limited health care
- They live on income from traditional farming and remittances from their children
- **Nepalese Senior Citizen Act 2006** mandates:  
Social, economic and human rights of elderly citizens should be ensured by local governments  
It shall be the duty of each family member to maintain and care for the senior generation, based on their economic state



Family support under strain by increased migration  
Second generation absentees from home 22%

# Nepal Health Care System

Nepal total area	147,516 km <sup>2</sup>	Nepal total population	29,164 Mio
		Senior citizens	2,201 Mio
Public hospitals	215	Medical doctors MBBS	45,498
Primary Health care centre	187		
HEALTH POST	3,778	HP staff: 1 nurse and 1 health assistant	

## Female Community Health Volunteers (FCHV)

*Group of Women - medically trained lay care staff*

Officially registered by public health authorities since 1988

Selected by mother's group of health in community

57,000 FCHV in 77 districts of Nepal



## Female Community Health Volunteer (FCHV)

Women unemployed volunteers as mediator in community's health  
Committed to a code of honesty

- Family planning – health service provider
- Maternal and child health service
- National immunization programs
- Hygiene monitoring and nutrition issues
- Primary health care, disease control
- Medication supply

*Unique staff of caregivers - highly respected unpaid Volunteers*



Tsering Gurung

Tamdin Gurung

# Local Health Care System in Mustang

## Lomanthang Rural Municipality 3800 m

Divided in 5 wards with 12 villages in  
good-hour walking distance  
about 500 households, 1430 residents

- 3 Health Posts locally situated
- 27 Female Community Health Volunteers
- District hospital in Jomosom, half day jeep-ride 90 miles

Health Post first contact point for  
primary health care services

# Implementation of the project SCC

- 1 Approval of Nepalese Health Authorities**  
Ethical approval of National Health Research Council (NHRC) and SWC
- 2 Training staff** (2 nurses)                      Visit to Health Post  
**Training FCHV - Workshop for elderly care**
- 3 Field Study Lomanthang**                      Assessing quality of life of seniors  
Questionnaire for data collection                      Qualitative and quantitative tools
- 4 Study data evaluation**                      Identify «Need for care»
- 5 FCHV Caregiver pilot study**                      6-months home visit practice  
Report system for data collection
- 6 Data evaluation: Final analysis**                      Dissemination and Publication



# Training FCHV Workshop for elderly care

Integration of FCHV as caregivers for seniors

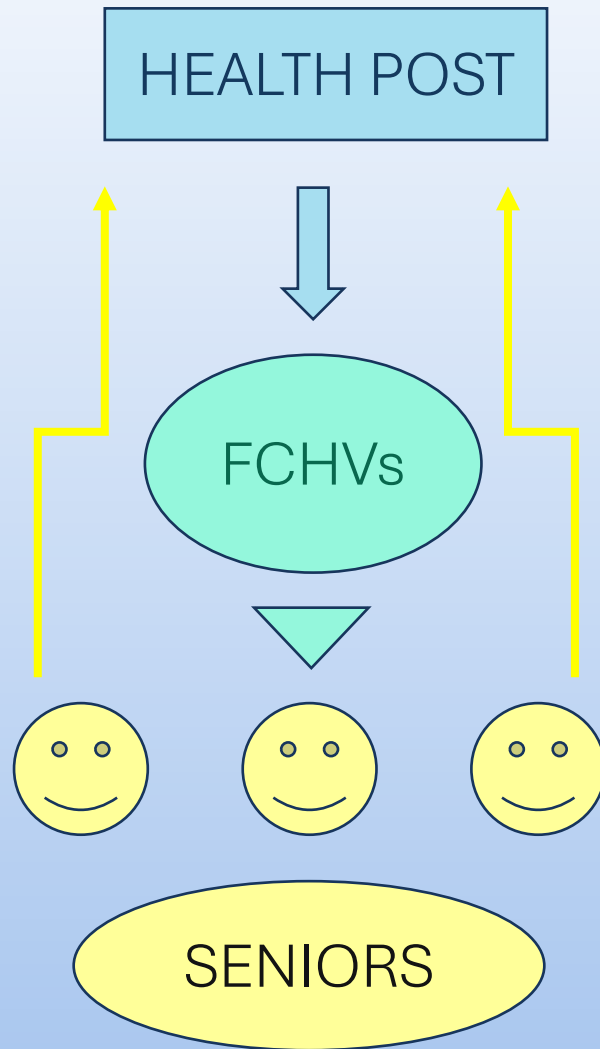
- «Frailty» of old people - various disabilities
- Everyday problems in nutrition and hygiene
- Insights into chronic illness at old age
- Emergency intervention

All mission must be highly confidential with

*Empathy and Compassion*



Emergency  
Resuscitation



## Traditional Health Service

### Health Post

Every citizen can apply for help at Health Post  
The nurse will decide on the proceeding  
and provide medicaments.

### FCHV

Work order for FCHV on behalf of authorities  
No independent action for seniors

### Senior Citizens

Completely self-dependent - Mobility is essential



## Field Study Lomanthang R.M.

Questionnaire in face-to-face interviews  
with informed consent (finger print)

How is quality of life for seniors?

Data Evaluation and assessment  
188 senior citizens

? *Need for care ?*



## Questionnaire in Field Study in Lomanthang

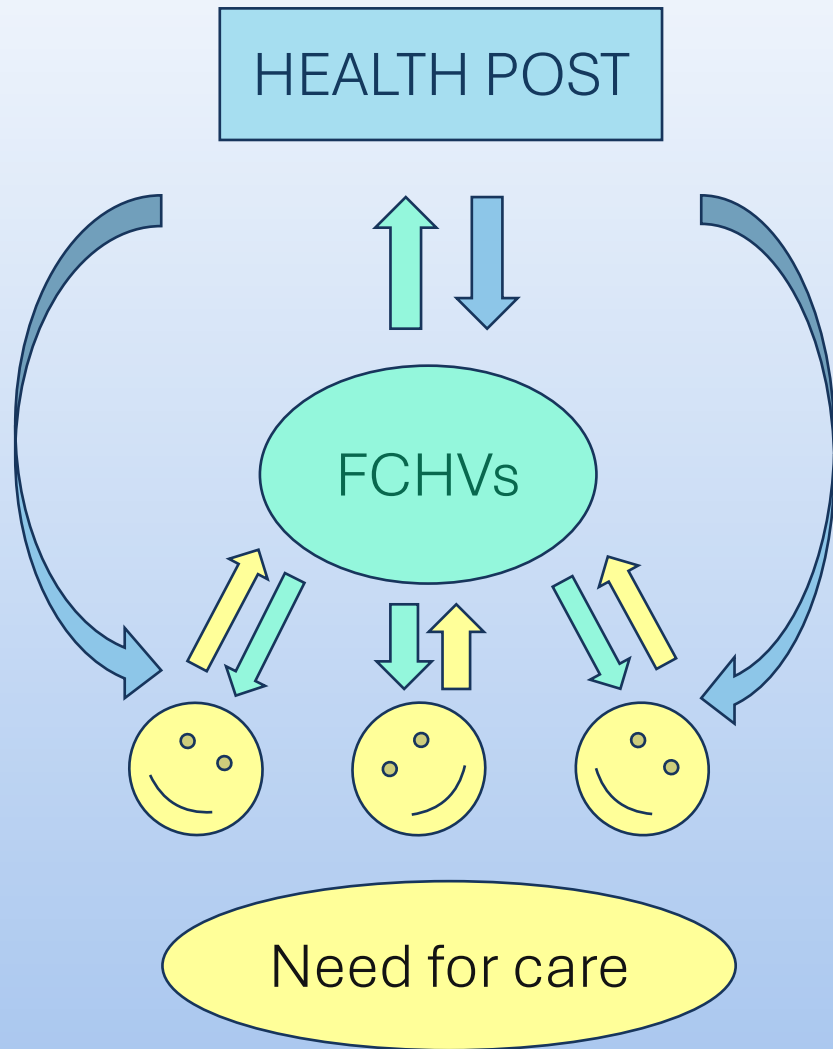
to assess quality of life

- Living arrangement – Family support  
Living comfort – Facilities
- Nutrition - Farming - Livestock - Food supply
- Blood pressure – pulse – weight estimate
- Activities of daily living (ADL) 5 levels recorded
- Physical disabilities - chronic illness- mental status
- Sense of well-being – personal wishes

QUALITY OF LIFE

decides on

*Need for care*



Pilot Study

6-months home visit to seniors in «Need for care»

## FCHV Senior as Caregivers

Home visits every 2 weeks

Visit reporting system to Health Post

Nurse assessment Medication management

Critical incident

Rapid self-help

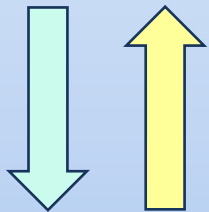
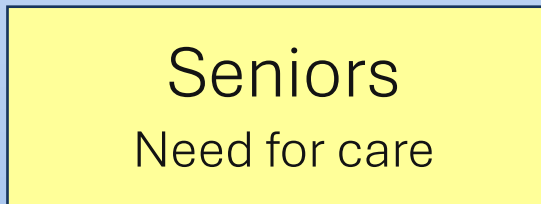
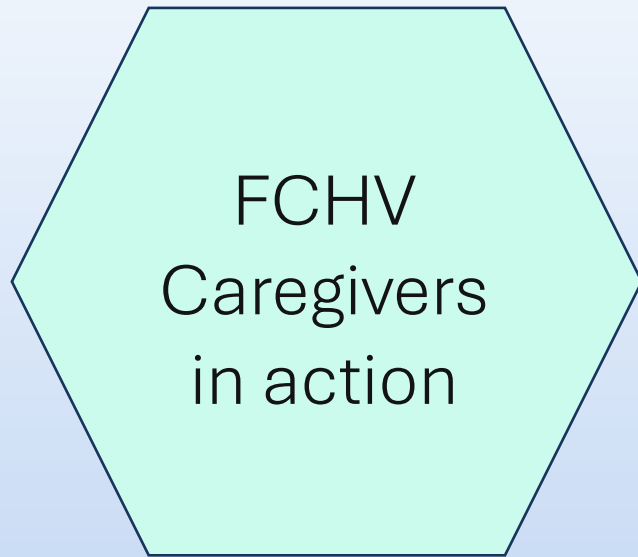
Emergency situations

Do your best

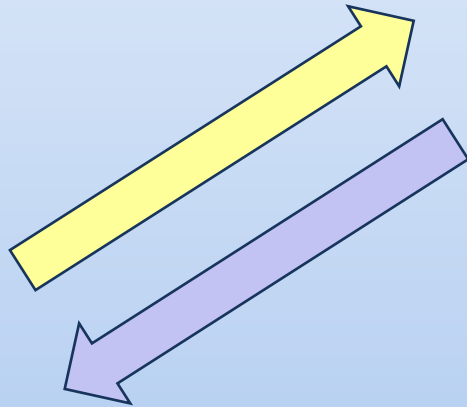
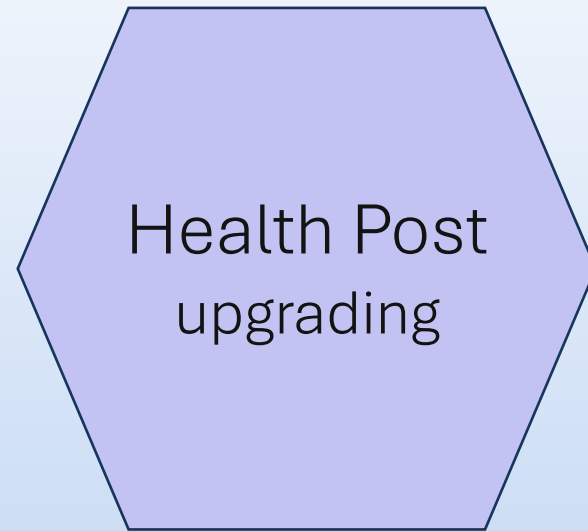
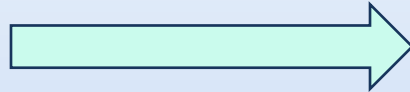
Palliative care support

End-of-life treatment

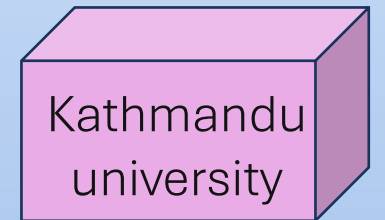
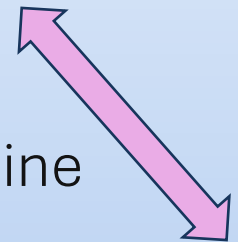
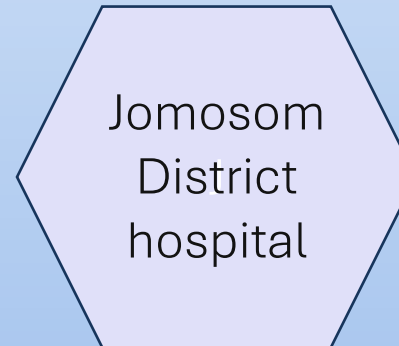
Dignified dying



Options



Telemedicine



Dreams for the future



Karsang Choden Suraj Tsering Dr. Puspa Dr. Andrea Dr. Serena

Staff NIRI and Kalasha Foundation

COMPLIMENTS  
to the staff