

PRESENTATION OF DISTICTIVENESS

1. Title

SAMAYA BANK (GERIATRIC SUPPORT SERVICES)

2. **Objectives** Time is a great investment and that is to be effectively invested for the society. The idea of samaya bank utilises the time of student community for the needy citizen in the nearby areas. The project has the following objectives

Training students on geriatric care and social service

Finding out needy elders who feel lonely and needs support

Training the senior citizens on areas including digital literacy, yoga, vocational skills

Providing medical support for the needy

Help needy elders to achieve financial independence through home-based ventures

Counselling support

Provision for leisure activities

3. The Content

Aging is a biological phenomenon, the ending period in the expected lifespan. The Problems of the elderly is highly intensified due to the unprecedented speed of socioeconomic transformation. In Kerala the issue of aging is becoming severe as many of the families cant afford to spare there time for the elderly. Proper love and care given to elderly people will empower them to manage their age-related issues and allow them for 'graceful aging'. The youth especially the student community have enough time to spare for many activities. The current project is designed to utilise the spare time of the youngsters for a positive and useful purpose.

The concept of Samaya Bank was developed from the social service commitment of the institution. Quality time spared for the elderly can create a happy society of elders. It also sharpened the social service and personal skills of the young generation.

4. The Practice

SAMAYA BANK project was implemented in different parts of Ernakulam district, Kerala. The project started with identifying the potential beneficiaries. In order to understand the requirements of elderly and to find out their various problems a survey was conducted by the Social work and NSS students of Jai Bharath College at Kalamassery on 14/02/2022. The team met the elders at their residence and interacted with them in detail. Another survey was conducted at Kakkanad on 26/04/2022. A detailed questionnaire was prepared in accordance with WHO QOL BREF guidelines. A report was published and on the basis of the report and the beneficiaries were identified.

As a second stage a series of training programmes were arranged for students with the support of Indian Medical association , Perumbavoor. Training was given on different areas of elderly care and social service. The selected student volunteers were also given training on first aid and counselling.

The third stage of the programme involved student visit to the needy elderly. Trained student volunteers paid visit to the homes of needy elderly and spent their time with the senior citizen. The volunteers developed a strong rapport with the beneficiaries who in turn shared their valuable experience with the students.

The team Samaya Bank organised 'Doctor visit ' in the selected homes in ward 36 of Kalamassery municipality.. The doctor was accompanied by Asha worker, and the core team of Samaya Bank. We are also organising various programmes to ensure aging awareness and rights of the elderly . One such programme Was organised on 15th June 2022 to commemorate "World Elders Abuse Awareness Day, in association with, Indian Medical Association, IQAC. Kudumbasree Gender Resource Center ,Snehitha Help Desk, and Magics Organisation.

Multi-specialty a medical camps were organised in different location for the benefit of the elderly . 17th July , 2022 a mega camp was conducted at North Ezhippuram Government UP School under the joint auspices of Vazhakulam Panchayat, JBICDR, Jai Bharat College, Prism Medical Centre, Fathima Eye Care Hospital, Indian Medical Association and Mahatma Center. More than 500 people participated in the camp.

Generally young people have limited interactions with their seniors. The society have a wrong notion about the attitude of youth and the youth feel distanced from the elders. By interacting with the senior citizen they got a new understanding of aging. They also gained from the rich experiences of the senior citizen. This operated as a two way mentoring. The youngsters extended physical and psychological support to the elders whereas elders effectively guided the young generation.

5. Evidence of Success

As part of the project House visits by experienced doctors were arranged. The health issues elderly were attended by senior medical professionals.

Medical Camps were conducted in different parts of the district with special focus on elderly.

The Local Self Government institutions entered into MoU with Samaya Bank for the extension of the programmes in their respective areas.

As part of the project we organised a special day for the elderly in Vypeen, Ernakulam. More than 100 elderly members participated in the programme and they were honoured in the occasion

A Memorandum of Understanding was signed between Flat builders association and Samaya bank to extend the project to selected new flats built by the association

Dementia screening camps were organised for the elderly . The programme was attended by over 100 members

SAMAYA Bank App for the support of the elderly was designed . The app is in the testing stage and it contains provisions for elderly assistance like emergency medical contact, Ambulance services, clinical appointments, music therapy, library, health monitoring etc.

Chiriyarangu- Vayojana Kalolsavam (Festival for the elderly) was organised at Palakkad district under the project. During this programme Students interacted with elders..

Vayojana grama sabha/ Open house for elderly was another mile stone in the project . It was a program to understand the need of active elders in the area, and to bring the problems they face in front of respected authorities.

The student volunteers also benefited from the programme . It resulted in the Development of social responsibility and commitment among the youth.

6. Problems Encountered and Resources Required

The SAMAYABANK project encounters certain issues in the implementation. One major issue is the slow response from the participants. Too many beneficiaries the idea is not familiar and they are not positive to associate with the volunteers in the initial stages. This has solved with continuous interactions. In some cases, the family members of the elderly are not cooperating to the team as an outsider is not well-received in such a family circle. This was addressed by building up rapport with the family members with the help of local representatives of the People and other people including ASHA workers.

In the case of resources the project is currently running with voluntary human resources and from institutional funding. In the Long run more resources should be raised and efforts are on the way to collect CSR funds and outside donations from individuals and institutions

7. Notes

The youth is the hope of tomorrow and the elderly are the assets of today. The youth should be trained in social responsibility and commitment so that the society can have a better tomorrow. The elderly should be given a chance to age gracefully so that the society can utilise their potentials and experience. Samaya bank is project designed to achieve both goals together. In the long run it will establish communities for the elderly and the young people will actively support their seniors and learn from them. Aging will no more become a stage of loneliness and sorrows. It will be a period of happy retirement. On the other hand young people will no more be the 'easy going -no caring' generation. They will become ardent supporters of the forth coming 'happy society' and graceful aging.