

International Institute for Education Rehabilitation and Research on Ageing

Introduction/Background

Lead was taken by France in educating senior citizens following a parliamentary law in 1960, a few universities created department for continuing education. Most important model is Toulouse (The first university for senior citizens in Europe). The founder, Pierra Vellas always maintained that this university should also be a centre for research and cultural education and thus a department of Gerontology had been combined. Another example is Nantes in France called Inter-Age -University which is a part of the continuing education department and enrollment in various courses is open. Another interesting model there is Fontenay Aux Roses near Paris where students participate in administration also. Large number of conferences are held every year in these University Centres. In general these are funded through fees and State.

ENGLAND:- In England the educational structures for adults were developed very early in 1902 when the "Workers Education Association" was founded. In 1980 at Cambridge the University of Third Age had been founded, absolutely independent from the university of Cambridge.

GERMANY:- In Germany, the tradition of adult education was introduced in 1960 when public High schools developed teaching programmes for senior citizens. In universities the educational activities for senior citizens were launched under the title of "Seniorenstudium" (Studies for Senior Citizens) This was later institutionalized with four models

- a. Intergenerational integration model (studies without any diploma)
- b. The Curriculum Model (limited courses for inducting senior citizens in workforce)
- c. Specific programme of cultural character in selected fields
- d. Conferences / Seminars specially designed for elderly.

SPAIN:- Spain is following the French model

FINLAND:- The University for Senior Citizens named "JYVASKLA" has courses especially designed for elderly for maintaining good health and developing them personally and spiritually. It also undertakes researches for integrating elderly in community life.

U.S.A. & CANADA:- In several universities senior citizens can register as under graduate students on full time or part time basis. Senior citizens are eligible for bursary equivalent to tuition fees. Several institutions and centres in universities conduct education and research programmes on Gerontology; health; nutrition etc.

Switzerland, Neitherlands,Austria:- These countries are conducting highly academic courses and some training programmes supported by State and tuition fees.

MALTA:- The Vienna International plan of action on ageing ,adopted in 1982 by the World Assembly on Ageing and endorsed by the United Nation General Assembly in its resolution 37/51, recommended , interalia, the promotion of training and research as well as the exchange of information and knowledge in order to provide the international basis for Social Policies and action. In this respect the Plan recommended that practical training should be promoted and encouraged so that they act as a practical bridge between and among developed and developing countries. The UN Economic and Social Council by its Resolution 1987 /41 recommended to UN Secretary General to establish an **International Institute on Ageing at Malta (INIA)**. The Institute was inaugurated on April 15th 1988 by the UN Secretary General. This Institute aims at better qualified and trained personnel on the basis of curricula and training materials recommended by respective Expert Group Meetings. The Institute holds number of training courses on an annual basis . These training programmes are oriented towards persons coming from developing countries , who hold positions as policy makers, planners, programme executives , educators, professionals and para-professionals who work or intend to work in the field of ageing or with older persons. Preference in selection of candidates is given to those who are in a position to pass on their knowledge to others after returning back to their country.

The Institute also carries out Research Projects, hosts expert group meetings and offers Consultancy Services. A collaborative network has been set up with the aim of facilitating Information exchange. INIA's publications which include a quarterly gerontology publication " Bold" also serve as another source of information exchange. The Maltese Islands consists of Malta. Gozo. Comino and two other uninhabited islands . It is situated in middle of Mediterranean sea south of Sicily.

SINGAPORE- Singapore Action Group of Elders (SAGE) is a satellite centre of INIA for ASEAN countries (Brunei; Combodia; Indonesia;;Laos; Vietnam; Malaysia;Myamar; Singapore; Thailand). They conduct joint training programmes in gerontology. Geriatrics, economics and desired courses for administrators and planners. They associate in collecting data, clearing house for INIA publications, coordinate in conducting and organizing training programmes in ASEAN region.

Apex Day Rehabilitation Centre Singapore for elderly is full of care, joy. love, laughter and fulfillments ,Its **Mission is to provide daycare rehabilitation and care services to the frail and disabled elderly to enhance their quality of life and allow them t remain within community.**

CHINA:- More than 500 Universities / Centres for Aged have no entry qualification and minimum age for admission is 50. Curricula of these universities differs widely in terms of educational background, health,income and varies to suit specific prevailing needs of society. Some Universities for aged are very prestigious and have professors of high repute as teachers . Some are like traditional Universities having examinations and degrees ,part time teachers, small fees and government subsidies. Print and Audio-visual

learning materials are provided to elderly who are unable to attend. Many corporations organize training programmes for their retired staff. Around 6000 schools, colleges and university centres are providing training to elders as and where desired. Several associations / institutions for gerontology education and research have been established in China. Around 30000 U3A groups having more than 3 million members have come up after the world U3A meet in 2004. Government has given a big boost to care of elders

Tentative NEED AND REQUIREMENTS FOR INSTITUTION ON AGEING

Large proportion of elderly population is not prepared to meet the challenges of old age. To be born is to grow old and all men are mortals. It is necessary to educate the society on changes consequent to ageing so that one would accept them as a normal development phase and consider the old age as a golden period of life. Activities need to be designed for improving self image and self confidence. Interest and activities that can be pursued in old age need to be built up. Training courses for pre-retirees can educate them for meeting the challenges of old age.

OLD AGE CAN BE CREATIVE OR SELF DESTRUCTIVE IT IS YOUR CHOICE TO DECIDE. OLD AGE NEED NOT BE PAINFUL AND DEATH MAY NOT BE FRIGHTENING IT IS POSSIBLE IN DAYS OF RETIREMENT.

Care for elders is inherent in our culture and despite differences in culture the reliance upon their family is similar across the Asian region. Family is generally an informal unit which provides social, emotional, economic and health support in the old age. Treat your mother, father, teacher, and guests as God enjoined our scriptures. Our relationships between parents and children is based on reverence obedience and discipline. The family which was the only shelter for older people is now dwindling very fast. It is imperative to create greater awareness among older people and also pre-retirees about the problems of elderly. Simultaneously our children should be **educated in our ancient values** by older people and educational institutions.

Gerontology has emerged as a most systematic discipline with interdisciplinary approach to social problems. Though ageing is a biological process but at the same time it is now well recognized that physiological behaviors also points out one's old age. Old age is marked by some sort of psychological characters e.g. retarded thinking, impaired memory, declined enthusiasm, changes in sleep pattern, feeling of unwantedness, loneliness, flexible approach to life, lack of security and greediness etc. The verbal communication and speech behavior also changes in the old age. Most communications of elderly are generally on their past experiences and vary with the age group of listeners. Gerontological study and research in India is lagging far behind other developed nations and China. **India needs urgent attention on this issue**. Multidisciplinary researches in Geriatrics, Gerontology, Sociology, Philosophy, Anthropology, History, Economics, Psychology Health care are also recommended.

Modernization and population ageing go hand in hand. Individualisation is striking at the root of traditional family. The emerging nuclear family has neither the physical space nor the economic resources for supporting the elderly. With increasing longevity, the situation is moving from bad to worse. There is no short cut or sure method to arrest the present process of changes at family level. With modernization, the social values and human capacity for adjustment undergo drastic changes. Emphasis on individualism, self expression and egoistic tendencies tend to belittle the old values and elderly in society. Proper education and timely counseling can certainly improve the situation.

Lack of occupation and isolation in old age is common and often leads to depression and allied diseases. Providing occupation, developing skills to get involved in activities, will help elders physically and also generate supplementary income. Good many trades and occupations are available for older people. Proper Vocational Training and appropriate counseling and guidance will be of great help to them

The economic factor also plays an important role in well being of the aged and often this is a crucial factor on which activities of aged people are dependent. Some of the emotional and psychological problems may be based on the economic conditions of the aged. The present values are centered around the economic conditions as money and economic factors have got great values in the present social structure.

Education in finance management investment planning and economics will assist elderly and also pre- retirees. Proper saving plans to meet the demands of old age is a must for all. It has to be supplemented by appropriate investments in the old age. Wide range of investment schemes keep on coming and their knowledge is beneficial. Training in budgeting for income, expenditure and saving will help in better economic management.

Maintenance, acquisition of assets and their appropriate utilization or transfer requires counseling. Training in resource development has to be properly planned and envisioned.

For good health, proper nutrition is necessary and knowledge about proper diet is also important for prevention of diseases, healthy and active ageing. Nutritional status is the condition of health of an individual as influenced by the utilization of nutrients. With advancing age more people are frail, physically disabled, lonely and need comprehensive arrangements for nutritional care. The need depends upon food intake and income status. Thus study about nutrition is important for healthy and prevention of diseases.

Respect love and support to elderly had been advocated by all religions. **It is easy to find a healthy man but difficult to find a healthy mind.** We should learn about religion and spirituality. **It has to be realized that within ourselves we have all necessary ability, energy and power for building a supremely successful life of ourselves as well as others in the world.** Materialism, consumerism and many physical achievements can remove poverty, add comforts to life, reduce sorrows of illness but inspite of highest standard of living we need not feel happy in our ambition and contentment in relationships with others. Role of religion and spirituality is important in improving the art of living and aging gracefully with dignity. Proper study of religion, workshops,

spirituality seminars and proper education and group discussions/workshops will provide better knowledge and understanding about the graceful living.

Daycare centers are coming up in large numbers and they are helpful and act as a multipurpose agency for providing healthcare, recreation, active involvements, counseling and many other services required by the elderly. There is acute shortage of personnel for proper management of these centers. Likewise there is acute shortage of geriatric care givers , personnel for proper management of old age homes. Appropriate education and training programmes have to be designed for developing properly trained manpower.

Day rehabilitation centres for elderly provide services to frail and disable elderly and enhance their quality of life and allow them to remain within the community. They optimize their functional abilities and help them to maintain their independence and provide opportunity to socialize with others. They also provide basic and simple nursing care for outpatients .Customized programmes of exercise and training are also arranged. Social activities, individualized and group therapy sessions are organized. Voluntary groups, trained physiotherapists, occupational therapists and speech therapists are often linked with these centres. Along with news papers, magazines separate spiritual groups, memory and book reading groups, encourage relearning, dementia groups, singing and bhajan groups and weekly meetings are also organized. Facilities for games and entertainment, music are also made available. Often pickup transport facilities, meals and catering services are also available. They are ideally linked with daycare centres; SPA and wellness centres.

Development of assistive appliances for elderly require continuous research and development. They need to be developed and supplied at subsidized costs. Care givers have to be trained in use of these appliances and in turn they have to train elderly as and where necessary. Linkages with sheltered workshop for physically as well as visually handicapped elderly functions very well. With the present advancement in technologies such assistive appliances and tools are developing very fast.

Appropriate strategy for motivating people of all ages to understand and appreciate the significance of lifelong learning is urgently required. Proper awareness programs, education through especially designed and equipped institutions is necessary . Distance education, online learning; e-teaching ,and video instructions will facilitate educating large section of society even in remote rural areas. Virtual universities have come up in Australia and several other countries. In India, collaboration with IGNOU and satellite centres will be of great use. Use of internet and media will be very helpful and effective to educate and cover the large proportion of urban as well as rural society. Training and learning materials have to be designed in specialized Institutions. Courses should be designed for continuing education in health hygiene, and skill development etc. A well designed Curriculum development centre is recommended Provision of day care centers old age homes , day rehabilitation centre, a school for children within the campus of Institution/ will act as a practical laboratory for the educators , senior citizens and researchers. Senior citizens and retirees can be involved in education and management of

different activities in the Institute. The institution will thus have elders , young educators; subject specialists and children in the same campus. .Senior citizens can be involved with the school for children . All this will provide happy co-operation between young, old and children and they will learn to work with greater spirit and hope. Simultaneously children and youngsters will have better realization of the feelings and emotions of older people. Ageing is a privilege and societal achievement and also a challenge which will impact on all aspects of 21st century society. Doctors, social workers , nurses, staff for old age homes, day care centers and care givers etc need specific knowledge and training. Personnel are also needed to train older persons themselves how to better maintain their well being and independence through self care, health care and disease prevention. China has more than 30000 education centers for programmes and education needed for elders as well as helpers.

OBJECTIVES OF THE INSTITUTE

To make aware the older people about their intellectual , cultural and aesthetic potentials

To provide education and due respect for different religions and spirituality for graceful active ageing and ageing with dignity.

To create facilities for learning skills in desired interest/trades/vocations.

To train manpower for geriatric care giving ,geriatric trained nurses ; day rehabilitation centres managing day care centers ,old age homes ,geriatric centers etc

To develop volunteers / personnel for training elders how to better maintain their well being and independence.

To undertake researches on ageing and allied fields and develop assistive appliances for improving quality of life.

To utilize elderly for creating awareness , get involved in social work and promote education for adults and others in urban and rural society

To educate and develop volunteers to assist the society to face the challenges of ageing and its implications in 21st century

To train doctors , nurses, social workers, care givers with specific knowledge for dealing with older people.

To organize certificate; diploma courses for Managers of Old age homes; Day care centres, rehabilitation centres ; geriatric care givers etc

To develop effective networking with similar institutions/associations/councils and universities.

To provide improved living, enhance self confidence, occupation and engagements and recreation facilities.

INSTITUTE ON AGEING

The proposed Institute should have following Departments/ (**tentative list**)

- 1- An old-age home
- 2- Day Care Centre with health care and recreational facilities (open for inmates and day visitors) and OPD
- 3- Day rehabilitation centre
- 4- Wellness centre /SPA //Naturopathy centre
- 5- A School for children from pre-nursery to primary standard and prefer services from residents of Old age home or outside retirees/ parttimers
- 6- Centre for training geriatric care givers old-age home managers, day care centre managers etc
- 7- Centre for vocational/professional training for elders
- 8- Employment Bureau, counseling and placement cell
- 9- A Sheltered Workshop for Physically Handicapped along with Physiotherapy centre
- 10- Workshop for developing assistive devices for elderly, occupational therapy
- 11- A Nurses training school
- 12- Distance Education centre with its regional campus in different regions of India and abroad; e-teaching
- 13- Media centre
- 14- Publication division; e-news letter
- 15- Employment Bureau
- 16- A central office cum reception centre
- 17- Post office
- 18- Bank or its counter

Tentative ACADEMIC PROVISIONS

- 1- Department for distance education, e-teaching ;Computer education
- 2- Department for yoga meditation ,Science of Living
- 3- Department for Nutrition,, Naturopathy; Physiotherapy; Alternative medicines
- 4- Department for part time degree/diploma/certificate courses in languages ,history, comparative religions, journalism, economics ,political science, psychology, sociology, music and arts, photography, computer science, finance management, anthropology etc. Involve elderly/retirees as much as possible
- 5- Department of Gerontology
- 6- Department of social work
- 7- Center for research on ageing and allied fields. (**collaborate and network with University or CASP/ ILC etc for items 4,5,6 and 7 preferred**)
- 8- Employment Bureau , counseling and placement cell

- 9- Library facility
- 10- Workshops for vocational Training, occupational therapy; development of assistive appliances and education
- 11- Curriculum development centre

PHYSICAL REQUIREMENTS

- 1. Lecture Theatres
- 2. Seminar Rooms
- 3. Media centre along with audio visual facilities
- 4. Auditorium for 350 persons
- 5. Library
- 6. Curriculum Development centre
- 7. Hostels for some children, staff, elders ,seminar participants. international students/resource persons for stay with their spouse
- 8. Canteen
- 9. Provision store
- 10. Day care and OPD center,.; SPA Day Rehabilitation centre
- 11. Central office and reception centre
- 12. Guest house
- 13. Old age Home
- 14. Facilities for sports , games post office and bank.

STAFF REQUIREMENTS (tentative)

- 1-Elderly/retirees (inmates as well as outsiders) depending upon their background
- 2 Core staff of any age or gender
- 3-Part-time staff
- 4-Consultants/resource persons from India and abroad
- 5-Volunteers
- 6-Networking with other institutions/satellite centre; INIA etc

(It is recommended that comprehensive project be planned and activities initiated in phases depending upon resources available and existing ongoing activities in the parent society/foundation/trust. Networking with other institutions will be useful)

FINANCES

Old age home; Day care center; Day rehabilitation centre; OPD; School; Hostels; Wellness/ SPA/ Naturopathy alternative medicine center; Sheltered Workshop ; Physiotherapy and occupational therapy center ;Vocational training centers; canteen; training programmes can be income generating and even support maintenance and other activities. Fees , Donations ,Central and State Govt. support. Project supports from ICSSR, Help-age International and several national and international donor agencies etc and U N O can also provide support

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