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# Elderly Care Model in Rural Bangladesh

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**YPSA (Young Power in Social Action)**

**An Organization for Sustainable Development | Since 1985**

Organization in special Consultative Status with the UN Economic and Social Council (UN-ECOSOC)

## Background of the Statement

- ❑ Rural ageing refers to the implications of ageing, patterns, processes, and outcomes, in rural contexts.
- ❑ Rural ageing research considers the experiences of those who age in rural environments (and should include the perspectives of older adults themselves) and the implications of rural ageing for rural communities and stakeholders such as service providers.
- ❑ In Bangladesh, The nuclear family is increasing day by day and older people left alone living separately from their family and becoming vulnerable.
- ❑ As of 2019, over 13 million people living in Bangladesh are aged over 60 which is 8% of the country's total population. The proportion of older people is expected to double to 21.9% in 2050 with 36 million people aged over 60. This means that for every five Bangladeshis, one will be a senior citizen (BBS, 2020).
- ❑ Bangladesh is rated 136<sup>th</sup> out of 189 countries on the latest United Nations Human Development Index Ranking in 2018. Only a third of people (33.4%) older than the statutory pensionable age in Bangladesh receive an old-age pension (contributory, noncontributory or both) (HelpAge International. 2012).
- ❑ Previously the society of Bangladesh took care of the elderly but now the situation is becoming changed due to change of social, psychological and economic standpoint.

## Background of the Statement

- ❑ From social, economic and political viewpoints, elderly population is now growing rapidly and it is a big concern for Bangladesh.
- ❑ The majority of the people over sixty years live in the rural areas where there is lack of proper health care services, economic services and job opportunities.
- ❑ The nuclear family is increasing in Bangladesh day by day and older people left alone living separately from their family and becoming vulnerable.
- ❑ Consequently, modern society has failed to keep the dignity and honor of the elders.
- ❑ Although the constitution of the Bangladesh mentioned the rights of elderly people. In the constitution part II section 15 entitled "Provision of Basic Necessities" described social security of the elderly people as the "provision of the basic necessities of life, including food, clothing, shelter, education and medical care; the right to reasonable rest, recreation and leisure; and the right to social security, that is to say, to public assistance in cases of undeserved want arising from unemployment, illness or disablement, or suffered by widows or orphans or in old age, or in other such cases mentioned in the 15 (a) (c) and (d) clause respectively (BP, 2019).

## Background of the Statement

- ❑ However, Bangladesh has pension policies to ensure social security on old age for retired government employees only. According to Public Service Retirement Act 1974b now the retirement age of government employee of Bangladesh is 59 years [1].
- ❑ The National Policy for Older Persons 2013 places importance on the contributions from older people within communities, emphasizing the importance of communication and social facilities. Older people are directly involved in the process of monitoring the implementation of the policy and the successes of different programs such as education and training, poverty reduction, financial security and healthcare.
- ❑ Besides, Bangladesh introduced Program Implementation Plan for protecting old age health and ensures health care. This program aims to provide efficient and sustainable health service delivery and management system with skilled and special emphasis on the development of a sustained health system and improved and responsive efficient human resources [2].
- ❑ Moreover, recently the Parent Care Act 2013 of Bangladesh tried to ensure that the children have to take necessary steps to look after their parents for three years and provide them with maintenance [3].

## Below are the key statistics on Entire Bangladesh's population of older people

	2019	2050
Population aged 60 and above (total)	13,109,000	36,871,000
Population aged 60 and above (% of total population)	8.0	21.9
Older women aged 60+ (% of total population)	3.88	11.55
Life expectancy (males)	70.48	78.11
Life expectancy (females)	74.11	81.45
Old-Age Dependency Ratio (Age 65+ / Age 15-64)	7.7	23.5
Rural older people (% of total population)	3.46	
Urban older people (% of total population)	1.4	
Older persons living alone aged 60 and above (% of total population aged 60+)	1.77	



## Reality in Bangladesh

- ❑ In Bangladesh, older persons have a special position in the family, often asked for advice especially during major events, like marriage, name giving ceremonies etc. As well they have respected and valued in the society; treated as an important advisor in the family as well as community.
- ❑ The nuclear family is increasing in Bangladesh day by day, and older people left alone living separately from their family.
- ❑ The number of aged population has increased.
- ❑ The majority of the people over 60 live in the rural areas.

### Despite these situations

- ❑ The situation is becoming changed due to change of social, psychological and economic standpoint. Social, economic and political viewpoint elderly population is now growing rapidly and it's a big concern for Bangladesh.

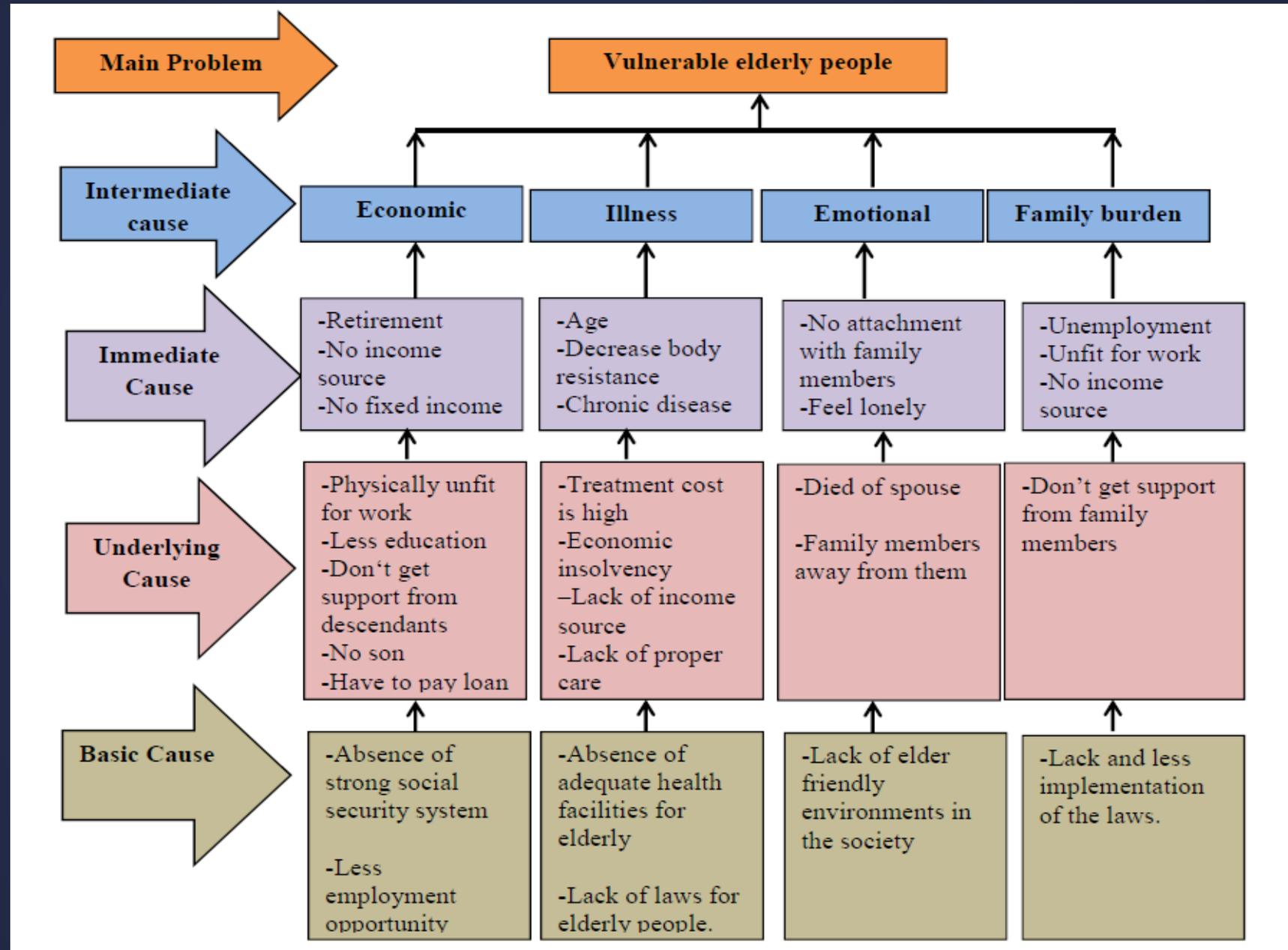
# Reality in Bangladesh

- ❑ Traditional family patterns are breaking down which change norms and values such as respect to elderly people in the family and the community.
- ❑ The society, typically, modern society has failed to keep the dignity and honor of the elders. This may be attributed to various reasons like individualistic attitudes, instability of family structures, devaluation of dignity, differences in incomes, and other social problems.
- ❑ Due to the social context of Bangladesh, most of women in rural and slum area do not own land and other property and they are on worse situation in the old age.
- ❑ Inadequate health and social care services including emergency care and mental healthcare.
- ❑ Lack of accessible transport communication.
- ❑ Unaffordable accessibility to services and better social integration.
- ❑ Lack of community based initiatives to improve social integration of older people.
- ❑ Inadequate housing and local environment conditions to allow older people to 'age in place'.
- ❑ Absence of social care.

# Reality in Bangladesh

- ❑ Lower levels of service provision.
- ❑ Poor investment and staff shortages of older care center.
- ❑ Although the constitution of the Bangladesh mentioned the rights of elderly people. Moreover, recently the Parent Care Act 2013 of Bangladesh tried to ensure that the children have to take necessary steps to look after their parents for three years and provide them with maintenance. But has not been in full function yet.
- ❑ As a result, elderly people are vulnerable. Also, elderly people suffer from both degenerative and communicable diseases due to the ageing of the body's immune system. The leading causes of morbidity are infections, while visual impairment, difficulty in walking, chewing, hearing, osteoporosis, arthritis and incontinence are other common health-related problems.

# Vulnerable of elderly people in Bangladesh



## Activity for elderly people in Bangladesh

YPSA is a voluntary, nonprofit and an organization for sustainable development, established on 1985 that registered with the different department of the People's Republic of Bangladesh. YPSA has been working on Elderly issue in the rural areas of Bangladesh since 1985.

To continue the regorious work plan on Elderly issue in Bangladesh, YPSA received financial support from different national and international organization like Palli Karma-Sahayak Foundation (PKSF) one of them. Hence, under the financial support of PKSF, YPSA has been implemented different activities for Elderly issue in the rural Bangladesh. Such as

- Establishing social centres (Aging –Friendly Spaces-AFP) for the elderly people in every Union.
- Providing old age allowances and assistive materials (walking sticks, commodes, blankets warm cloths, wheel chairs, umbrellas etc).
- Provision of Special Savings and Pension Fund.
- Recognising the contribution for the society made by the elderly persons.
- Awarding children for looking after their parents.
- Providing appropriate credit and IGAs-based training facilities to the poor elderly people.
- Offering physiotherapy services & geriatric nursing to the elderly by organizing training for the Physiotherapy Aide.
- Rehabilitation of poor and distress elderly in community.

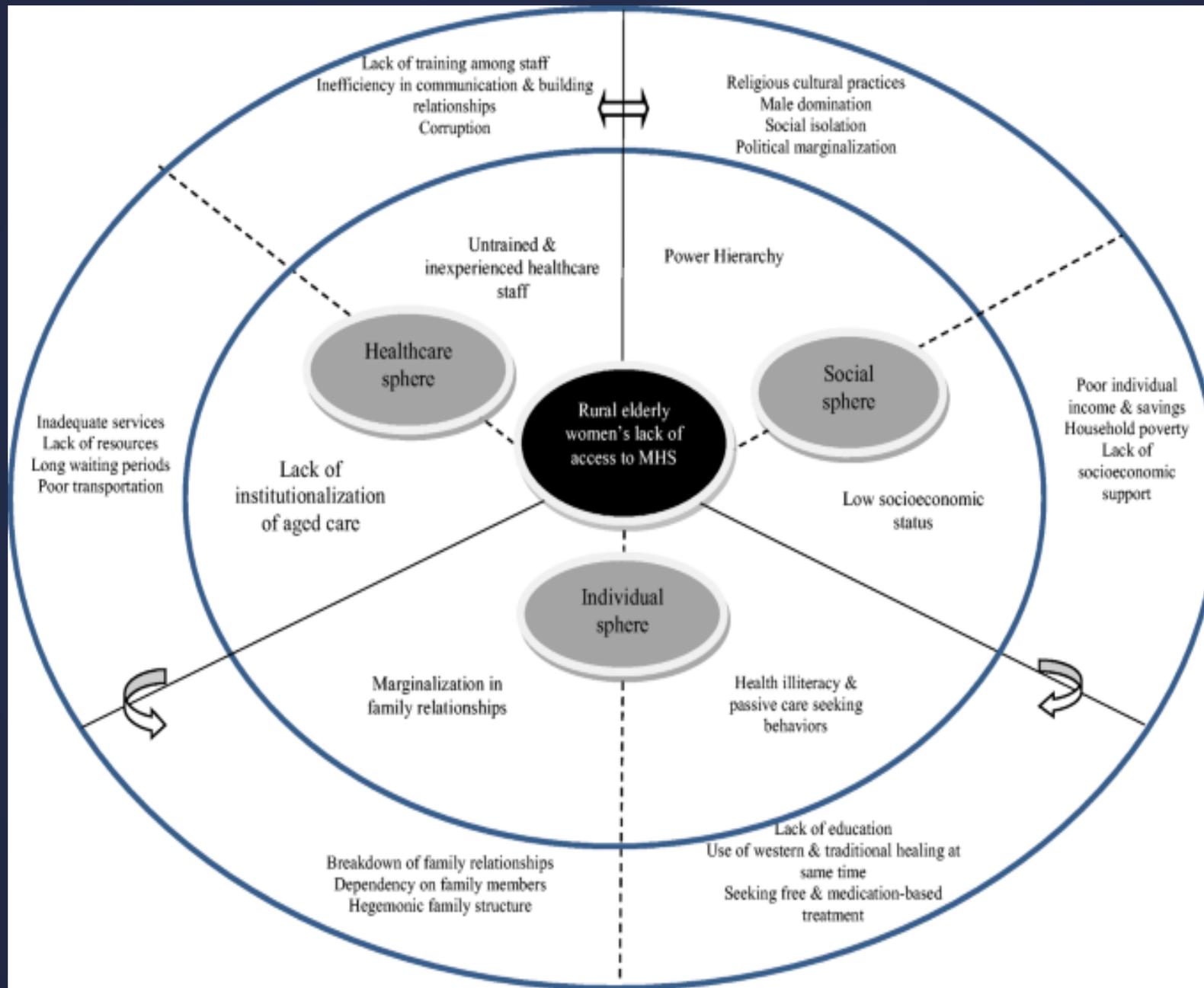
# Activity for elderly people in Bangladesh

Uplifting the Quality of Lives of the Elderly people Programme is being implemented in different rural areas of Bangladesh, YPSA has been emphasized the following issue in priorities basis.

For example,

- Committee Formation, Training And Monthly Meeting
- Elderly Social Centre
- Old Age Allowance
- Special Assistance
- Assistance to Cover Funeral Expenditure
- Awarding Elderly People
- IGA Training And Employment
- Health And Care Facilities
- Supports For Helpless & Shelterless Elder
- Monitoring of The Programme
- Upazila Workshop
- Publication

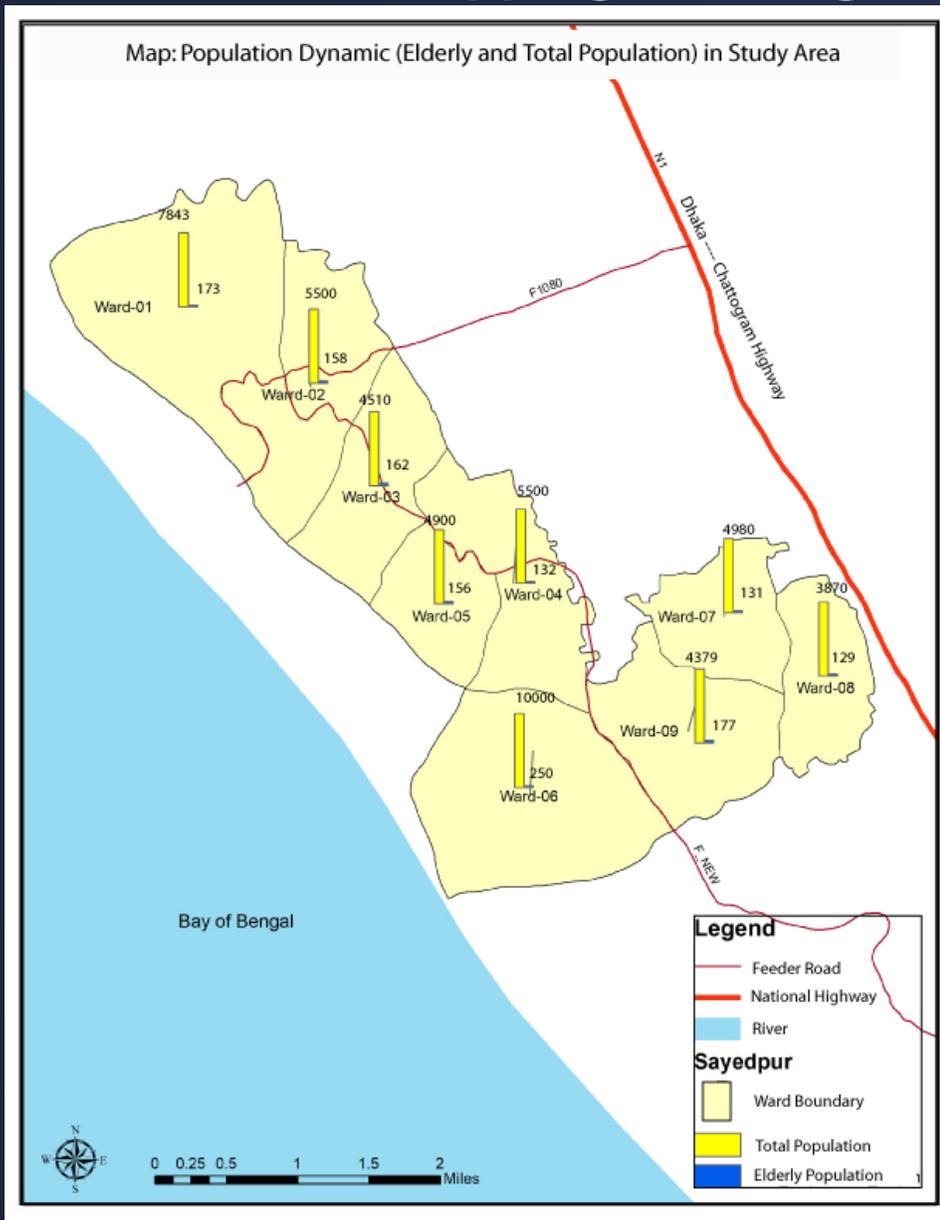
# Conceptual framework on elderly rural care



Source:

[Hamiduzzaman](#), et al  
2021 (The World Is Not Mine – Barriers to Healthcare Access for Bangladeshi Rural Elderly Women)

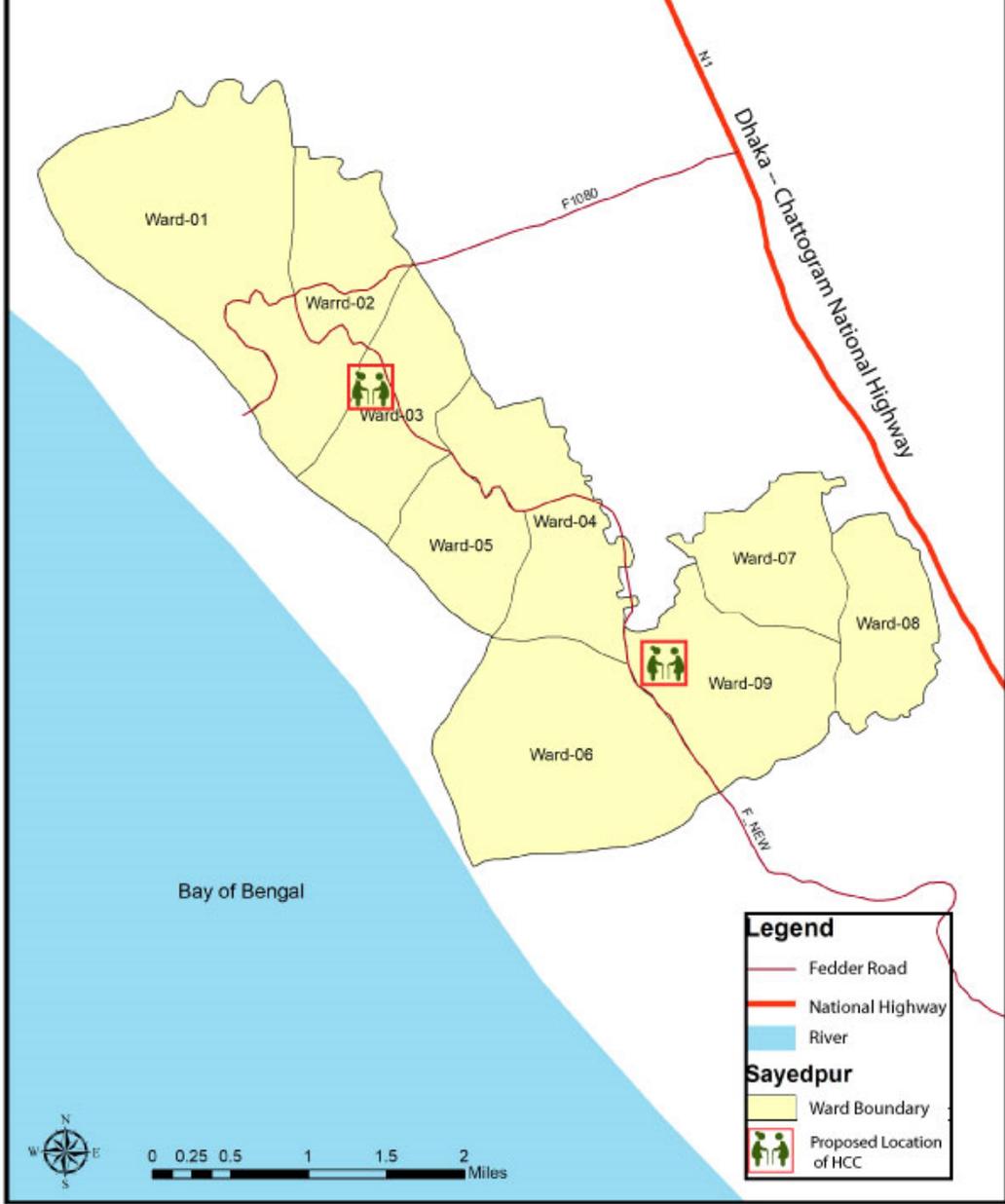
# GIS mapping showing healthcare services for elderly in Sitakunda



Name of ward	Elderly Population	Total Population	Percentage of Elderly people
Ward no-01	173	248	2.2
Ward no-02	158	5500	2.9
Ward no- 03	162	4510	3.6
Ward no-04	132	5500	2.4
Ward no-05	156	4900	3.2
Ward no-06	250	10000	2.5
Ward no-07	131	4980	2.6
Ward no-08	129	3870	3.3
Ward no-09	177	4379	4.0
<b>Total</b>	<b>1468</b>	<b>51482</b>	<b>2.9</b>

This map presented the study area along with the statistics of total population and elderly population.

Map: Proposed Location of Health Care Center (HCC) for Elderly People at Sayedpur Union, Sitakunda, Chattogram



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Ward no-09	177	4379	4.0
<b>Total</b>	<b>1468</b>	<b>51482</b>	<b>2.9</b>

if elderly population is less than 8% of total population then we will propose two EHCC else three EHCC or where ward wise elderly population is 4% or nearly approximation

For considering the above issues and ensuring safer life and livelihood, YPSA has decided to conduct the research on the lifestyle development of the elderly people in Chattogram entitled 'Situation analysis of elderly population in a selected union in Bangladesh. Typically Called *'Sitakund Model of Elderly People'*.

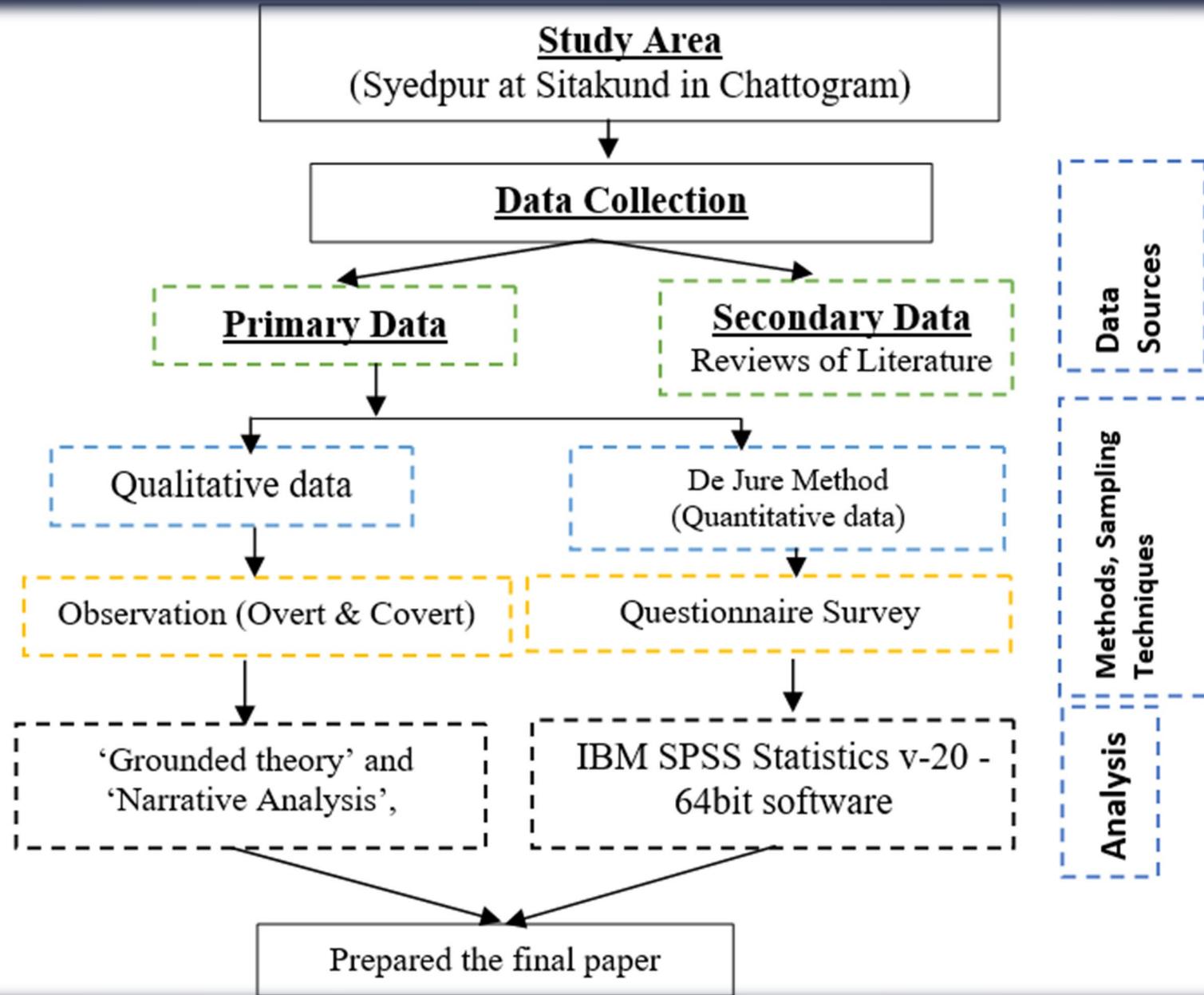


## Objectives of the Study

The study focuses on different things of elderly people, namely demographic conditions of the respondent, living arrangements, care and support information, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources , social safety net, gender perspective and issues during disasters respectively. The specific objectives of the study are as follows;

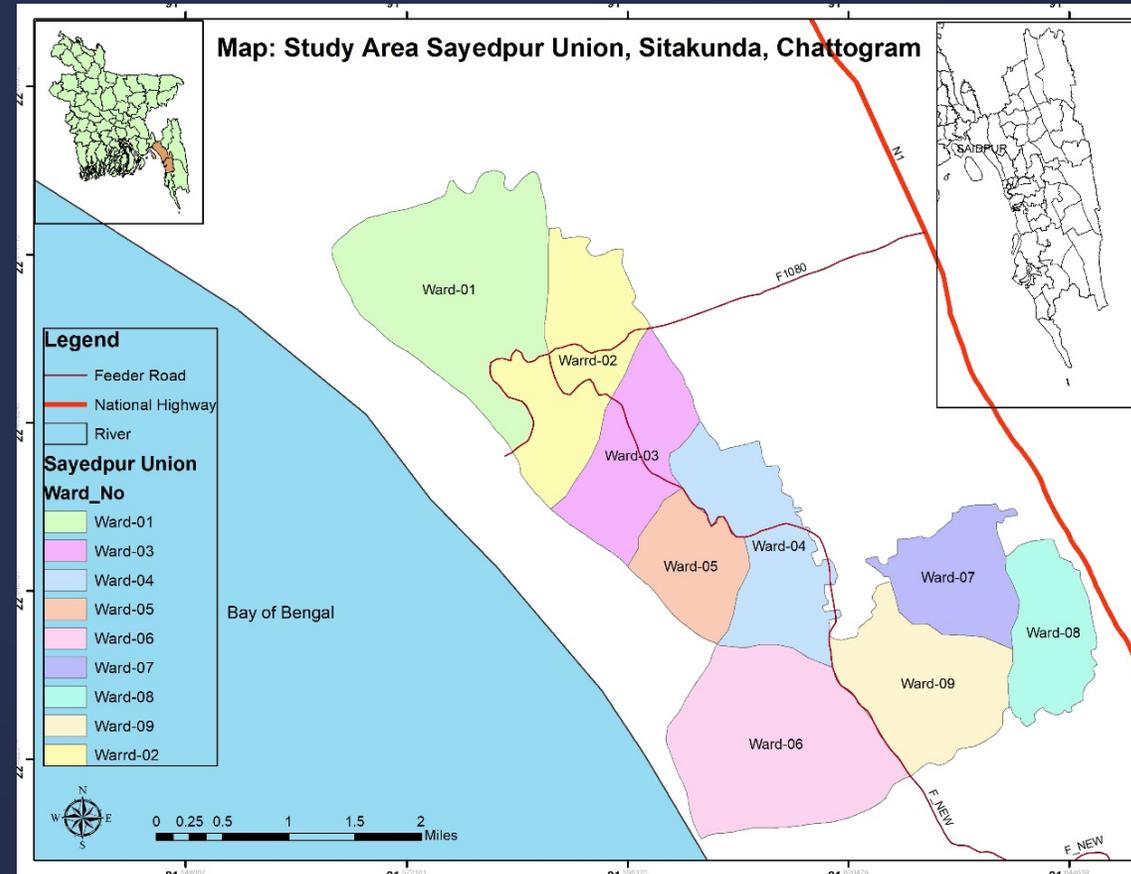
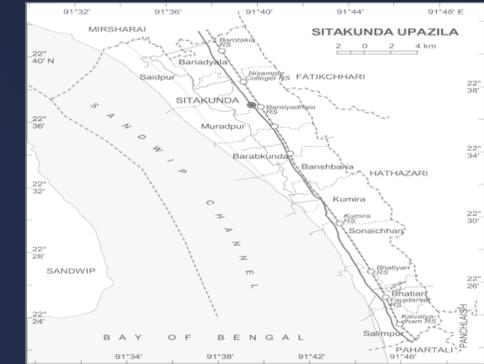
- Exploring conditions of elderly people in the study area;
- Investigating the living arrangements in the family;
- Finding out the care and support related information of their family;
- Knowing the physical health condition;
- Studying their engagement in family and in social level;
- Observing the exploitation of elderly people at family and society level;
- Exploring the elderly issue in gender perspective;
- Examining 'Dementia' of elderly people in the study area.

# Methodology



# Selection of the Study Area

The research will be conducted at Syedpur Union at Sitakunda Upazila in Chattogram district. Geographically, this location bears a big significance as populations are mixed with ethnic identities (some are native Bengali and some portion have indigenous community). The area is selected for heavy industrial hub in this region.



This map presented the study area along with the Boundary of each ward (nine ward is consist of a union)



# Methodology

The study will follow the quantitative survey method and qualitative method to some extent, particularly in observation method.

## Factors in study

The variable of the questionnaire will be arranged on the basis of the study objectives and divided on eleven sections such as demographic conditions, living arrangements, care and support information, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources, social safety net, gender perspective and issues during disasters.

## Study Population

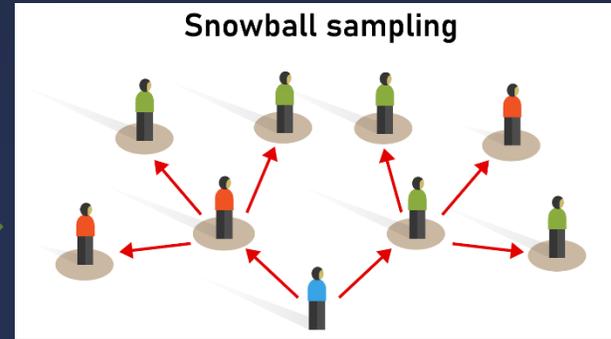
Variably defined as an elderly or retired person, this term generally refers to someone who is at least 60 or 65 years of age. Some people consider "senior citizen". As per the provision of rule 8(1) of the National Policy on Older Persons 2013, Govt. has declared the citizen above 60 years are Senior citizen.



# Methodology

## Sampling

Snowballing sampling technique.



## Statistical basis of the sample size

The aim of the study to enumerate entire area through 'De Jure' method. Under this method, enumerators will collect the information from households by visiting them very often to fill up the various schedules. However, the study will exclude this elderly people from this study those who unable to give consent.

## Procedures

Organizational staffs (those who are well oriented about the present study) will collect the household data through door to door household survey.

## Methods of data collection

Data will be collected from primary sources. Primary data will be collected through Observation (Overt and Covert) and Questionnaire survey.



# Methodology

## Pretesting

Nearly 10 or 15 questionnaires would be pretested on the non-sampling area. Later, the questionnaire will be submitted to 'Bangladesh Medical Research Council' (BMRC) for getting approval.

## Data interpretation

Quantitative data would be analyzed through various types of statistical tools and techniques, especially used SPSS software and qualitative data would be analyzed with 'Narrative Analysis'.

## Statistical Analysis

Weightage analysis would be used for measured the satisfaction, desire levels of the respondent.

## Utilization of Results

- ❑ Elderly people are the senior citizens of every country like Bangladesh.
- ❑ However, nuclear families are increasing in Bangladesh day by day and older people are left alone living separately from their family and becoming vulnerable.
- ❑ Also the number of aged population is increasing.
- ❑ Along with the majority of the people over sixty years live in the rural areas where there is lack of proper health care services, economic services and limited job opportunities.
- ❑ So, we believe that the present study will help to explore the real scenario of the lifestyle of elderly people and their demographic conditions, including living arrangements, care and support, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources, social safety net, gender perspective and issues during disasters.
- ❑ Finally, the research findings will help to the attention of policy makers, researchers, related department, research organizations and those who are working in this field.
- ❑ In addition, it will help to accelerate the sound lifestyle of elderly people through strengthening the government civilian rights and proper implementation of existing provisions of laws, rules and policies in Bangladesh.



## **Facilities**

Basically, the research activity is self-oriented and self-exploratory. Owing to shortage of research grant, existing project staffs will monitor and supervise the whole survey procedures.

## **Approval / Forwarding of the Head of Department / Institute**

After validation workshop or findings sharing workshop and critical review the whole research paper by own review committee, Chief Executive of YPSA will approve the research findings. After that the findings will be published on organizational web portal and shared with related bodies, departments, agencies, institutions, organizations and external and internal departments who are responsible and working on this issue. Finally, it can be published in peer reviewed journals at the national and international arena.

# YPSA Works with Elderly People



Awareness-on-Diabetes-control



Eye-Camp-Registration-Male



Glass-distributed-to-OP



Disability friendly device distribution



Recreation-Female



Recognition of Elderly people

## Project Activities



Monthly meeting of the old village committee



Leadership and communication training of senior leaders



Rally of International Day of the Year 2012



Deliverable aids to the elderly

## Project Activities



**Professor Hafiz T.A. Khan has distributed warm blankets and elderly people allowance to poor elderly people**



# ***Acknowledgements***

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