

Self-Sustaining the Livelihood of Senior Citizens by Providing Mental Support Through Senior Citizen Community Development Program (SCDP)

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Abstract

Elderly age is the senior stage of life cycle among human beings that faces various mental problems if proper care is not provided to the 60+ senior citizens. We can reduce these problems by the transformation of skills and experience of senior citizens to mobilize the youths through Public-Private-Partnership (3-Ps) like Senior-citizen Community Development Program for the self-sustaining livelihood of senior citizens in Nepal.

As per social tradition, elder members of a family are cared for by younger family members. These days, many youths migrate abroad to a foreign country mostly for employment. The migration of young adults creates challenges for caring and burdens the remaining women and children hindering their personal career development (Yadav, Volume 2, NO. 1, 2012).

The government of Nepal has formulated a national policy, act, and regulations on aging and the problems of the elderly; however, we have not operated because of limited resources (Shrestha, 2013). Psychosis, alcohol dependence, dementia, and other disorders bring negative consequences to the mind amongst elderly people if proper care is not provided. As in other research, the prevalence of anxiety symptom cases was identified, ranged from 21.7 to 32.3 percent (Thapa DK, 2018, June). Therefore, we decided to survey to identify the elderly age problems and their solutions as an alternative option in Nepal.

We used questionnaires and checklists for Household Survey (HS) and Focus Group Discussion (FGD) respectively in 5 out of 77 districts and analyzed the collected information to identify an alternative option in 2019.

According to the outputs of the survey (HASTI-Nepal in 2019), we designed an alternative project, entitled the Senior-citizen Community Development Program (SCDP) for self-sustaining the livelihood of senior citizens by providing mental support. The SCDP facilitates an opportunity to transfer the skills and experiences of senior citizens to mobilize the youths in entrepreneurship development institutionally at Municipality (Palika) or Ward levels for local level of prosperity by honoring the constitution and policy of the Nepal government. We can coordinate with all line agencies of government, non-government, and private sectors together adopting the Public-Private-Partnerships (3-Ps) that facilitates to increase the local level prosperity for self-sustaining the livelihood of senior citizens among 60+ elderly people in Nepal. As per the HASTI's survey, six activities for Municipality (Palika) level and five for Ward level were identified to cover the complete package of the project.

To implement the SCDP in the communities, there is needed to apply two simple methods for both levels. The first method is Trainers' Training (TOT) on engineering, agriculture, and health areas. The second is the mobilization of youths in entrepreneur-

ship development in the above 3 areas by a transformation of skills and experience of senior citizens. Thus, the SCDP assures a safe, nurturing, and secure home environment and other need-based help with dressing, grooming, and bathing friendly. Thus, the SCDP provides dignified and quality care to seniors who have dementia and other forms of memory loss occurred in elderly ages. Therefore, we recommend implementing the SCDP at Municipality (Palika) level with SIX facilities or Ward level with FIVE facilities for self-sustaining the livelihood by providing mental support among the senior citizens in Nepal.

Keywords: Elderly age; Senior citizen; Self-sustaining; Livelihood; Mental support; Prosperity

Abbreviation and Definitions

Bigah: Unit of land mapped in the terrain area; Block No: Rational number of the buildings in the colony; HASTI-Nepal: Himalayan Association against STI-AIDS; NPR: Nepali rupee; Palika: Defined as Metropolitan city or Municipality of Gaun Palika; Pvt: Private Limited Company, which is registered in the company Registrar Office; Ropani: Unit of land mapped in the hilly area; SBT: Skill-Based Training; SCDP: Senior- citizen Community Development Program; Three- Ps Project– Public-Private Partnership Project; TOT: Trainers' Training

Introduction

Seniors suffer from various consequences of mental problems if proper care is not provided to 60+ people in their daily routine. We can reduce these problems by a transformation of skills and experience of senior citizens to mobilize the youths in entrepreneurship development as an alternative option for self-sustaining the livelihood of elderly people in Nepal. The utilization of local level expertise facilitates to increase the national prosperity that can assure social and mental security after retirement.

Previously, younger generations were caring for their parents in the elderly ages as per the traditional trends of Nepal. Nowadays, youths who are supposed to take care of senior citizens migrate abroad for employment. Due to a lack of caregivers, some societies serve senior citizens as a burden that causes various consequences of mental problems. Thus, the migration of young adults creates challenges for caring and burdens the remaining women and children hindering their personal career development (Yadav, Volume 2, NO. 1, 2012). The government of Nepal has formulated a national policy, act, and regulations on aging and the problems of the elderly; however, it has not fully operated because of limited resources (Shrestha, 2013).

There were lots of disordered symptom cases among elderly aged senior citizens at more prevalent in aged-care facilities than in community settings and higher mental disorders in hospital-based studies compared to community settings. As in other research, the prevalence of anxiety symptom cases was identified, ranged from 21.7 to 32.3 percent (Thapa DK, 2018, June). With 703 million persons aged 65 years or over, the world's people are aging at an unprecedented pace, 1 in 11 persons in 2019 over the age of 65 that has been projected to increase to 1 in 6 by 2050 [1]. As of 2019, over 2 million people living in Nepal were aged 60+ people, which is almost 9% of the country's total population. The Senior Citizens Act was created in Nepal to address the issues presented by an aging population that has focused on the formation of the Senior Citizens Welfare Committee and Senior Citizens Welfare Fund to protect and ensure social and economic wellbeing and human rights for elderly people in Nepal. Social security and senior discounts were also a priority of the act with ensuring comfortable living standards. Increasing the skills and knowledge of senior citizens and allowing for integrity and independence is the central theme of the Senior Citizens Act [2].

These senior citizens who had physical health problems, dependent likely to result in poor mental health in the elderly [3,4]. We know that there has been increased insecurity of self-sustaining livelihood among senior citizens. The mental health status of the senior citizens in the community needs to explore more recognition and preventive programs (Muna Sharma, Anxiety and Depression among Senior Citizens, 2019). Considering these situations, we surveyed to identify the problems and solutions in 5 districts of Nepal as an alternative option for self-sustaining the livelihood of senior citizens in Nepal in 2019.

Materials and Methods

We surveyed to identify the problems and solutions in 5 districts

of Nepal that occurred in elderly aged senior citizens in Nepal. We applied the Household Survey questionnaire and the checklist for Focus Group Discussion (FGD) to collect primary data for managing as an alternative option in 2019. We also collected secondary data to verify the information. Based on the outputs of the survey, we have designed the SCDP the CDP as an alternative option of the Three-Ps project at Palika or Ward levels where there is applied the simple TWO methodologies. The first is Training of Trainers (TOT) and the second is the transformation of skills and experiences to mobilize the youths in entrepreneurship development.

We need to standardize the trainers among senior citizens through the TOT in the targeted Palika or Wards on entrepreneurs, agriculture, and health areas so that they could train the interested youth for self-employment in Entrepreneurship Development and Tourism Market. After providing Skill-Based Training (SBT) and preparing Business Plan, we can mobilize the youths in Entrepreneurship Development in related areas for increasing the local levels of prosperity trends shown as the following chart.

Chart 1

There are seven steps of prosperity trends to complete the prosperity cycle as the above chart. The first step is the creation of Skill-Based Training (SBT) to conduct TOT for selected trainers. We offer to select an entrepreneurship business at Municipality (Palika)/or Ward levels. The youth participants select need-based businesses in the 2nd step and prepare Business Plans in the 3rd step in support of trainers. The trained youths manage their own business in the 4th step that takes growth in the 5th step with the tourism market of entrepreneurship that is one of the indicators of the sustainability of a successful project (6th step). The local community is involved in the prosperity activities with the success of their business at the local level partnership of the project activities shown in the 7th step on the above chart.

Results and Discussion

We designed the 3-Ps (Public-Private-Partnership) Project and entitled Senior-citizen Community Development Program (SCDP) to implement at Municipality (Palika)/or Ward levels. The Three-Ps Project is one of the comprehensive packages implemented through public-private partnerships in coordination with governmental, nongovernmental, and private institutions for self-sustainability of livelihood by providing mental support and opportunity for entrepreneurship development. Thus, the Three-Ps project assures to play a key role in the self-sustainability of senior citizens and the transformation of skills and experiences. According to the outputs of the survey conducted by HASTI-Nepal mainly in Kailali,

Lamjung, and Pyuthan districts of Nepal in 2019, there was an increasing trend of the critical situations among senior citizens due to insufficient institutional availability at Municipality (Palika) and Ward levels of Nepal for self-sustainability of the livelihood of se-

nior citizens. As per the same research outputs in 2019, there is an immediate need to operate the Three-Ps project like SCDP implementing the 6 activities at the Municipality (Palika) level and 5 activities at Ward level of Nepal as follows:

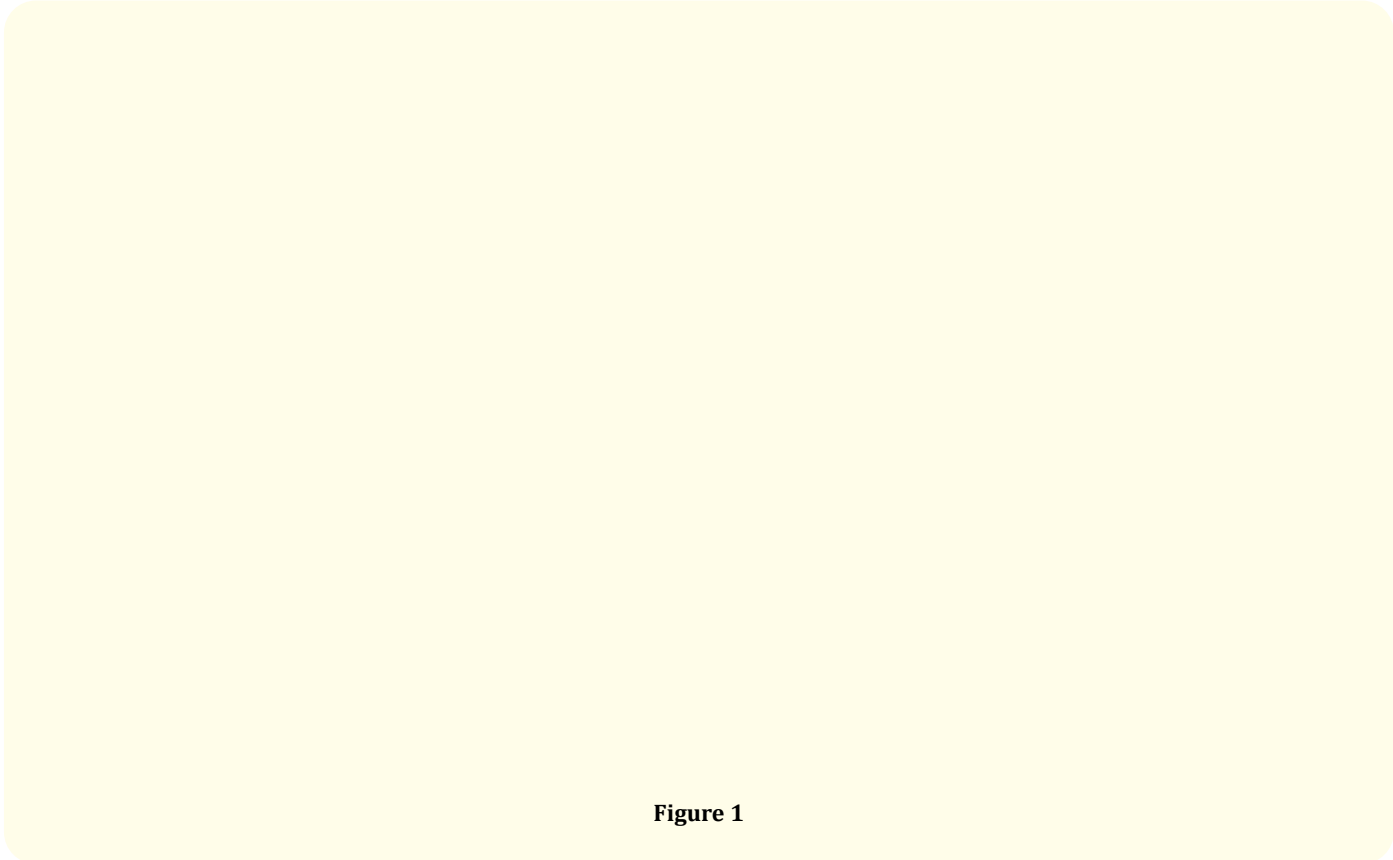


Figure 1

Thus, the Senior-citizen Community Development Program (SCDP) provides need-based services and relieves the mental problems of senior citizens, which facilitates to increase the local level of prosperity by utilizing the skills and experiences of senior citizens as the sustainable institution. Utilization of skills and experiences of senior citizens can resolve as an alternative option to secure the rights and mental support of senior citizens in Nepal as per the developed countries. Thus, we can fulfill the criteria of the Three-Ps project by implementing the SCDP as a sustainable option for increasing the local level of prosperity.

The budget of SCDP for Palika level is estimated at NPR 250 million if targeted Palika provides land about 10 Bigha in Tarain/or 20

Ropani in hill area at free of cost. We have estimated at NPR 65 million of SCDP for Ward level if targeted Palika provides land about 2 Bigha in Tarain/or 5 Ropani in hill area at free of cost with mutual understanding. This estimated fund is collected at 60% from Palika/government, 30% from partner organizations/donors, and 10% from the local people contribution for both Palika and ward levels of projects. As per the mutual understanding with local government/concerned Palika or ward level for the implementation of the SCDP, the benefits of the project can be managed by the local management committee at 40% for Program Development, 20% for Admin Costs of targeted Palika/or Ward, 20% for Partner organizations, and 20% for local level households for their contributions in both levels' projects.

Conclusion

Based on the outputs of HASTI's research, we have recommended implementing the SCDP to provide cognitive needs to the senior citizens with assuring a safe, nurturing, and secure home environment with managing medication, healthy meals, and other need-based help such as dressing, grooming, and safe bath. Thus, we are sure that the SCDP provides dignified and quality care for seniors. This project can also give special caring to senior citizens who have dementia and other forms of memory loss for mental support by facilitating to increase the local level of prosperity. According to a survey in 2019, a three-*Ps* project like Senior-citizen Community Development Program (SCDP) can be one of the best models of a sustainable project to implement in mutual understanding with Municipality (Palika) level for self-sustaining the livelihood of senior citizens by providing mental support at Municipality/or Ward levels in Nepal.

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Conflict of Interest

We have initiated this research for the social welfare of senior

citizens in Nepal. I declare my commitment, to be honest with my work and the publications that concern this research. I would like to express my appreciation to all working team members involved in this research and working with this journal for social welfare. I have no financial objection or conflict of interest for publication in the respective journal.

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