

Needs Assessment Study among Elderly of Bhopal

REPORT

Prepared For:

HELPAGE INDIA

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Executive Summary

Human population is ageing and hence the concerns about the aged need adequate attention. Old age constitutes one of the major challenges confronted by the societies in the present century. Demographic transition coupled with increasing life expectancy is leading to ageing of the population across the world. In India, by 2050, more than one in five people will be aged over 60, (*Source: India Statistics*).

HelpAge India is the leading advocate for Older People's rights. They are continuously intervening to help India's 90 million elderly populations to live with dignity, independence and self-fulfillment. HelpAge India felt the need to assess the needs and desires of the elderly people towards care giving, emotional, social and cultural issues and Sigma was hired for carrying out a rapid assessment study on the needs of the elderly in urban Bhopal city of Madhya Pradesh

The present study was carried out in Bhopal city of Madhya Pradesh among 219 elderly (60+ years) people (116 male and 103 female).

Profile

About 63 percent of the elderly are living in the city since birth while approximately one third moved from other city/town. Remittances from children emerges as the major source of income (57%) of the elderly followed by business (32%), house rent (30%) and pension (29%). On an average elderly of Bhopal city has monthly income of Rs 9344.

Walking, visiting relatives/neighbours, reading news paper/magazine, pooja/spiritual activities and watching TV are the leisure time activities of the elderly and they have an average leisure time of 5 hours in a day.

About 5 percent of the elderly live alone either with or without support of their children. Living alone due to death of spouse is more common among females than males. Five percent of the elderly have any care giver and they used mostly for household chores and they prefer local younger male as a care giver.

Health Status

About two fifth (42%) of the elderly reported to be free from any health problem, while 30 percent reported to be having one or more chronic diseases such as Diabetes, Hypertension and Arthritis. The medical expenses of the elderly are taken care of by the children in about three fourth of the cases.

About one fourth (24%) of the elderly have health insurance coverage. The vast majority (76%) of the elderly have no such coverage. The young elderly have higher health insurance coverage where coverage of females is much higher than male elderly (67% Vs 24%).

Difficulties of living alone

The elderly feel the need to be accompanied by some one for household shopping (47%), buying medicines/other medical aid (39%), mobility (38%), cleaning work (32%) and for paying bills (28%).

One fifth (21%) of the elderly feel insecure with the feeling of insecurity being higher among male (25%) compared to female (17%). The reason for such feeling of insecurity include, “living alone”, “shortage of medicine”, “health problem”, etc.

About 30 percent of the elderly wish to give preference to good health in their rest of life and also they desire to have security (21%) and to get pension (20%).

Social discrimination, negligence from children and loneliness are the major social problems the elderly reported to be facing in their day-to-day life.

Elderly mentioned a few good and bad influences such as; change in life style (43%), increase in cost of living (27%), change in way of talking (24%), no brotherhood now a days (18%) and do respect elderly (16%).

The major issues elders want intervention includes: economic help (37%), get respect in the society (32%), pension scheme should be started (27%), free medical treatment (23%), separate hospital for elderly (20%), good care (20%) and old age home (15%).

CHAPTER 1

INTRODUCTION

1.1 Background

The life expectancy in India has gone up from 20 years in the beginning of the 20th century to 62 years today. The increase in life expectancy is mainly due to public health measures, such as interventions ranging from routine vaccinations to control of formerly fatal or debilitating childhood diseases, advances in medical knowledge and medical technology, improved diet and low fertility. In 1901 we had only 12 million old people and by 2025 we are expecting about 177 million of them (*Source: News Track India*).

By 2050, more than one in five people will be aged over 60 years. According to UNDESA, by 2050 nearly 80% of world's elderly population will live in developing countries.

HelpAge India is the leading advocate for Older People's rights. They are continuously intervening for India's 90 million elderly populations to help them live with dignity, independence and self-fulfillment. The issue generally taken up by them include:

- Advocacy for policy level changes
- Awareness generation regarding concerns of the aged
- Promote better understanding about aging of the aged
- Help elderly about their rights

HelpAge India felt the need to assess the needs and desires of the elderly people towards care giving, emotional, social and cultural issues and Sigma was hired for carrying out a rapid assessment study on the needs of elderly.

1.2 Study Objectives

The broad objective of the study is to assess the needs and desire of the elderly people towards their emotional, care giving, social and cultural issues.

The broad objective of the study is to assess the needs of the elderly living in Bhopal. The Specific objectives are:

- To understand their socio economic profile and daily routine
- To understand their health condition and health needs
- To understand difficulties of living alone
- To understand their views, preferences and paying capacity regarding care giving and care givers, type of care givers used and purpose for which used, their capabilities etc.

1.3 Study Methodology

Study Area and Target Group

The present study was carried in Bhopal city of state Madhya Pradesh among the elderly of 60+ years with both the sexes.

Research Technique

Quantitative technique was used for data collection through structured interviews among the elderly.

Study Instruments

Semi structured interview schedule was prepared for the survey. The content and format of the questionnaire used in the survey were finalised in consultation with the HelpAge India team. The questionnaire was then translated into local language (Hindi) and pre -tested among elderly from the sampling universe.

"Semi structured interviews have a mixture of few coded questions and few un coded ones so there is a fair chance of free flowing discussion with one target population and it is conducted with the help of an interview guide".

Sampling Design and Coverage

The sampling design has the following steps:

Step 1: Bhopal city was divided into 5 zones viz. East, West, South, North and Central. The total sample size was equally distributed across these 5 zones.

Step 2: In each zone, 4 starting points were selected using systematic random sampling approach.

Step 3: From each starting point, 10 elderly (5 male and 5 female) were selected using right hand rule of field movement by ensuring adequate representation.

Table 1.3a: Details Relating to the Sample Size Achieved

Sex	Sample Size
Male	116
Female	103
Total	219

1.4 Field Operations and Data Processing

In the present study, 2 teams were used with each team comprising one supervisor and 5 interviewers.

A two-days training was organised in Bhopal on 10th and 11th September 2009 in order to enable the field teams to understand the details of the project. First day's training was classroom training where all the details of project like objectives, sampling plan and questions were thoroughly discussed. In the first half of the second day all the field staff had practice session, during which field managers selected the required number of interviewers with better understanding. In the second half, the field teams were taken to a nearby area for field practice. Field Executive imparted the training with the help of Researcher.

The fieldwork was carried out during Sept 12-17, 2009. National Operations Manager and field professionals made visits to monitor the quality of the data elicited.

Data Management

The data processing operations including office scrutiny of the questionnaire, post coding, data entry, data cleaning were carried out at the Delhi office

Data Analysis

Quantitative data analysed using SPSS and CsPro Software, as per the tabulation requirement. Summary statistics (such as estimates for minimum, maximum, mean, standard deviation and key percentiles) were generated.

1.5 Organisation of the Report

This report has four chapters including this chapter. Chapter-2 gives the profile of the elderly in terms of socio economic and demographic characteristics. Chapter-3 provides the information related to the health status of the elderly while Chapter-4 presents the findings in terms of needs of the elderly.

CHAPTER 2

PROFILE OF ELDERLY

This Chapter provides the profile of the elderly interviewed in the study in terms of age distribution, education, leisure activities etc.

2.1 Socio, Economic Demographic Profile

Age Distribution

Age distribution of the elderly interviewed in the study is presented in Table 2.1a. More than one third (42%) of the elderly are in the age group 60-64 years. There is four years variation in the average age of male (69 years) and female (65 years). Proportion of elderly gradually decreases with increase in age but the proportion of elderly is higher in 85 and above in comparison to that of 75-79 years age group.

Table 2.1a: Percent Distribution of Elderly by Age and Gender

Age Group (in years)	Combined	Male	Female
60 - 64	42	33	53
65 - 69	22	19	25
70 - 74	20	29	10
75 - 79	4	6	2
80+	11	13	10
Mean	67	69	65
SD	67	7	6
Total N	219	116	103

Educational Attainment

Table 2.1b indicates that more than one fifth of the elderly are educated up to primary (27%), middle level (27%) and secondary level (21%). However, around 8 percent elderly are illiterates and 16 percent had at least higher secondary level of education.

Table 2.1b: Percent Distribution of Elderly by Education Status and Gender

Education	Combined	Male	Female
Illiterate	8	7	9
Primary	27	24	31
Middle	27	25	29
Secondary	21	21	21
Higher Secondary	11	15	8
Graduate	3	6	0
Professional/Post Graduate and above	2	3	1
Total N	219	116	103

Number of Children

On an average, the elderly have about 5 children. About 83 percent of the elderly have 3 or more children, while 14 percent have 1 or 2 children. Table 2.1c clearly shows that there is no difference in the average number (2.5) of sons and daughters of the elderly but 13 percent of the elderly said that they don't have any daughter compared to 5 percent in case of son.

Table 2.1c: Percent Distribution of Elderly by Number of Children and Gender

Number of Children	Percent
None	3
1-2	14
3 and above	83
Mean	4.72
SD	2.14
Total N	219
No Son	5
1-2 Son	55
3 and above Son	40
Mean	2.5
SD	1.3
Total N	219
No daughter	13
1-2 daughter	52
3 and above daughter	36
Mean	2.53
SD	1.62
Total N	219

2.2 Living Status

Duration of stay

About three fifth (63%) of the elderly are living in the city since birth while approximately one third (31%) are living in the city for more than 16 years. Thus around 7 percent elderly migrated to the city in the last 15 years due to one or more reasons. Proportion of migrants is slightly higher in case of male (7%) compared to their female counterparts (6%).

Reason for shifting

Elderly who migrated were asked about the reason for the shift. More than one fourth (28%) of the elderly migrated because their children live in this city and another 28 percent elderly live in this city as this is their native place. One can notice large variation in male and female migration due to transfer of job i.e. 15 percent and 30 percent respectively.

Table 2.2a: Percent Distribution of Elderly by Duration of Stay and Gender and Reasons for Migration

Duration of Stay (in years)	Combined	Male	Female
Below 5	1	1	1
6-10	2	1	3
11-15	4	5	2
16 and above	31	34	27
Since Birth	63	59	67
Mean	30.53	30.57	30.47
SD	13.67	13.75	13.77
Total N	219	116	103
Reason			
Native Place	28	21	38
Children live here	28	28	29
Relatives live here	25	23	26
Own property here	9	11	6
Transferred on last job and stayed here	23	30	15
There do work here	5	6	3
Business	2	2	3
Press	1	2	0
Coming to marriage	1	0	3
Climatic Condition	1	2	0
Due to poverty	1	2	0
Total N	81	47	34

Person with whom the elderly stay

Most of the elderly (83%) live with their sons and more than half (58%) live with their spouse. Very small proportion of elderly live alone or without support of children i.e. 1 and 2 percent respectively.

Table 2.2b: Percent Distribution of Elderly by Person Living with and Gender

Respondent living with	Combined	Male	Female
With Son(s)	83	82	83
With Daughter(s)	21	20	22
With wife/husband	58	61	53
Alone but visit my children	2	1	3
Live alone without support of children	2	3	0
Live alone, no family member	1	2	1
Total N	219	116	103

Elderly who are living alone (4) were asked about the duration of staying alone. Out of these 4 elderly, 3 were female and only one was male. Two females reported to be living alone for 5 years and one living alone for more than 11 years. On the other hand that one male reported that he is living alone for the last 10 years.

On being further asked about the reason for staying alone, one elderly man reported that he is living alone due to health problem and climatic conditions but the 3 females reported that they are living alone because of death of their spouse and as they have property there.

Table 2.2c: Percent Distribution of Elderly by Duration of stay alone and Gender and Reason for Staying alone

Duration of living alone in years	Combined	Male	Female
Below 5	50	0	67
6-10	25	100	0
11 or more	25	0	33
Total N	4	1	3
Reason for living alone			
Health problem	25	100	0
Climatic Conditions	25	100	0
Spouse died	50	0	67
Other	50	0	67
Have the property	25	0	33
Total N	4	1	3

Note : Results need to be interpreted with care due to small base

Leisure Time activities

The leisure time activities of the elderly are many and most of the elderly (89%) reported about walking followed by visiting relatives /neighbour (77%), reading news paper/books/ magazines (65%), pooja/prayer/spiritual activities (64%), watching TV (62%), etc. About half of the elderly have 4-6 hrs leisure time on a day to day basis while 14 percent reported it to be more than 10 hrs. More females are using their leisure time for yoga/meditation and job (full time) compared to their male counterparts.

Table 2.2d: Percent Distribution of Elderly by their Spending Time in different activities, Leisure time and Gender

Activities *	Combined	Male	Female
Visiting relatives/ Neighbour	77	76	79
Walking	89	92	84
Reading Newspaper/ Books/ Magazines	65	65	65
Pooja/ Prayer/ Spiritual activities	64	64	64
Watching TV	62	65	58
Going to park to meet friends	42	47	36
Going to market/ malls	30	34	25
Play games/ cards	11	12	9
Yoga/ Meditation	19	14	25
Job (Full Time)	11	9	13
Job (Part Time)	3	3	2
Internet surfing or chatting with relatives/ friends	4	3	4
Making phone calls	2	3	1
Social get together	18	23	12
Write articles etc.	1	1	2
Other	5	5	4
Self Business	5	7	2
Total N	219	116	103
Duration of leisure time			
Up to 3 hrs	26	25	26
4 to 6 hrs	51	49	52
7 to 9 hrs	9	9	10
More than 10 hrs	14	16	12
Mean (Minutes)	321.48	333.61	307.94
SD	182.56	197.23	164.56
Total N	219	116	103

* Total exceeds 100 due to multiple response

2.3 Economic Status

Last Occupation

More than one fourth of the male elderly (29%) were petty traders, while one fifth were shop owners (22%). More than two third (71%) of the female elderly were housewife followed while one tenth were skilled workers.

Table 2.3a: Percent Distribution of Elderly by Last Occupation and Gender

Occupation	Combined	Male	Female
Unskilled worker	2	3	0
Skilled worker	13	16	10
Petty Traders	17	29	3
Shop owners	14	22	5
Business/ Industrialists with no. of employees - None	6	3	9
Business/ Industrialists with no. of employees - 10+	1	2	0
Clerical/ Salesman	5	8	1
Supervisory level	5	8	1
Officers/ Executives Junior	4	7	0
Housewife	34	1	71
Total N	219	116	103

More than half of the male elderly (52%) reported that their wives are housewife but majority of the female elderly (31%) were not able to report the last occupation of their spouse.

Table 2.3b: Percent Distribution of Spouse by Last Occupation and Gender

Occupation	Combined	Male	Female
Unskilled worker	3	1	5
Skilled worker	8	5	12
Petty Traders	8	1	16
Shop owners	5	0	11
Business/ Industrialists with no. of employees/ None	5	4	5
Business/ Industrialists with no. of employees/ 1-9	1	0	3
Self employed/ Professional	1	0	2
Clerical/ Salesman	4	1	7
Supervisory level	2	0	5
Housewife	28	52	0
No response	33	35	31
Total N	214	115	99

Source of Income

Table 2.3c shows that remittances from children is the major source of income for the elderly and this is more common in case of female elderly i.e. 64 percent compared with male elderly i.e. 57 percent. More than one fourth of the elderly (30%) reported to be getting money from pension and house rent. Two fifth of the male elderly (44%) have also business as a source of income compared with 19 percent of their female counterparts.

Monthly Income

On an average elderly have monthly income of Rs 9344. Monthly income of more than one fourth each of the elderly ranges from Rs 2500-5000 (28%) and Rs 7500-10,000(26%). Large variation is noticed between male and female elderly in the monthly income Rs 10,000 and above – 28% and 18% respectively.

Elderly reported an average expenditure Rs 5078 per month. Of this, Rs 2297 is spent on food and Rs 1008 on health care. There is no significant difference between male and female elderly on expenses of different items.

Almost four fifth of the elderly have their own house and rest are living in either rented house or government house. Most of the elderly (86%) have TV in their house and more than half (52%) have mobile phone but only 10-11 percent of the elderly have their own motor car and financial balance.

Table 2.3c: Percent Distribution of Elderly by Source of Income, Expenditure, Ownership and Gender

Source of income	Combined	Male	Female
Pension	29	28	30
House Rent	30	28	32
Business	32	44	19
Remittance from children	57	51	64
Interests on Savings and Fixed Deposits	23	20	26
Other	1	1	1
Children/ Sons will do the work	6	7	5
Brother	1	2	0
Work Myself	2	3	1
Service	1	3	0
Shop	4	1	7
Husband	2	0	5
Monthly Income (in Rs)			
Less than Rs.2500	3	2	4
Rs.2501-Rs.5000	28	26	30
Rs.5001-Rs.7500	20	20	20
Rs.7501-Rs.10,000	26	24	27
Rs.10,000 and above	24	28	18
Mean	9343.83	10088.78	8504.8
SD	10186	10355.09	9975.7
Average monthly expenses (in Rs)			
Food	2297	2328	2262
Housing	896	858	944
Health care	1008	1005	1011
Others	1425	1570	1259
Mean	5077	5281	4848
SD	2538	2693	2343
Currently Stayed			
Owned	79	78	81
Rent	20	20	19
Government house	1	2	0
Ownership *			
Own house	86	83	89
TV	86	87	85
Telephone	44	42	46
Mobile	52	51	53
Car	10	11	9
Chronic debt	11	13	9
Total N	219	116	103

* Total exceeds 100 due to multiple response

2.4 Care Giver

Six percent in case of male elderly and 3 percent in case of female elderly have care giver. Table 2.4a clearly shows that out of total elderly who has a care giver 71 percent of male elderly has male care giver and 29 percent of male elderly has female care giver on the other hand all the female elderly (100%) has male care giver.

Three fifth (60%) of the care givers are below 29 years and most of the elderly brought the care giver through their relatives (40%) and neighbour (30%).

Most (80-90%) of the elderly make the payment individually by cash and they are using care giver mostly (80%) for household chores.

Table 2.4a: Percent Distribution of Elderly by Care Giver details

Particular	Combined	Male	Female
Have any care giver	5	6	3
Total N	219	116	103
Sex of care giver			
Male	80	71	100
Female	20	29	0
Age of care giver (in years)			
20 - 24	20	14	33
25 - 29	40	29	67
35 +	40	57	0
Care giver brought from			
Individual	10	14	0
Referred by known persons	10	0	33
Relatives	40	43	33
From native places	10	14	0
Neighbour	30	29	33
Payment made to care giver through			
Individually	80	71	100
Through relatives	10	14	0
Not paying	10	14	0
Mode of Payment			
Cash	90	86	100
Not paying anything	10	14	0
Propose to use care giver *			
To take care of me only	50	57	33
To do household chores	80	71	100
To take care when ill	50	57	33
To bring items/material from market	60	71	33
To bring medicines from the Chemist shop	50	43	67
To deposit bills etc.	50	43	67
Total N	10	7	3

* Total exceeds 100 due to multiple response

Only one fourth of the elderly who have male care giver said that they got registered their male care giver in the police station but not a single female care giver registered in the police station. They also reported that their care giver never asked for additional money other than money.

Table 2.4b: Percent Distribution of Elderly by Attitude of Care Giver by Gender of care giver

Attitude	Male care giver	Female care giver
Registered in Police Station	25	0
Takes leave	63	100
Total N	8	2

* Total exceeds 100 due to multiple response

Two fifth (43%) of the elderly reported that care giver is individually replaced with another one when they go out on leave and 29 percent elderly said that they replaced him/her self only.

Table 2.4c: Percent Distribution of Elderly by Action when care giver is on leave by Gender

Who takes care when care giver is on leave	Combined	Male	Female
Individually replacement	43	25	67
Family Member	14	25	0
Self	29	25	33
Son	14	25	0
Total N	7	4	3

Figure 2.4a and table 2.4d suggest that more than one third (38%) of the elderly prefer any one of the family member as care giver, while 34 percent elderly prefer to keep the care giver referred by their relatives. More than three fourth of the elderly (78%) prefer local people as a care giver. Around two third of the elderly reported that they prefer male and younger care giver.

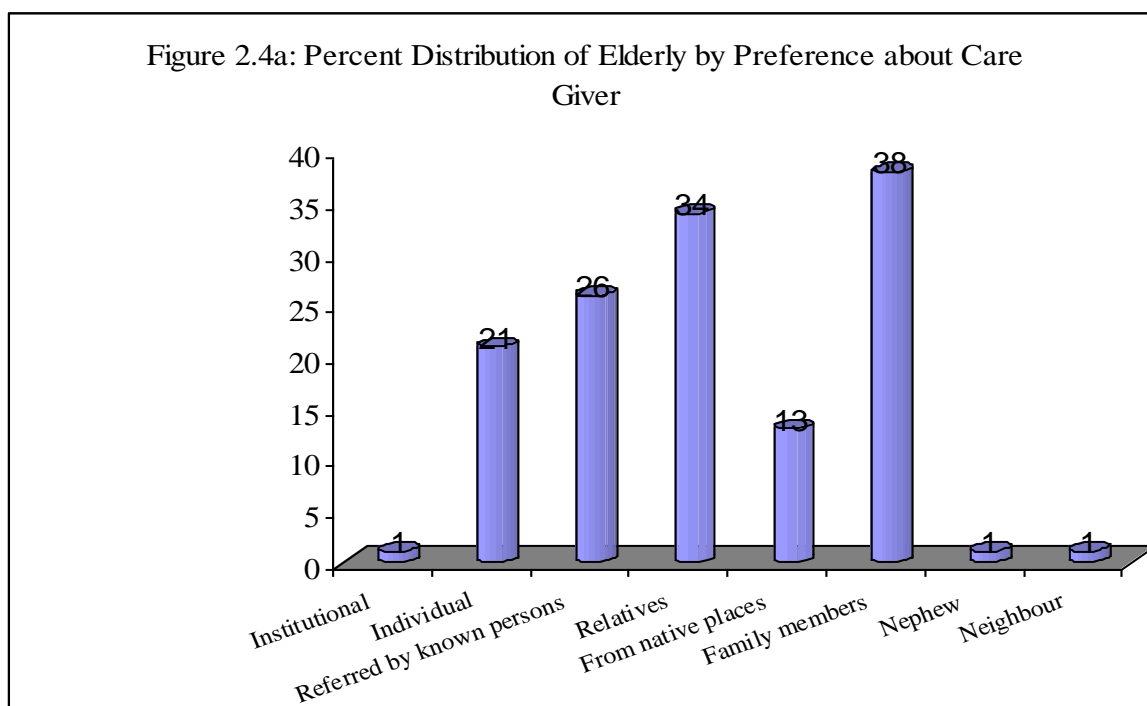


Table 2.4d: Percent Distribution of Elderly by Preference for Care Giver

Preference	Combined	Male	Female
Institutional	1	2	0
Individual	21	22	19
Referred by known persons	26	27	24
Relatives	34	29	40
From native places	13	9	17
Family members	38	34	44
Nephew	1	2	0
Neighbour	1	3	0
Prefer Local or Out side People			
Local People	78	78	78
Out side	22	22	22
Prefer Male or Female			
Male	61	67	54
Female	39	33	46
Prefer Younger or Slightly aged			
Younger	63	66	60
Slightly aged	37	34	40
Total N	219	116	103

Majority of the elderly 84-85 percent reported that care giver should have ability to take care at the time of their illness, to bring items /materials from market and to bring medicine from medical shop. Also 55-65% elderly said that care giver should know to cook food and to do household chores.

Table 2.4e: Percent Distribution of Elderly Perception by Expected ability of Care Giver and Gender

Ability	Combined	Male	Female
To do household chores	63	71	54
To take care when ill	84	86	81
To bring items/material from market	85	85	84
To bring medicines from the Chemist shop	85	83	88
To take care of grand children	51	45	57
To cook food	56	57	54
To give steam, massage etc.	39	29	50
To give nursing (Medicines/ Injections)	8	3	14
To deposit/ pay bills (Telephone/ electricity/ water)	33	36	29
Other	3	2	4
Total N	219	116	103

* Total exceeds 100 due to multiple response

Very few elderly (9%) reported that there is need for trained care givers on care giving and two fifth of the elderly (42%) said that everybody should be trained on care giving. More than half (53%) of the elderly reported that care takers need to be trained on cooking, while two fifth (42%) added that they should be trained on shopping. One third (32%) felt the need to train the care takers on how to bring medicines from chemist shop.

There is a significant difference between male and female elderly as 38 percent male and 83 percent female elderly felt the need to train the care takers on cooing. One can find such difference in case of training on bringing medicines as well as 38 percent male and 17 percent female elderly reported so.

Table 2.4f: Percent Distribution of Elderly by Perception Regarding Training of Care Giver and Gender

Perception	Combined	Male	Female
Care givers should be trained on care giving	9	11	6
Total N	219	116	103
Who should trained in care giving			
Domestic Help	5	8	0
Care givers	32	15	67
Family members	21	15	33
Everybody	42	62	0
Total N	19	13	6
Aspects to be trained on*			
Training on cooking	53	38	83
Information on medicines	21	15	33
Training on marketing/ shopping	42	54	17
Training on house cleaning	32	31	33
Good care	32	46	0
For security	5	8	0
Respectful behave with elders	5	8	0
Show sympathy	5	8	0
Have patience	5	8	0
Bring medicines	32	38	17
To go outside	11	15	0
To deposit bills	11	8	17
Good education/knowledge	5	0	17
Training on massage	11	8	17
Training on when should go hospital	5	0	17
How to take care about elder's cleanliness	5	8	0
How to take care aged and ill person	5	8	0
Look after grand children	5	0	17
Health training	5	0	17
Total N	19	13	6
Domestic Help/ Prefer to Pay/ raise salary			
Want domestic help to be trained	21	31	0
Prefer to pay for his/her training	50	50	
If trained then raise the salary	100	100	

** Total exceeds 100 due to multiple response*

CHAPTER 3

HEALTH STATUS

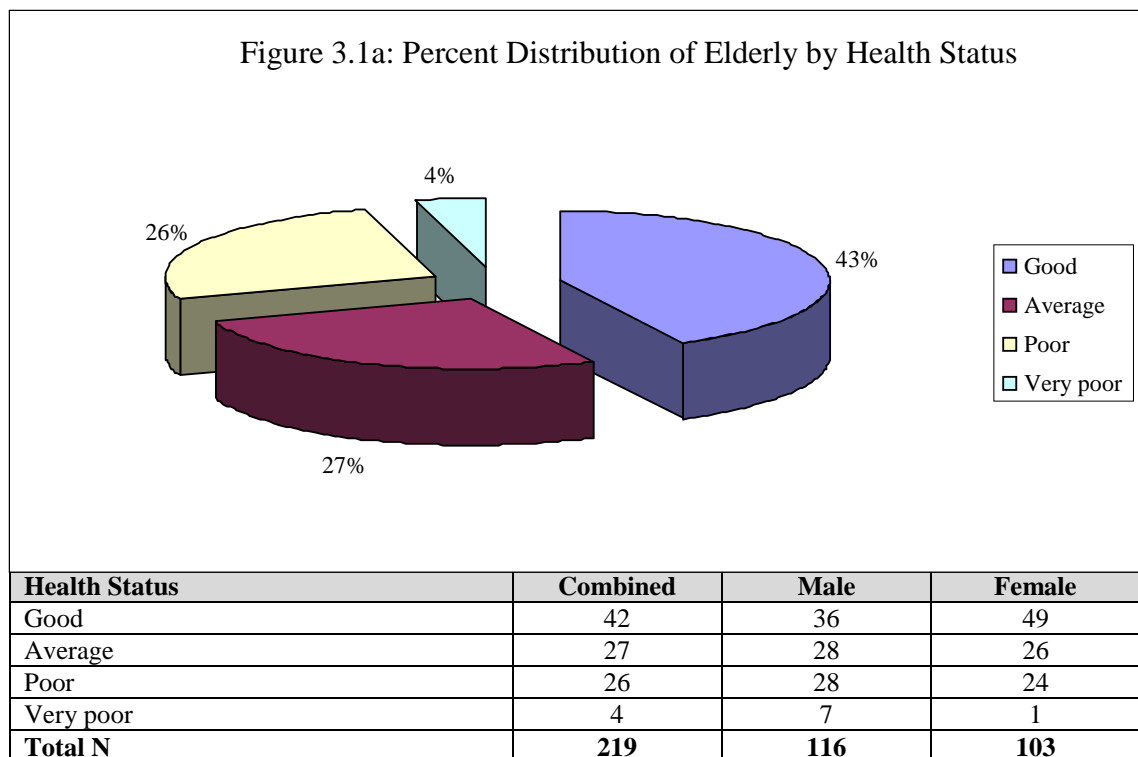
This chapter provides the details of health status of the elderly in terms of health problems, treatment, expenses, health insurance coverage, source of health care expenses etc.

3.1 Health Issues

Rating of health status

All the elderly interviewed were asked to rate their health status on a 4-point scale ranging from very poor to good. More than one fourth of the elderly (30%) rated their health status as poor or very poor. On the other hand two fifth (42%) of the elderly rated it as good. About one fourth (26%) of the elderly reported to be having one of the chronic diseases such as diabetes, hypertension and arthritis.

Four percent of the elderly are in very poor health condition with more than one chronic disease while one fourth (27%) have seasonal health problems (Figure 3.1a).



Health status by Age

Table 3.1b indicates that poor rating of health status is more common among the old elderly, as expected.

Table 3.1b: Percent Distribution of Elderly by Health Status, Age and Gender

Age (Years)	Health Status				Total N
	Good	Average	Poor	Very poor	
Combined	53	18	27	2	93
60-64	53	18	27	2	93
65-69	29	35	33	2	48
70-74	39	36	16	9	44
75-79	22	22	56	0	9
80 +	40	32	20	8	25
Male					
60-64	53	18	26	3	38
65-69	18	41	36	5	22
70-74	38	32	18	12	34
75-79	14	14	71	0	7
80 +	27	33	27	13	15
Female					
60-64	53	18	27	2	55
65-69	38	31	31	0	26
70-74	40	50	10	0	10
75-79	50	50	0	0	2
80+	60	30	10	0	10

Health status by occupation

This table 3.1c clearly shows that the proportion of elderly enjoying good health is higher among pension holder (55%) and elderly enjoying good health have income from house rent (47%). Two fifth of the elderly who get remittance from children reported their health status as good.

Table 3.1c: Health Status of Elderly by their Source of Income

Source of Income	Health Status				Total N
	Good	Average	Poor	Very poor	
Pension	55	23	14	8	64
House Rent	47	26	24	3	66
Business	41	18	35	6	71
Remittance from children	45	28	24	3	139
Interests on Savings and Fixed Deposits	34	42	18	6	50
Work Myself	0	60	40	0	5
Service	33	0	67	0	3
Shop	25	38	38	0	8
Husband	100	0	0	0	5

Health status of spouse

More than half (54%) of the respondents rated the health status of spouse health problem and about 19 percent spouses have one or more chronic diseases (table 3.1d). More proportion of female (66%) enjoying good health than male (45%) at the older ages.

Table 3.1d: Percent Distribution of Respondents by Health Status of Spouse by Gender

Health Status	Combined	Male	Female
Good	54	45	66
Average	27	30	23
Poor	15	18	10
Very poor	4	7	2
Total N	137	76	61

Health status of spouse by age

As table 3.1e indicates, reporting of health problems increases with increase in age, as expected.

Table 3.1e Percent Distribution of Respondents by Health Status of Spouse and Age

Health Status	Less than 60	60-64	65-69	70-74	75-79	80 and above
Good (no such health problem)	62	16	70	56	40	50
Average (with seasonal health problems like cold, fever etc.)	26	52	16	24	40	0
Poor (with any one of the chronic disease like Diabetes, Hypertension and Arthritis)	12	24	9	16	20	25
Very poor (with more than one chronic disease)	0	8	5	4	0	25
Total N	34	25	44	25	5	4

Duration of sickness

All the elderly who rated their health status as poor or very poor were asked about the duration of having such health problem. Average duration of health problem among elderly is 11 years and average duration of health problem in female is slightly lower (10 years) than male elderly (12 years). Two fifth of the elderly (43%) have health problem for the past 5-10 years.

Table 3.1f: Percent Distribution of Elderly by Health Problem Duration

Duration(Years)	Combined	Male	Female
1-5	24	22	27
5-10	43	41	46
10-15	13	12	15
15+	19	24	12
Mean (Years)	11.16	12.07	9.73
SD	7.24	8.07	5.55
Total N	67	41	26

Duration of sickness of spouse

All the elderly who rated the health status of spouse as poor or very poor were asked about the duration of having such health problem. In almost half of the cases, spouse of elderly have health problem for the past 1-5 years. One fifth (21%) of spouse of male elderly and two fifth (43%) of spouse of female elderly have health problem for the past 15+ years.

Table 3.1g: Percent Distribution of Spouse by Duration of Health Problem

Duration (years)	Combined	Male	Female
1 -5	50	53	43
6-10	23	26	14
15 +	27	21	43
Mean (Years)	9.5	8.26	12.86
SD	7.65	6.54	9.89
Total N	26	19	7

Treatment seeking by elderly

All the elderly who have some or other health problem were asked about the health problem for which they are seeking treatment. Table 3.1h shows that one fourth of the elderly (24%) are taking treatment for Blood Pressure, while one fifth (19%) are doing so for Diabetes and 10 percent for each breathing problem and cold and Cough problem. More than one tenth of the elderly are not seeking any treatment.

Table 3.1h: Percent Distribution of Elderly and their Spouse by health problem for which seeking treatment and Gender

Treatment for	Combined	Male	Female
Blood Pressure	24	25	22
Diabetes	19	22	16
Fever	7	5	9
Breathing problem	10	12	7
Cold and cough	10	11	10
Gas	8	8	9
Arthritis	7	8	5
Blood	4	5	3
Eyes	3	3	3
Stomach	2	1	3
Joint pains	4	7	2
Knees	1	3	0
Cataract	1	1	2
Cholera	1	1	0
Malaria	1	1	0
Paralysis	1	1	0
Nervousness	1	1	0
Problem caused due to Bhopal Gas Tragedy	1	3	0
Chronic diseases	1	1	0
Chest pain	1	1	0
Headache	2	4	0
Back pain	1	1	0
Body pain	1	1	0
Mental Balance	1	1	0
Visiting Doctor once in a week	1	0	2
Can't Say	2	0	5
No Treatment	16	14	17
Total N	134	76	58

3.2 Health Expenses

The elderly were further asked about the source of health care expenses. Financial support from children (74%) followed by savings (59%) emerges as the major source of health care expenses. Role of health insurance, medical reimbursement and others seems to be limited (Figure 3.2a).

Support from children and savings for meeting health care expenses is more common among females while that from pension and self employment is more in case of males (Table 3.2a).

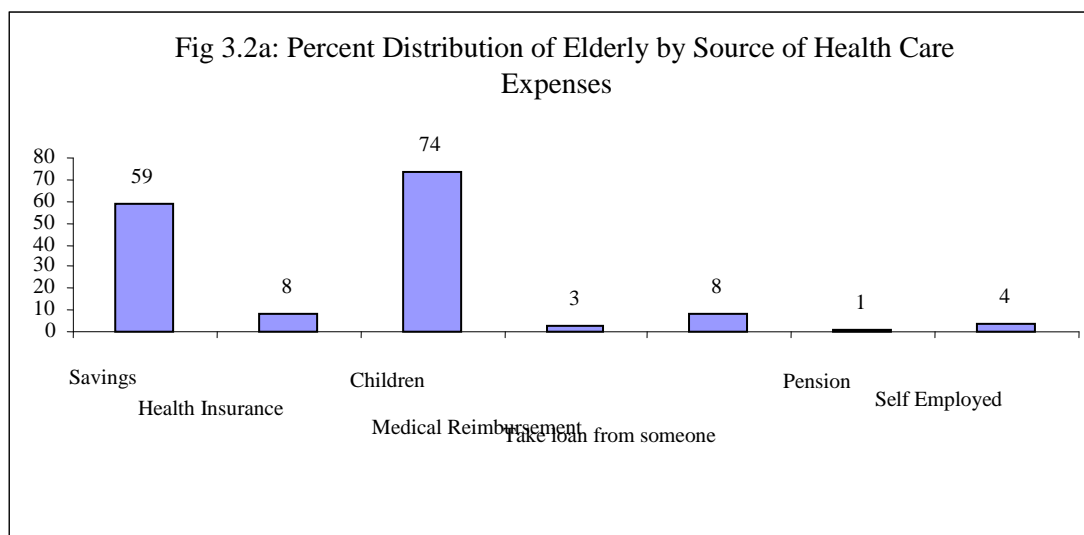


Table 3.2a: Percent Distribution of Elderly by Source of Health Care Expenses and Gender

Source	Combined	Male	Female
Children	74	70	79
Savings	59	56	62
Health Insurance	8	7	10
Take loan from someone	8	8	8
Pension	1	3	0
Medical Reimbursement	3	3	3
Income form self employment	4	6	1
Total N	219	116	103

3.3 Health Insurance

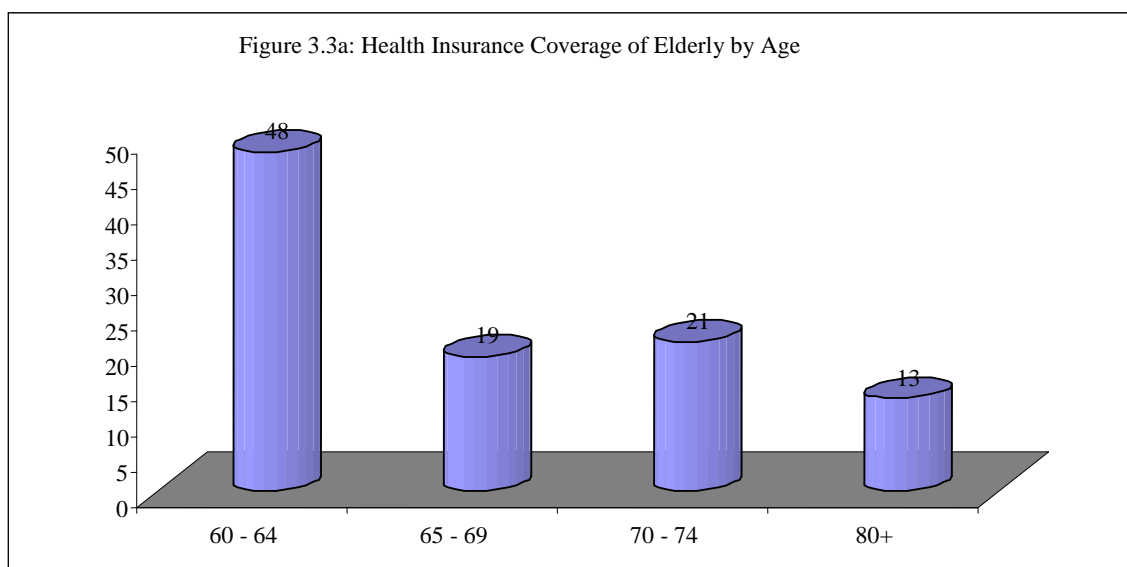
On being asked about the health insurance coverage, 24 percent of the elderly reported in affirmative. Thus vast majority (76%) of the elderly have no such coverage (Table 3.3a).

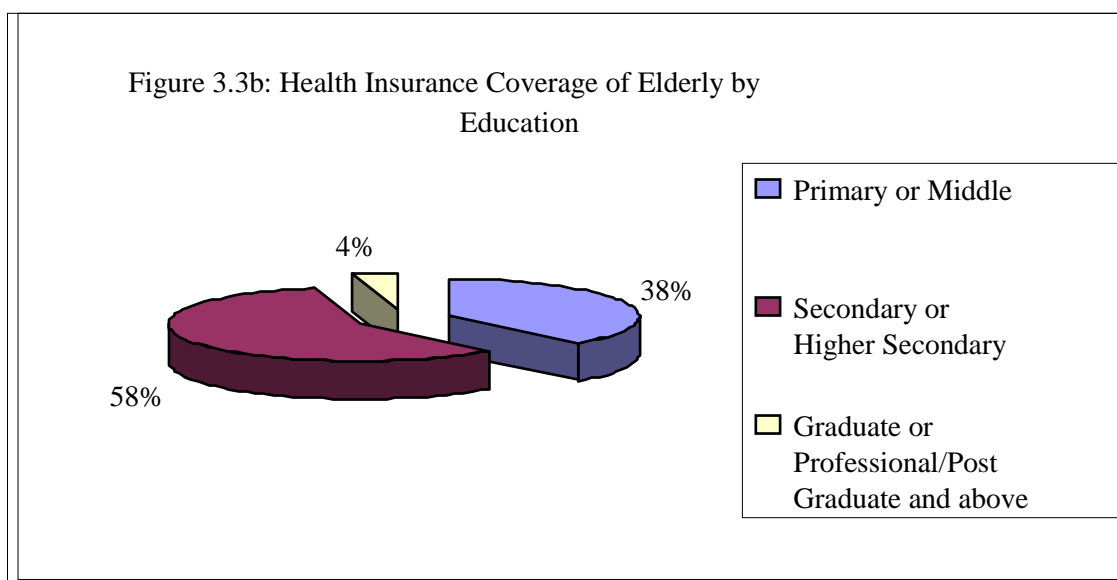
Secondary or higher secondary level educated elderly have higher coverage (58%) of health insurance compared to elderly with other level of education. (Figure 3.3b).

Health insurance coverage has an inverse relation with age as increase of age results in less health insurance coverage. In the age group 60-64 years, proportion of female elderly having health insurance coverage is almost three fold compared to male elderly and vice versa in the 70-74 years age group (Figure 3.3a).

Table 3.3a: Health Insurance Coverage of Elderly by Education, Age and Gender

	Combined	Male	Female
Health Insurance Coverage			
Self only	16	16	17
Spouse only	1	1	2
Both	6	3	9
No one	76	80	72
Total N	219	116	103
Education Level			
Primary or Middle	38	29	44
Secondary or Higher Secondary	58	62	56
Graduate or Professional/Post Graduate and above	4	10	0
Total N	48	21	27
Age Group(Years)			
60 - 64	48	24	67
65 - 69	19	19	19
70 - 74	21	43	4
80+	13	14	11
Total N	48	21	27





3.4 Health Care Givers

Elderly were asked about the person who takes care of them in case of illness. Children (84%) emerge as the major care givers in case of sickness of elderly, followed by self (67%) and spouse (49%). Care and support from children is more in case of female elderly, while care provided by spouse is more in case of male elderly.

Table 3.4: Percent Distribution of Elderly by Health Care Givers and Gender

Health Care Giver	Combined	Male	Female
Family Members (Children)	84	79	89
Myself	67	62	73
Spouse	49	53	44
Maid/ Servant	5	8	2
Neighbour	4	3	5
Daughter-in-law	5	7	2
Total N	219	116	103

CHAPTER 4

NEEDS OF ELDERLY

This Chapter provides analysis of the data on needs and desire of the elderly interviewed in the study, feeling of insecurity and reason for such feeling etc.

4.1 Whether Need Somebody to Accompany

The need for someone to accompany is higher in case of females for cooking, paying bills, telephone exchange related work etc compared to male counterparts.

Table 4.1a: Percent Distribution of Elderly by Need for Somebody to Accompany and Gender

Activity	Combined	Male	Female
For household shopping	47	51	43
For buying medicines/ other medical aid	39	38	41
For mobility	38	42	34
For cleaning work	32	31	34
For paying, telephone, electricity or other bills	28	27	30
For cooking	26	23	30
For filling tax returns	19	16	22
For any telephone exchange work	17	13	21
For any other work	5	6	3
No Requirement	4	3	6
Total N	219	116	103

* Total exceeds 100 due to multiple response

Elderly were asked about the occasion when they need somebody to accompany them or be with them. The elderly felt that they need to be accompanied for household shopping (47%), buying medicines/ other medical aid (39%), mobility (38%), cleaning work (32%) etc. The need for someone to accompany increases with age for mobility related activities such as payment of bills, buying household items/medicines etc.

Table 4.1b: Percent Distribution of Elderly by Need for Somebody to Accompany and Age

Activity	60-64	65-69	70-74	75-79	85+	Total
For household shopping	55	44	43	22	40	47
For buying medicines/ other medical aid	42	42	43	11	28	39
For mobility	44	42	36	11	24	38
For cleaning work	35	33	27	11	36	32
For paying, telephone, electricity or other bills	30	31	20	33	28	28
For cooking	26	33	20	22	28	26
For filling tax returns	25	21	7	11	16	19
For any telephone exchange work	19	13	14	0	28	17
For any other work	2	4	9	0	8	5
No Requirement	2	10	2	11	0	4
Total N	93	48	44	9	25	219

Total exceeds 100 due to multiple response

4.2 Feeling of Insecurity

On being asked whether they feel insecure some time or not, close to two fifth (38%) of the elderly responded in affirmative. This proportion is highest in the age group 70-74 years followed by 65-69 years (28%). The feeling of insecurity is the highest among males of 70-74 years and females of 65-69 years (Table 4.2a).

Further, the feeling of insecurity is higher among the elderly who live with their son (85%) followed by the elderly who live with their spouse (Figure 4.2a).

Table 4.2a helps in understanding the relationship between the feeling of insecurity and source of income. The feeling of insecurity is highest in case of elderly depending on remittances of their children followed by businessmen.

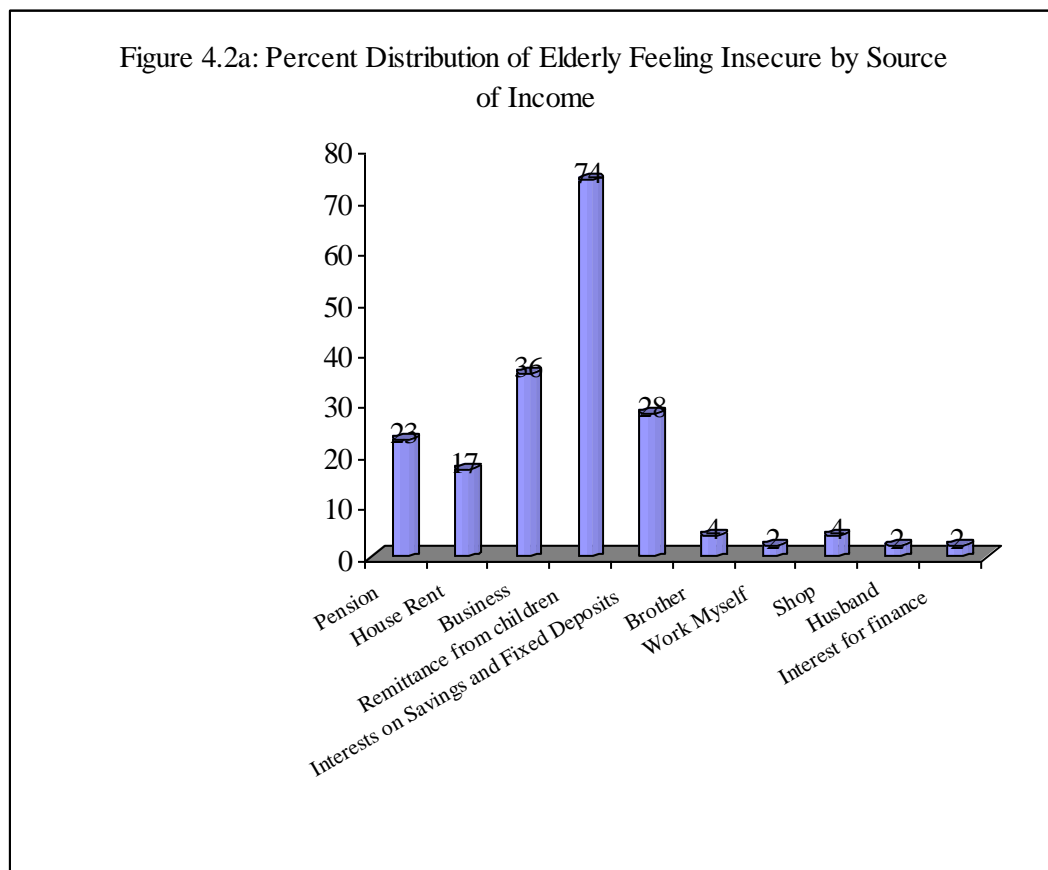


Table 4.2a: Percent Distribution of Elderly Feeling Insecure by Age, Living Status, Source of Income and Gender

Particulars	Combined	Male	Female
Age (years)			
60-64	17	7	33
65-69	28	21	39
70-74	38	52	17
75-79	6	10	0
80+	11	10	11
Total	21	25	17
Living Status			
With Son(s)	85	83	89
With Daughter(s)	21	21	22
With Spouse	55	55	56
Alone but visit my children	2	0	6
Live alone without support of children	2	3	0
With Brother	2	3	0
Grandson	30	34	22
Grand Daughter	15	21	6
Source of Income			
Pension	23	28	17
House Rent	17	17	17
Business	36	41	28
Remittance from children	74	72	78
Interests on Savings and Fixed Deposits	28	31	22
Brother	4	7	0
Work Myself	2	3	0
Shop	4	3	6
Husband	2	0	6
Interest for finance	2	0	6
Total N	23	28	17

Elderly who feel insecure sometime were further asked about the reason for it. The most cited reason is "when they have serious health problem and no one is at home (49%)" followed by "when they do not have medicine (19%)".

Table 4.2b: Percent Distribution of Elderly by Reason for feeling insecurity and gender

Reason for feeling insecurity	Combined	Male	Female
Seriously ill and no one is at home	49	52	44
When ill	13	17	6
When do not have medicine	19	17	22
Do not feel well when go outside	9	10	6
When alone and servant is not available	6	3	11
When I have no money	4	7	0
When got tired and wife is not with me	2	3	0
When I feel very weak	2	0	6
When I stay alone in the night	2	0	6
Total N	47	29	18

More than half of the elderly (57%) reported that there is no arrangement of any security at their older ages. Around 16 percent added that they have their family members for their security. Table 4.2c reveals that the condition of male and female elderly is almost same.

Table 4.2c: Percent Distribution of Elderly by Kind of security arrangements made for security and gender

Kind of security arrangements	Combined	Male	Female
My family is there for treatment	16	13	19
For security keep medicine with me	12	17	6
My family is there for security	5	5	4
For security hospital is there	3	4	1
My wife is there for security	1	2	1
My daughter is there for security	2	0	5
My neighbours are there for security	1	0	2
Have money for security	1	2	0
For safety police is there	1	1	2
No arrangement for security	57	55	58
Total N	219	116	103

4.3 Need/Desire/Requirement

When asked about the needs or desire of elderly, 30 percent of the elderly mentioned about the desire to have good health in their rest of life. One fifth (21%) of the elderly mentioned about their desire to take care of security and other one fifth (20%) mentioned that elderly should get pension. Other expectations include “Separate residency for elderly (15%)”, “should be peace in home (13%)”, “no money for medicine (11%)”, “everyone should get employment (10%)”, “get respect in the society (8%)”, etc. (table 4-3a)

Table 4.3a: Percent Distribution of Elderly by Need/Desire/Requirement and gender

Needs/Desires	Combined	Male	Female
Want a good health	30	29	31
Take care of security	21	26	15
Should get pension	20	22	17
Separate residence	15	16	15
Should be peace in home	13	11	16
Do not have money for medicines	11	13	9
Everyone should get employment	10	13	7
Want to travel outside	6	4	8
Want to visit Mosque	5	5	6
Home guard should be available in the colony	6	5	7
Want to start new business	5	5	6
Want do farming but have no knowledge about this	2	3	1
Get respect in the society	8	8	8
Want to give plenty of love to children	6	9	4
Again want to do service/job	3	3	4
Should get police for security	4	3	5
Should get free treatment	9	9	10
Should open health centers	6	9	4
Family should live along with them	7	11	3
Park should be there for walking	8	6	11
Vehicle should be available	2	3	1
Want to have good food	4	2	7
Need help from community	2	3	1
Government should help	2	2	2
Cooperation of family	4	3	6
Pension should increase	2	0	4
No fights within the family	2	2	3
Nothing	2	2	3
Total N	219	116	103

4.4 Social Problems

Elderly were asked about any social problems they are facing in their day to day life. Half of the elderly (50%) did not respond but others (50%) mentioned one or more social problem they are facing including “social discrimination has increased (21%)”, “feel loneliness (18%)”, “children do not respect elderly (18%)”, etc.

Table 4.4a: Percent Distribution of Elderly by Social problems faced and gender

Social Problems	Combined	Male	Female
Children do not respect elderly	18	18	18
People of the community are not cooperating	13	17	8
Social discrimination has been increased	21	30	11
Not agree with the thoughts of elderly	14	16	12
Feel loneliness	18	21	15
No one talks to us in the family	10	14	5
No relative comes to meet	6	6	7
Neglected from the community	5	9	1
Have to stay at home alone	4	6	1
Now a day honesty is disappeared	2	2	2
People do not trust anyone	2	3	1
Life style has been changed	1	0	2
Disputes in families	3	4	1
Problem of increase in population	2	2	2
Old age it self a biggest problem	1	0	2
Nothing	50	40	61
Total N	219	116	103

4.5 Cultural Changes

Table 4.5a clearly shows that as level of education increases, perception of elderly about cultural changes decreases. Slightly more than half (53%) of the primary or middle level educated elderly agree that there is a change in our culture but females are reporting more (61%) compared to male elderly (46%) at this level of education.

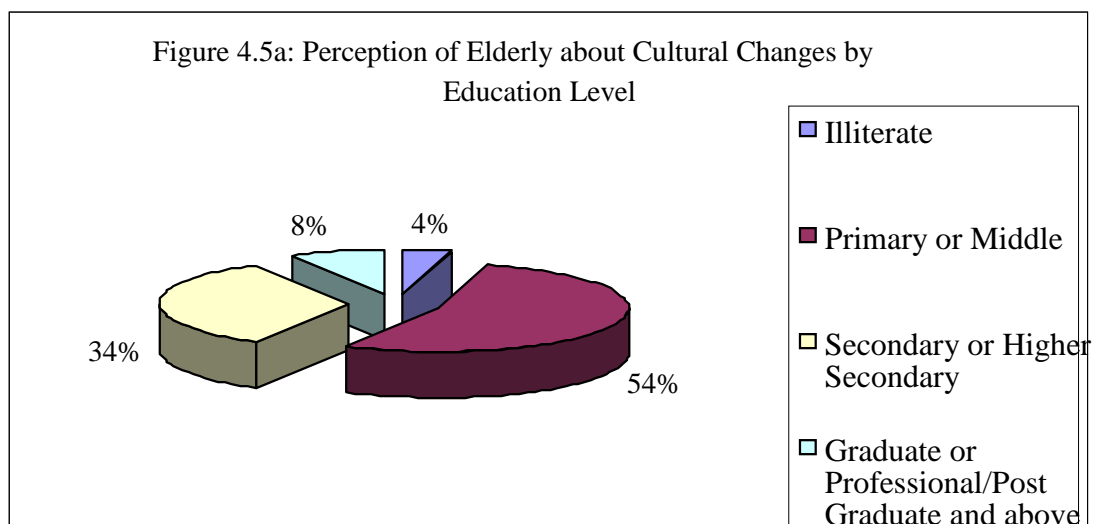


Table 4.5a: Perception of Elderly about Cultural Changes by Education Level and gender

Education Level	Combined	Male	Female
Illiterate	4	4	4
Primary or Middle	53	46	61
Secondary or Higher Secondary	33	36	30
Graduate or Professional/Post Graduate and above	8	14	0
Total N	51	28	23

The elderly who feel that there is a cultural change taking place were further asked about its influence on the society. They mentioned few good and bad influences such as; life style has changed, cost has increased, way of talking has changed, no brotherhood now a days and changes in food and clothes are major aspects influenced by cultural changes reported by the elderly.

Table 4.5b: Percent Distribution of Elderly by Influence of Cultural Change and Gender

Influence	Combined	Male	Female
Life style has been changed	43	39	48
Costs has been increased	27	21	35
Way of talking has been changed	24	18	30
No brotherhood now a days	18	21	13
Do not respect elderly	16	21	9
Hatred is increased	14	25	0
People do not cooperated	10	18	0
Change in food and cloths	10	7	13
Boys and girls started wearing strange/improper cloths	8	11	4
Western culture is more popular	6	11	0
People are hating us due to neighbour countries	2	4	0
People are fighting on religion and caste	4	7	0
Everything is artificial and mixed	2	4	0
Festivals are not celebrated these days	4	4	4
Unemployment is increasing	2	0	4
Needs of the people has been increased	2	4	0
Now one take cares of old people	2	0	4
Facilities have been increased	2	4	0
Pattern and standard of study is changing	2	4	0
Terrorism has been increased	4	0	9
Widow are not insulted verbally these days	2	0	4
People need more money	2	0	4
Level of life is increased	2	0	4
Expense of treatment has been increased	2	0	4
Day by day tensions are increasing	2	0	4
Can't say	2	0	4
Total N	51	28	23

4.6 Emotional Status

As regards the feeling of emotionally down some times is concerned, it is very encouraging to note that as high as 97 percent of the elderly do not feel emotionally down while 3 percent feel so some times (table 4.6a).

On being asked about the reason for feeling emotionally down they mentioned the following reasons like; "when become sick (50%)", "at the time of festivals (50%)", "when no body taking care (33%)" and "due to money crisis".

Table 4.6a: Percent Distribution of Elderly by Reason for Feeling emotionally down

Reason	Combined
When there is no money	17
When will become sick	50
At the time of festivals family members are celebrating them	50
When no one cares us	33
Total N	6

4.7 Elderly Issues that Need Intervention

The major issues elders want some intervention include; economic help (37%), get respect in the society (32%), pension scheme (27%), free medical treatment (23%), separate hospital for elderly (20%), good care (20%) and old age home (15%).

Table 4.7a: Percent Distribution of Elderly by Issues that Need Intervention and Gender

Issue	Combined	Male	Female
Economic help should be provided	37	34	39
Timely health checkup	17	20	15
Get respect in the society	32	34	29
Pension schemes should be started	27	29	24
Separate hospital for elderly	20	22	17
Free treatment	23	22	24
Steps to be taken for security	5	4	7
Provide transportation	14	14	14
Preference should be given to elderly	3	6	0
Reservation should be given	2	3	2
Should support them	2	3	2
Good care	20	11	29
Free insurance should be provided by the Govt	2	3	1
No discrimination	4	2	6
Loan for business/trading	2	3	1
Youth generation should respect them	10	11	8
Provide free ration	4	7	1
A separate identity	4	7	0
Pension should be increased	4	6	2
Rent should be reduced	4	6	2
Show the programmes which can increase their confidence	2	3	0
Old age home should be open	15	16	13
Take them to pilgrimages /haz	2	1	3
Talk softly and sweetly with them	5	4	5
Entertainment sources should be there	2	3	1
Home guard should be provided in the colony	5	3	6
Bring new schemes	2	3	1
Doctors should be there in the colony	5	4	5
Parks should be there for walking	6	4	8
Make them to do yoga	8	7	10
New employment schemes should be started	9	8	11
Free travel passes should be provided	4	4	4
Family should respect them	2	3	1
Provide food grains on cheaper rates	2	0	4
Total N	219	116	103

Elderly people of all the age groups suggested intervention on the issue of “economic help” and elderly of 85+ years insisted for “pension scheme”.

Table 4.7b: Percent Distribution of Elderly by Issues that Need Intervention and Age

Issue	60-64	65-69	70-74	75-79	85+
Timely health checkup	16	19	16	22	20
Get respect in the society	28	38	32	33	32
Pension schemes should be started	29	19	20	33	44
Separate hospital for elderly	20	13	27	22	16
Free treatment	26	27	18	11	20
Steps to be taken for security	6	6	5	0	4
Provide transportation	13	19	9	22	12
Reservation should be given	2	4	0	0	4
Good care	17	19	27	11	20
Free insurance should be provided by the Govt	1	0	0	11	8
No discrimination	4	4	0	11	4
Loan for business/trading	1	2	7	0	0
Youth generation should respect them	12	6	9	11	8
A separate identity	3	4	7	0	0
Pension should be increased	3	4	5	11	4
Rent should be reduced	3	4	7	0	4
Cloths should be provided	2	0	0	0	4
Economic help should be provided	37	35	34	33	44
Old age home should be open	16	15	16	11	8
Bring new schemes	2	2	5	0	0
Doctors should be there in the colony	4	8	2	0	4
Parks should be there for walking	9	6	5	0	0
Make them to do yoga	12	4	2	0	16
New employment schemes should be started	12	4	9	11	8
Free travel passes should be provided	5	4	5	0	0
Total N	93	48	44	9	25

Housing preferences

More than half of the elderly (55%) reported that they would like to prefer long lease housing for living. One fifth (22%) of elderly want to purchase of their house for living. There is no significant difference in kind of housing preference between male and female elderly.

Table 4.7c: Percent Distribution of Elderly by Kind of Housing Preferred

Kind of Housing	Combined	Male	Female
Outright purchase	22	23	20
Long lease	55	54	55
Rental	21	20	21
Do not require	1	2	1
Total N	219	116	103