Let’s Care for our Elderly during COVID-19

STAY HOME
STAY SAFE

Advisory for Senior Citizens during COVID-19
(In English)

Click here - Advisory for Senior Citizens
Click here - Senior Citizens who are mobile
Click here - Advisory for caregivers of dependent senior citizens
Click here - Advisory for senior citizens on mental well-being

For joint response and more information contact:
Email: support@aidmi.org • website: www.aidmi.org
Let’s Care for our Elderly during COVID-19

Based on the projections made from the Census 2011 age-cohort data, it is projected that there would be approximately 16 Crore Senior citizens (aged above 60 yrs) in the Country. Senior citizens above the age of 60 years face an increased risk in COVID times.

Senior Citizens (aged above 60 yrs) in India

- Assisted elders (above 80 years or people who require medical assistance), 2.8
- Indigent elders (destitute who are homeless or deserted by the families), 0.18
- Sr Citizens between age group 70-79 yrs, 6.4
- Sr Citizens between age group 60-69 yrs, 8.8

Based on the projections made from the Census 2011 age-cohort data.

For whom is this?
Aged 60 and above particularly those with following medical conditions:
- Chronic (long-term) respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD), bronchiectasis, post tuberculous sequelae, interstitial lung disease
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease, such as alcoholic, and viral hepatitis
- Chronic neurologic conditions, such as Parkinson’s disease, stroke
- Diabetes
- Hypertension
- Cancer

1075 (Toll Free), 011-23978046
Coronavirus and Elderly Care

1. Remember to wash your hands well and constantly.
2. Prevents older adults from going to crowded places.
3. Spend time with family.
4. Spend time on recreational activities.
5. Make some time for exercise.
6. Getting involved in daily activities.
7. Connecting to loved ones.
8. Cleans and disinfects the different surfaces of the house.

The special care of elderly persons in your family. Watch out for any symptoms of COVID-19 and reach out for medical help if necessary. Make sure they eat healthy food and get good sleep.

Source: Ministry of Social Justice and Empowerment
Government of India.
For more information: https://www.mohfw.gov.in/

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bestteam@aidmi.org • www.aidmi.org

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Image credit: freepik.com
Advisory for Senior Citizens during COVID-19

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens who are mobile on how to protect them from increased health risk during this period.

**Do's**

- Stay within the house all the time.
- Avoid having visitors at home.
- If meeting is essential, maintain a distance of 1 meter.
- If living alone, one can consider depending on healthy neighbours for acquiring essentials for home.
- Avoid small and large gatherings at all cost.
- Remain actively mobile within the house.
- Consider doing light exercise and yoga at home.
- Maintain hygiene by washing hands.
- Sneeze and cough into tissue paper/handkerchief. After coughing or sneezing dispose of the tissue paper in a closed bin/wash your handkerchief and hands.
- Clean frequently touched objects such as spectacles
- Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity.
- Take your daily prescribed medicines regularly.
- Monitor your health. If you develop fever, cough and/or breathing difficulty or any other health issue, immediately contact nearest health care facility and follow the medical advice.
- Talk to your family members (not staying with you), relatives, friends via call or video conferencing, take help from family members if needed.
- Keep enough stock of medicine.
- In case you have to take telephonic advice of a doctor keep your previous prescription or drugs handy to inform him/her which drugs you are taking.
- Do take small frequent meals instead of two large ones.

Due to Summer, avoid dehydration. Consume an adequate amount of water. (Caution for individuals with pre-existing Heart and Kidney disease)

1075 (Toll Free), 011-23978046
Stay Safe from Coronavirus!
Stay Protected!

Don'ts

- Go to crowded places like parks, markets and religious places.
- Cough or sneeze into your bare hands.
- Touch your eyes, face and nose.
- Self-medicating
- Invite family members and friends at home.
- Go to hospital for routine checkup or follow up. As far as possible make tele-consultation with your healthcare provider.
- Come in close contact with someone who is displaying symptoms of coronavirus disease (fever / cough / breathing difficulty).
- Shake hands or hug your friends and near ones.

Symptoms of coronavirus

- Dry Cough
- High Fever
- Sore Throat
- Difficulty in Breathing

Source: https://www.mygov.in/covid-19

Source: Ministry of Social Justice and Empowerment
Government of India
For more information: https://www.mohfw.gov.in/

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Advisory for Caregivers of Dependent Senior Citizens during COVID-19

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens and their caregivers on how to protect them from increased health risk during this period.

Do's

- Wash your hands before helping the older individual.
- Cover nose and mouth adequately using a tissue or cloth while attending on the senior citizen.
- Clean the surfaces which are frequently used. These include a walking cane, walker, wheel-chair, bedpan, etc.
- Assist the older individual and help her/him in washing hands.
- Ensure proper food and water intake by senior citizens.
- Do give/remind to take their regular medicines/vitamines.
- Keep handy the contact details of their doctor.
- Monitor his/her health.

Don’ts

- Go near senior citizens if suffering from fever/cough/breathing difficulty.
- Keep senior citizens completely bed-bound.
- Touch the Senior Citizen without washing hands.

Contact help-line if the older adult has the following symptoms:
- Fever, with or without body ache
- New-onset, continuous cough, shortness of breath
- Unusually poor appetite, inability to feed

1075 (Toll Free), 011-23978046
Advisory for Senior Citizens on Mental Well-being during COVID-19

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens on Mental Well-being on how to protect them from increased health risk during this period.

Do’s

- Communicate with relatives at home.
- Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided.
- Light exercises, yogasans and meditation do help in mental health also.
- Provide a peaceful environment.
- Rediscover old hobbies like painting, listening to music, reading.
- Make sure to access and believe only the most reliable sources of information.
- Avoid tobacco, alcohol and other drugs to avoid loneliness or boredom.
- If you have an already existing mental illness, call helpline (08046110007) or contact your doctor.

Don’ts

- Isolate yourself.
- Confine oneself in a room.
- Follow any sensational news or social media posts.
- Spread or share any unverified news or information further.

Contact helpline in case of:
- Change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately.
- New onset of inability to recognise relative which he/she could do before.

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Source: Ministry of Social Justice and Empowerment
Government of India
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