

**DIVINE SENIOR CITIZENS PALACE FOUNDATION
PRESENTATION**

**The Elderly:
Challenges and Opportunities
for
Providing Quality Nursing Care**

If there is no vacuum, there will be nothing to fill. If there is no challenge, there will be nothing to tackle. In the 20th century, communal system of living was dominant, where extended family members lived together and gave each other company and care till death. The system provided an environment for the elderly to lean on other younger family members for care and comfort. In spite of all the challenges peculiar to old age, it was a blessing in some ways to the system.

In the 21st century however, communal system of living has drastically reduced, it has giving rise to the nuclear family system. This comprises of the father, mother and children. Many factors account for the system change; including education, desire to secure white collar jobs within and outside the country, civilization, religious inclination, awareness of the demerits of the communal system among others. With the change in system, a vacuum was created, the aged no longer have family members around them at all times, providing care and comfort.

Many of the aged are battling challenges associated with old age which includes loneliness, poverty, health issues, social and psychological problems as such become completely exposed. The United Nations claimed that Nigeria has about 1.8 million old people with a growing ageing population.

Professor Adesola Ogunniyi , the chairman of Nigeria society of Gerontologist and Geriatrics noted that if the United Nations figure is anything to go by, concrete effort should be made to initiate a credible national policy for the elderly which will look after them. (Healthy living article May 11, 2014). This still remains a proposal.

American International journal of contemporary stated that elderly people are abused and neglected both physically and psychologically by the family members and other supposed care givers.

The founders of Divine Senior Citizens Palace Foundation identified this gap in our social responsibility through interaction with a cross section of the elderly and therefore put their heads together to establish the foundation which began formal operation in may 2011.

The team working in Divine Senior Citizens Palace comprises of 18 members of well qualified, experienced and exposed staff. Our training as Nurses provided the inspiration and confidence to venture into the difficult area of care for the elderly

SOME OF OUR STAFFS



BRIEF HIGHLIGHTS OF STRATEGIES PUT IN PLACE TO SOLVE THE IDENTIFIED PROBLEMS

REACHING OUT TO COMMUNITIES

We understand that caring for the elderly is an emerging field in the health sector in Nigeria and our team used available research evidence to plan activities for our clients, in order to maintain their health and well being as advised by the World health Organization (WHO), One of the ways we achieved objective of supporting and encouraging our elderly population to have a normal life is by reaching out to the communities.



SENIOR CITIZENS FORUM

This is a program we organize at regular intervals through which the elderly are brought together from various backgrounds irrespective of their economic status, educational attainment and social position. At this forum various professionals are invited to educate them on areas of their competence, for example: medical professionals will talk to them on health related issues of varying types. Lawyers will advise them on topics such as importance of will preparation, Nigerian constitution and their rights and obligations as citizens: to mention a few. We ensure communication is not allowed to be an hindrance as the professional talk to them in both English and Yoruba languages. The talk is usually followed by social interactions, games and finally entertainments. This is done every other month and attendance has been very encouraging and steadily increasing, varying from 50 to 65



RURAL HEALTH ENLIGHTMENT

Divine Senior Citizens Palace, under this program, sends staffs to some villages to enable the elderly in those villages have a touch of our services. The focus is to improve their health status by educating on health issues, we check their vital signs, distribute food items and beverages as need be. The sick are referred to the hospital with proper follow-up.

DOMICILIARY NURSING

This is our home based service, in which clients are cared for right in their environment by carers under the supervision of a qualified Nurse. We diversify our services in this way because some people would prefer to live their last days in an environment they are used to all their life. Some don't find old People's home culturally acceptable to them.

EXCURSION WITHIN THE CITY

Occasionally, our clients are taken out for relaxation at public centers like Trans Amusement Park and Shopping malls. We also drive around the city especially with visits to historical sites and allow them to say their stories on the sites, this relieves boredom. Each outing experience brightens them and reminds them of early life with stories to tell.





RESIDENTIAL CARE

Research has shown that older people are vulnerable to loneliness and social isolation which has huge impact on their mental health. This informed the need to establish Home Care. Our centre provides the opportunity for our clients to relate with one another, promoting friendship in old age.

Personal injury is one of the main health problems among the older people. Considerable efforts are made to prevent injuries from falls. All our clients receive assistance round the clock.

The severely ill are referred to the appropriate hospitals for further management and we ensure the prevention of bedsore in the cases of those confined to bed. This has been very possible because of our adequate training in scientific nursing procedures.

DANCING TIME AT THE HOME




GAMES

Studies revealed that stimulation through games, quiz, music, reading, conversation and other cultural activities play roles in health and wellbeing of the elderly. Oscar Ybarra of Institute of Social Research tested a large group of people up to 96 years old and found out that just 10 minutes of conversation with a friend worked just as well as elderly activities involving brain games.

We ensure that our clients engage in at least one activity per day, different social activities that can foster friendship and reduce isolation such as indoor games and quiz competitions.

DIVINE SENIOR CITIZENS PALACE FOUNDATION GAMESHOW

Game Control



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Players Questions Game Settings Back

Menu

- Categories
- Add Questions
- Edit/Delete

Category

ADD

Reset Questions

Click the button to make all answered question available

ID	NAME	MANAGE
1	News	DELETE
4	Bible	DELETE

Windows Taskbar: 2:28 PM 7/7/2016

AN ELDERLY PLAYING AYO GAME WITH A STAFF



CONCLUSION

Taking care of the elderly can be very cumbersome and whenever the traits or signs of old age are being manifested in them, there is need to exercise extreme care.

This is one of the areas where the Nurse must display his/her training by being tolerant and accommodation in order to help the aged overcome those unpleasant periods.

The Nurse must show ability to respect their personality despite of any provocation.

GROOMING TIME



CHRISTMAS PARTY AT DSCP



DIVINE SENIOR CITIZENS PALACE BUILDING



THANK YOU