



DEPARTMENT OF SOCIAL DEVELOPMENT

SERVICES TO OLDER PERSONS

1. INTRODUCTION

Services to Older Persons affect older persons in the society and as such programmes in the sector must respond to needs of all sectors. The service package is aimed at identifying fundable services in the field of Services to older persons and conditions thereof.

2. STRATEGIC OBJECTIVE

To provide protection, care and support services within communities and institutions to 16 600 older persons by 2014/15

3. VALUES AND PRINCIPLES

All services provided to persons affected by substance must be provided in an environment that:

1. Recognises the educational, social, cultural, economic and physical needs of Older Persons
2. Ensures access to information regarding the prevention of Services to Older Persons
3. Promotes prevention of exploitation of service to Older Persons
4. Promotes the respect of the person, human dignity and privacy of Older Persons
5. Prevents stigmatisation of Older Persons
6. Promotes the participation of older persons affected by sub in decision making processes regarding their needs and requirements
7. Ensures that older persons are accepted as human beings in need of help and with potential to change
8. Respects the confidentiality of the information relating to the older persons

4. LEGISLATIVE FRAMEWORK

International instruments

- The Madrid Plan of Action 2002,
- World Health Organization Declaration on the Rights of Older Persons

National instruments

- Older persons Act no 13 of 2006
- Non-Profit Organizations Act, 1997 (Act no. 71 of 1997)

Guidelines

- Minimum Norms and Standards for Residential Facilities
- Minimum Norms and Standards for Community based care and support services
- Monitoring and Assessment for Services to Older Persons

5. TYPES OF SERVICES

1. RESIDENTIAL CARE FACILITIES

- Independent living
- Assisted living
- Frail care

1.1. BASKET OF SERVICES IN RESIDENTIAL FACILITIES

- 24 Hour Care
Frail care unit in a residential facility *Meal time*
- Care and supervision services to older persons with dementia and other mental related conditions requires special measures like, therapy and explicit labelling of the environment.
- **Rehabilitation services**
- Public Education on ageing issues
- Counselling services
- Respite care – This is a temporary relief service to family members or any person taking care of a frail older person. The older person will be admitted for a short period only e.g. when the family wants to go on holiday
- Training of volunteers care givers
- Sport and recreational activities

LEVEL OF INTERVENTION

CONTINUM CARE

2. COMMUNITY BASED CARE AND SUPPORT SERVICES (SERVICE CENTRES)

2.1 DAY CARE SERVICES – This is providing services similar to crèches for children to partially frail older persons who have no one to care for them during the day. They are brought to the service centre daily by their families. This service cannot be provided outside the service centre.

SERVICES RENDERED

- Basic home nursing
- Management of pressure areas and dressing of bed sores
- Training of family members with regard to caring for the frail older persons
- Meals
- Support
- Companionship
- Counselling
- Laundry

LEVEL OF INTERVENTION

2.2. PREVENTION AND PROMOTION PROGRAMMES

These are activities that enable older persons to live with dignity and free of abuse in the community, recognizing the importance of family care giving, access to basic services, health care, shelter, food, companionship and to prevent premature frailty and disability

The objective of this programme is to keep older persons functionally independent and living with dignity in the community for as long as possible.

These comprehensive services are provided in service centres for older persons.

- **Economic empowerment** – This is to encourage or help older persons to improve their financial status.
- **Active Ageing programmes**- Promoting Healthy lifestyle to improve their quality of life
- **Recreational opportunities**- -Activities like singing , dancing and tours for older persons
- **Dissemination of information**- To keep older persons informed to enable them to do things for themselves and be less dependent on others.
- **Education and training (skills development)** –To assist older persons in acquiring skill that will enhance their quality of life.

- **Counseling services-** To assist older persons who may experience personal crises and trauma
- **Spiritual, cultural, medical, civic and social services-** The objective is to allow them freedom of association and to participate in activities that give them joy.
- **Regular nutritionally balanced meals-** To respond to the nutritional needs of older persons in order to prevent illnesses and premature onset of frailty.
- **Provide Care and rehabilitation services-** The objective is to minimize the effect of illnesses or physical conditions that may restrict the capacity of older persons to function independently.
- **Meals on Wheels / meals on foot, home care, occupational and physiotherapy**
- **Intergenerational programmes-** To prevent loneliness and isolation of older persons in communities. Advancing a positive image of ageing and passing on cultural values. E.g. story telling and child care.

2.3. HOME-BASED CARE

The objective of this programme is to ensure that frail older persons who cannot function independently receive adequate care and support in their home, so that they are able to continue to remain at home for as long as possible.

SERVICES RENDERED IN HOME – BASED CARE

- Basic home nursing
- Management of pressure areas and dressing of bed sores
- Tidying up of the frail persons room
- Training of family members with regard to caring for the frail older persons
- Doing shopping for basic needs of the person etc.
- Counselling
- Laundry
- Help with basic activities of living that may not have been mentioned
- Advice and support to families
- Provision of assistive devices

- Information, education and counselling for family members, care givers on ageing issues

SERVICES PROVIDED IN COMMUNITY BASED CARE AND SUPPORT SERVICES ARE CATEGORISED AS FOLLOWS:

A.BASIC SERVICES (LUNCHEON CLUBS/SERVICE CLUBS)

Informal/temporary accommodation (rural)

- Basic equipment
- Water in a drum
- Toilets
- Operates 3 times per week or at least 18 hours
- Minimum of 2 basic service and meals are compulsory
- Not less than 20 members

B. Basic Service (Formal)

- Basic Equipment
- Hall
- Running Water
- Operates 3 times per week or atleast 18 hours
- Minimum of 2 primary care services and meals are compulsory
- Not less than 20 members

C. Intermediate Services- Service centre

- Hall
- Office running water
- Safe source of power
- Cold and hot water
- Bathroom and shower
- Operates 5 times per week atleast 30 hours operational
- Minimum of 3 primary care services and meals are compulsory
- Not less than 50 members

D. Tertiary Services

- Hall
- Office running water
- Safe source of power
- Cold and hot water
- Bathroom and shower
- Operates 5 times per week atleast 168 hours per week (40hours operational)
- Minimum of 6 primary care services and meals are compulsory
- Additional secondary services
- Not less than 75 members

WHAT ARE BASIC PRIMARY SERVICES

- Nutritional meals
- Spiritual, cultural, civic, health and social services
- Intergenerational programmes
- Information
- Economic empowerment
- Home based care
- Physical Exercercise
- Administration

WHAT ARE SECONDARY SERVICES

- Adult Basic Education
- Meals on Wheels
- Recreational opportunities- Cultural activities, Indoor games Library services, physical exercises
- Counselling services
- Provision of assistive devices
- It provides multipurpose services
- Intergenerational programmes (moral regeneration, after school classes, grand parenting programmes
- Home based care
- Assisted living
- Respite care

6. TARGET GROUP

Target group for services to older persons is 60 years and above male and female

7. REGISTRATION PROCESS

Organisations rendering services to older persons should be registered in terms Older Persons Act no 13 of 2006
Organisations rendering services to older persons should be registered in terms of Non Profit Organisations