



LIMPOPO

PROVINCIAL GOVERNMENT

REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF SOCIAL DEVELOPMENT

BASKET OF SERVICES IN COMMUNITY- BASED CARE AND SUPPORT SERVICES

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 services older persons and conditions thereof.

2. PURPOSE

To provide integrated developmental social welfare services to the poor and vulnerable in partnership with stakeholders and civil society organizations.

3. VALUES AND PRINCIPLES

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

4. RIGHTS OF OLDER PERSONS IN COMMUNITY-BASED CARE AND SUPPORT SERVICES

- Reside at home as long as possible.
- Pursue opportunities for the full development of his/her potential.
- Benefit from family and community care and protection in accordance with societies system or cultural values.

5. 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)
- Protocol on Management of Elder Abuse
- South African Policy for Older Persons

Guidelines

- Minimum Norms and Standards for Residential Facilities
- Monitoring and Assessment for Services to Older Persons

6. LEVEL OF INTERVENTION

COMMUNITY BASED CARE AND SUPPORT SERVICES

LEVELS OF INTERVENTION

6.1. 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.
- **Counselling 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 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., storytelling and childcare.

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

A. BASIC SERVICES (LUNCHEON CLUBS/SERVICE CLUBS)

Informal/temporary accommodation (rural)

- 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)

- Operates 3 times per week or at least 18 hours.
- Minimum of 2 primary care services and meals are compulsory will progress to category B when they meet the prescribed requirements.
- Not less than 20 members.

C. Intermediate Services- Service centre

✓ Minimum requirements

- Operates 5 times per week at least 30 hours operational and will progress to category C when they meet the prescribed requirements.
- Minimum of 3 primary care services and meals are compulsory.

✓ Membership

- Membership should be not less than 50 members.

D. Tertiary Services

✓ Minimum requirements

- ✓ Operates 5 times per week at least 168 hours per week (40hours operational)
- ✓ Render a Minimum of all 6 primary care services and many secondary services as possible as may be determined by the level of care required i.e. Assisted

living, respite care and Home-based care. Three meals are compulsory If Assisted living, respite care are provided.

✓ **Membership**

- Minimum of 75 members
 - ✓ 1 Caregivers for every active 20 older persons
 - ✓ 1 Caregivers for every Frail 5 older persons
 - ✓ 1 Volunteers for every active 20 older persons
 - ✓ 1 Volunteers for every Frail 5 older persons

8. 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 PROVIDED IN HOME – BASED CARE BY BASIC SERVICES

- It must render a minimum of two basket of Home-based care services.

SERVICES PROVIDED IN HOME – BASED CARE BY INTERMEDIATE SERVICES

- It must render a minimum of six basket of Home-based care services.

SERVICES PROVIDED IN HOME – BASED CARE BY COMPREHENSIVE SERVICES

- All services contained in the basket of home-based care services must be rendered.

9. PROPOSED INDICATORS

9.1. PREVENTION AND PROMOTION PROGRAMMES

Indicator	Activity
Number of older persons provided with nutritional meals	Provision of balanced meals Meals on wheels Foot on foot
Number of older Persons reached through Recreational opportunities	Cultural Activities Indoor and outdoor games Library services Sports Activities Physical exercises
Number of older persons provided with spiritual, cultural, health civic and social services	Religious Activities Primary health care services e.g., monitoring of health status. Cultural and traditional activities e.g, indigenous games
Number of older Persons reached through active ageing program	Promotion of participation of older persons in sport, recreation, leisure and cultural activities Health promotion
Number of older persons provided with counselling and referrals,	Bereavement Counselling Trauma Counselling Support groups
Number of older Persons reached through economic empowerment	Income generating programmes. Food gardening projects Arts and crafts Poverty relief projects
Number of older Persons reached through educational and skills development	Adult Basic Education Training (ABET) Life skills programmes e.g budgeting, grandparents' skills Computer training

Number of older persons participated in intergenerational programme	After school classes run by older persons Cultural story telling Cultural games organised. Moral regeneration activities Grandparenting programmes
Number of older Persons reached through information awareness campaigns	Conduct Awareness campaigns on rights of older persons, abuse, health and lifestyle aspects e.g. Dementia, HIV and AIDS

Number of older Persons reached through home- based care services	<ul style="list-style-type: none"> ➤ Basic home nursing ➤ Management of pressure areas and dressing of bed sores ➤ Tidying up of the frail person's room ➤ Training of family members about 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
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10. TARGET GROUP

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

11. REGISTRATION PROCESS

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

Compiled by : Programme Manager