

# **CHAPTER V**

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# CHAPTER V

## SUMMARY AND CONCLUSION

This chapter highlights the study in retrospect. It summarises the findings of the study, case studies of the elderly, important conclusions, future research, social work theory and implications of social work practice with the elderly including suggestions.

### 5.1 The Study in Retrospect

The study of psycho-social problems of the elderly residing in Imphal West District, Manipur is undertaken to understand their present conditions of elderly. With the advancing age and changing life of the elderly people, their livelihood became vulnerable. As their physiological and psychological condition deteriorates subsequently to the increase of their age, they faced various challenges to cope with multiple problems. The problems of old age are not only seen from the medical point of view but also manifested in the domains of financial, social and psychological adjustment. Modernization, industrialization and urbanization have made tremendous changes in the pattern of the society. The elderly experiences a drastic change and become sufferers with the changing social values and family system. The increase of dependency of the elderly makes caretaker difficult to meet financial, social, psychological, medical, and recreational needs for welfare of the elderly people. Increased dependency of the elderly makes the family members unable to meet their needs and it creates the necessity to look for other support systems. The role of caretaker as well as services provided by the Government and NGOs is crucial in creating congenial environment for the elderly. Therefore, there is a need to give attention on policy level by policy maker to shift their way of interventions from welfare measure to a concert holistic measure. From literature review, the researcher found that most of the study has excluded illiterate, self-employed and women folk. So, the researcher was intended to study the elderly - male and female – living in urban and rural areas focusing on them irrespective of

educational qualification, employment sector, marital status and economic status. Therefore, the study tried to understand the area of problems which trigger the psycho-social problems of the elderly. It also explored the availability of social support system from family, NGOs and government agency.

As justified in methodology chapter, the researcher adopted descriptive research design for the study. The elderly who are in the age group of 60 years and above and living in Imphal west district in Manipur were considered for the study. The samples were 384 elderly persons who were living at home. They were selected within the study population through multistage sampling from four sub-division of Imphal West District namely Lamphelpat, Lamshang, Wangoi and Patsoi. The elderly were selected through purpose sampling method. Different tools for elderly that include one interview schedule and one inventory i.e., SJOAI developed by Shamshad-Jasbir to assess the adjustment of psycho-social problems of the elderly were used. Likewise one interview schedule for caretaker and two semi-structure interview schedules were used for key informants from GOs and NGO. The researcher had interacted with different stakeholders, the staff and elderly people who are living in the Old Aged Home.

To assess psycho-social problem of elderly in the present study area, the Shamshad-Jasbir Old Age Adjustment Inventory (SJOAI) was used as study tool in the samples of 384 elderly. The inventory has 125 statements, technically known as facets and they are clubbed into domains. There are six domains/predictors with varying number of facets in each domain. They are the aspects of Health, Home, Social, Marital, Emotional and Financial. The health aspect consists of twenty-six facets, the home aspects consists of 25, the social 21, the marital 17, the emotional 21 and the financial involves of 15 facets. - firstly, the inventory used in the present study (as the main tool) had already identified six domains with varying facets to each domain and secondly, entire answers of the inventory were expressed in terms of scores (in interval scale).

Further, for the *Discriminant Function Analysis*, the following formulas were used. They are Wilks' Lambda, Box's M test, Eigenvalues, Canonical correlation, etc. Statistical analysis was performed through SPSS 21.0 version.

Numerical/continuous variables are reported as mean  $\pm$  SD and for qualitative/categorical variables are again described as number of cases and percentages. The two group means is compared by independent T-test and more than two means is compared by F-test (commonly known as ANOVA). All comparisons are two-sided and the P-values of  $< 0.05$  and  $< 0.01$  are treated as the cut off values for significance and highly significance respectively. Pie and Multiple bar diagram were used to highlight more clarity of the findings from the respondents.

The following section will present the findings of the study.

## **5.2 Summary of Findings**

### ***5.2.1 Profile of the respondent for the elderly***

The profile for the elderly found that 56 percent of the elderly belonged to the age group of 60-70. The average age of them was found to be 70.82 years. 85.7 percent of the religion is predominantly Hindu. 99 percent of elderly were married and stayed with spouse while the 1 percent was unmarried. Male literacy rate is 42 percent which is higher in compared to 17 percent of female literacy rate. 67 percent of the family earned around Rs 5001 per month and above of income in compared to 33 percent of family members with Rs. 5000 and below. This does not mean that elderly people were provided better care and support. 58 percent of the elderly were at unorganized sector and were active earner by doing self-employment and utilizing their leisure time in income generating activities.

### ***5.2.2 Socio-economic conditions and health aspects that affect psycho-social problems of the elderly***

A discriminant analysis was conducted to predict whether socio-economic conditions and health aspects impact on psycho-social problems of elderly. The study found that emotional, health, social and financial were the good predictors while two viz., marital and home were treated as weak predictors. Further, the researcher explained in details about the domain of health, emotional, financial, health, home and marital.

(A) Health

The study found that 35.7 percent of the elderly male respondents expressed that they were physical fit and were able to perform their daily activities in compared to 28.1 percent of the female respondents. Majority with 69.3 percent respondents expressed that sometimes they require assistants in their daily activities, in which 35.1 percent of male respondents require assistance while performing their daily activities in compared to 34.2 percent of female respondents. Majority of the respondents of elderly with 73 percent have major health problems of both physiological and psychological problems. This leads to dependence on family members financially and physically. Few of the elderly further reflected that they suffer from the psychological problems due to the current situations of law and order problems in the state.

62.0 percent of elderly respondents had suffered from health related problems in the last one year. Only 38.0 percent responded that they didn't suffer from major health related problems in the last one year but they were suffering with some minor seasonal problems. This shows that as age increases there is gradual increasing of health related problems. Females had more complaint of health problems in compared to males. 34.9 percent of females suffered from health related problem in compared to 27.1 percent of male. This may be due to their engagements in household works and they do not get time to give attention to their own health but it can lead to chronic illness if it is not treated on time. It is found that 62 percent of the elderly preferred and availed services from both Government and private hospitals for the treatment of their health problems.

(B) Emotional

Because of increasing health problems and decreasing physical strength, 64 percent of the elderly faced emotional turmoil and were unable to fulfil their roles and responsibilities towards their families. 57.6 percent of the elderly agreed of helplessness because of health deterioration while 42.4 percent of respondent were against the statement. The study found that health deterioration in old age affects the state of mind for the elderly. They had high negative emotion because of the deteriorated physical and mental condition. 75.0 percent of them - 38.8 percent of female and 36.2 percent of male, expressed that they

got angry upon self. The elderly experienced loneliness due to detachment from social gatherings. 62.2 percent of respondents expressed their fear of meeting accidents due to aging. 35.4 percent of female respondents expressed their experienced of meeting small accidents in compared to 26.8 percent of male respondents. It is also seen that women often engaged in household works; they remained tired and became weak as compared to men.

#### (C) Home

Majority with 89.3 percent of respondents felt that they were shown respect by family members even when they became old. They revealed that family members had still given respect and regards to the elderly and considered them in decision making of family related matters. 89.1 percent of the respondents expressed that they shared their problems with family members while a meager 10.9 percent of respondents didn't share problems with the family members. It further revealed that majority of the elderly felt secured within family as their problems were being listened and considered. It reflected a good support and care from family members towards the elderly. 91.1 percent respondents have expressed that they enjoy at their respective homes. Though there was not much difference between male and female elderly but male member were seen to get more leisure time and enjoyed with family members in compared to female respondents. Female respondents usually didn't have leisure time as they were busy with their engagement in day to day household chores.

#### (D) Social

It was seen that 71.9 percent of the respondents had experienced of declining from social circle whereas 28.1 percent didn't experience. Majority of the respondents with 71.3 percent of the elderly expressed that people expected them to share their ideas, experiences and give social recognition while 28.7 percent of respondents expressed that they didn't receive social recognition. 55.2 percent of respondents expressed that they have not experienced of decreasing their interest in taking up activities even after their retirements from active life. The study further revealed that elderly preferred to be in the social groups and gathering so that they could avoid their loneliness at home. The study found that in comparison to female elderly, male were happier to spend

time with family children at home as they got enough time to be with the family after their retirement.

#### (E) Financial

The study found that 88.3 percent of respondents had agreed that they were dependent on family members whenever they were in need of financial help whereas only 11.7 percent of respondents were not dependent on their family members' income. The study found that majority of the elderly were dependent on children/family members for financial assistance and very few were able for financial contribution to the family. It further reflected that majority with 58 percent of the elderly were in unorganized sector so they didn't get good amount of income and only few elderly who were in organized sector could avail pension schemes so that they were financially secured. 63 percent of them took responsibility of looking after their family even after retirement whereas 86 percent felt that there was no social prestige for the elderly who did not have independent income. This showed that most of the elderly wanted to have independent income and didn't want financially dependent on others. 78.1 percent had habit of saving while 21.9 percent didn't have. This shows that income security is an important necessity of the elderly to have a secure life which they make it through saving. 73.9 percent responded that due to limited income, their hands were tied and unable to spend money extravagantly. 72.2 percent wanted to have part time job for additional earnings. There is not much difference between male with 36.7 percent and female 35.5 percent in showing their interests for taking up small business for an additional earning. 74.7 percent of the elderly (37.7 percent female and 37 percent male) thought that children will remain under their control when they are economically prosperous. Thus, financial domain is the main concern in building a secured lifestyle for the elderly.

#### (F) Marital

Those elderly who were married were better in adjustment when compared to those who were unmarried. The elderly most often shared happiness and sorrow to their spouses. 81 percent of respondents agreed that life is incomplete without

spouse while 19 percent of respondents do not feel incomplete without spouses. The data revealed that those elderly who had lost their spouses felt lonely and difficult to share their feelings and emotions. Unfortunately, after becoming widow and widowers, they didn't have any other who could understand them and support them. Such kinds of feelings were not seen amongst the elderly who were still living with their respective spouses.

The study also found that the elderly had a good relationship with their spouses and they cared for each other. The study found that half of the elderly agreed that they were dependent on spouses while half of the elderly expressed that they were not dependent. The probable reason was that most of the elderly in the study belong to the young old elderly group i.e., 60-70 years of age so they were able to manage themselves by not depending on their spouses.

### ***5.2.3 Perception of the elderly towards family and social support system***

The living arrangements that include the housing conditions, situation and attitudes had determined the well-being of the elderly. Family plays an important part for the elderly in their life. From the study, majority of the elderly with 58.1 percent of respondents belong to joint family system followed by 25.5 percent in nuclear family system, 16.1 percent in extended family. This showed that joint family system is still strong hold in the study area. The study found that daughter-in-laws were the main caretaker of the elderly. This may be due to the customary practice of looking after the elderly by daughter-in-law in Manipur. Regarding their leisure time, 36 percent preferred spending their leisure time by listening to radio and watching T.V. It revealed that the elderly preferred mixing up with friends and remains involved in family atmosphere.

Information relating to retirement, the psycho-social problems of the elderly were related with his/her major health problem. The reasons for retirement had certainly associated with the degree of adjustment of psycho-social problems. Harmoniously one may infer that person having health problem has better adjustment than any other reasons for retirement. This may be due to the stress triggered by health problems in the well-being of the elderly in compare to retirement as a natural process of aging. The elderly who enjoys pension benefit has better adjustment than any other forms, for those elderly who are not



enjoying pension. The number of the elderly who have proper knowledge of government health program is more than that of who do not have proper knowledge of government health programs. And the former group has less adjustment than the later group in terms of the psycho-social problems. The elderly who did not face problem in receiving services rendered by Government, had better psycho-social adjustment in compared to those who faced difficulty in getting services. It is further seen that 89 percent of the elderly did not like to stay at Old Age Home. Feeling of social stigma has fascinatingly significant impact on the psycho-social problems. In other words, those who are the custodian of social stigma have significantly less adjustment than that of those who do not care of the social stigma. Again, ill perception of stigma on OAH has significant impact on psycho-social problems.

#### ***5.2.4 Perceptions of caretakers with regard to family and support system towards the elderly***

It is found that 56.3 percent of care taker experienced of financial difficulty while supporting the elderly due to insecure income to the caretakers and of the elderly. It is seen that 86.7 percent of care takers experienced of having generation gap while 8.6 percent of them did not comply with the statement. The study has found that there are gradual trends of change in cultural norms and practices which ultimately lead to generation gap. It is interesting to note that those elderly whose caretakers felt difficulty to care them has better adjustment in comparison with those caretakers who have no difficulty to care them. 67.7 percent of caretakers had proper knowledge of the welfare programs of the elderly made by the government and NGOs. Yet again, maximum caretakers are against the concept of keeping their elderly to OAH due to the social stigma. Yet these attitudes can't make any changes of their elderly people in the behaviour of the adjustment of psycho-social problems. The elderly having better adjustment of the problems were associated with the caretakers who did not have a proper or no knowledge of the programs in comparison of other elderly people with the caretakers of having proper knowledge. Satisfaction of pension amount has no role to the behaviour of the psycho-social problem of the elderly. Likewise, satisfaction of NGO's facilities by the

caretakers has no linked with the attitude of adjustment by the elderly on their psycho-social problems. There is also a need to adopt new assistance for caretakers as the problem of the elderly is multidimensional in which there is a need of inter-disciplinary approach to mitigate the problems

### ***5.2.5 The elderly related programs and services provided by Social Welfare Department of Manipur***

Government of India provides many programs and policies of the elderly at central level. The Social Welfare Board of Manipur implements certain policies and programs. The target groups of social welfare programs are: (01) Old persons for providing financial assistance, (02) Women – vocational training, shelter home, protection from violence, (03) Children – child protection, observation home, financial assistance, supplementary nutrition, recreational and education, (04) physically challenge persons – Provide financial assistance.

The following schemes are provided to the elderly above 60 years of age in Manipur through S.W.D. (1) Manipur Old Age Pension Scheme. The Manipur Old Age Pension Scheme was introduced in the state in the year 1982. Now, 30905 pensioners were enjoying monthly pension @ Rs .100/- under Manipur Old Age Pension Scheme. (2) National Social Assistance Program (NSAP): The NSAP has five component schemes VIZ., (a) Indira Gandhi National Old Age Pension Scheme (IGNOAPS) provided monthly pension @ Rs. 200/- to 72514 beneficiaries under Indira Gandhi National Old Age Pension Scheme (IGNOPS) (b) Indira Gandhi National Widow Pension Scheme (IGNWPS): Provided monthly pension @ Rs. 200/- to 4675 beneficiaries under Indira Gandhi National Widow Pension Scheme (IGNWPS). (c) Indira Gandhi National Disability Pension Scheme (IGNDPS) provided monthly pension @ Rs. 200/- to 1341 beneficiaries under Indira Gandhi National Disability Pension Scheme (IGNDPS) for 2010-2011. (d) Annapurna Scheme: Distributed food grains @ 10 kgs.per month to 8590 beneficiaries under Annapurna Scheme. (e) National Family Benefit Scheme (NFBS): Benefited @ Rs. 10,000/- to 1670 beneficiaries under NFBS to those household below the poverty line on the death of the primary breadwinner in the bereave families. They expressed that they did not

operate Old Age Home but they provide fund to NGO so they NGO can run Old Age Home.

#### ***5.2.6 Programs and Services rendered by NGO's.***

Rural Service Agency (RUSA) is providing 'Residential Aged Home Center' for elderly. The home is for "Homeless and social Neglected Persons who are above 60 years of age." The numbers of inmates staying at 'Residential Aged Home Center' were 25 in number where 15 were male and 10 were female elderly. The budget for Residential Aged Home Center is Rs. 487800 /- yearly which was funded by Ministry of Social Justice and Empowerment, Government Of India, New Delhi. The nature of activities provided in NGO for inmates are food, shelters, clothing, health care, yoga practice, counselling, entertainment and interaction, epic reading – the Mahabharata and the Ramayana. The service delivery system was performed by organization as desired by inmates. The organization has networking with social organizations of Manipur, Meira Paibies, youth clubs, women societies, and churches, Voluntary organizations (VOs) and NGOs. The elderly who were residing in the Old Age Home expressed that they were satisfied with the services provided by the NGO. The elderly expressed that health problems remain one of the main issues thus wanted more of medical check up and further added that they wanted better availability of power and water facilities. They further expressed that donors are needed as all the necessities can't be provided by NGO alone.

### **5.3 Observations and Case Studies of the elderly**

Due to their aging, elderly have different problems in adjustment with their own health, financial, family members, society and health. The case studies have found that the main problems of the elderly are mainly health related matters where they spend huge amount of money on medicine and health care. Growing old has made them dependent on spouse and family members. Their dependency towards spouse increases with their inability to perform daily activities. Their decreased physical abilities and health problems has made real burden for family members. Their social circle also decreases with increase of health problems. They felt lonely and isolated for not being able to attend social

function. It is again more difficult for those spouses who are living as widows, widowers than those elderly who are living with their own spouses. The cases have further described that the services provided by government are very minimal to fulfil the needs of elderly. Due to the cultural and traditional norms under the study area, most of them have also expressed that there is social stigma attached in preferring to stay at Old Age Home. Even though they suffer due to old age and their dependency towards family members is strong and they still prefer to stay with family members at their respective home.

#### **5.4 Important Conclusion of the study**

The following are the important conclusions that emerged from the present study

1. Types of family and the living arrangement have a unique role in facilitating better adjustment among the elderly. In general, the elderly living with spouse and children are the most adjusted followed by those living with spouse alone. The widowed elderly living with children alone are the least adjusted group. The presence of spouse and children or at least the presence of spouse is a determining factor for the better adjustment of the elderly.
2. The discriminate function reveals six predictors that explain the psycho-social problems of the elderly. It significantly can be classified into two groups. It may be either low psycho-social problem or high psycho-social problem. However, the closer analysis of the structure matrix suggests that only four significant variables i.e., emotional, health, social and financial are the good predictors while two viz., marital and home are treated as weak predictors.
3. Emotional is the strongest predictor which is followed by the aspect like health, social, financial, marital and the lowest predictor pertained to home.
4. Health aspect is a good discriminator towards the psycho-social problems of the elderly. In one sense, better the health aspects of the elderly, better the adjustment of their psycho-social problems is seen in the society at large and in the family in particular.
5. Marital and home are the weakest predictors and suggest that marital relation of the elders and their home related matters are not associated with psycho-social problems that attribute to them.

6. Higher levels of family Income contribute to greater adjustment in all the measures of adjustment.
7. Primary care takers play important role and impact on better adjustment from the psycho-social problems of the elderly.
8. Maximum number of caretakers felt that there is large generation gap between the elderly and them and at the same time the elderly of those whose caretakers felt having a generation gap have a better adjustment of their psycho-social problems than that of those whose caretakers do not.
9. It is witnessed that the reasons for retirement has certainly associated with the degree of adjustment of psycho-social problems of the elderly.
10. The elderly who enjoys pension benefit has better adjustment than any other forms, for those elderly who are not enjoying pension.
11. Those elderly who do not avail government services but have applied for has better adjustment of the problem and those who do not approach to authority have least adjustment. This may be due to better adjustment in case of the elderly who are in anticipation of getting the services in compare to those who do not.
12. Maximum caretakers are against the concept of keeping their elderly to Old Age Home due to the social stigma. Yet these attitudes can't make any changes of their elderly people in the behaviour of the adjustment of psycho-social problems.
13. Again, ill perception of stigma on Old Age Home has significant impact on psycho-social problems. Thus one may interpret that good perception has attributed with much better adjustment. This may be due to the negative perception that leads to poor adjustment and positive perception leads to better adjustment of the elderly.
14. It is also found that there is no influenced on availing social work intervention on the adjustment of psycho-social problems to the elderly whether they have got it or not.

To sum up this section, it may thus be concluded that the correlates that positively relate to adjustment in old age are types of family and living arrangement, spouses, primary care takers, income, government services; pension scheme, social recognition and respect in the family. The correlates that

negatively relate to adjustment are health, emotions, ill perception of stigma on Old Age Home and generation gap.

### **5.5 Further research study can be done on the following:**

1. A study on examining a relationship between institutional care and societal attitudes towards the elderly and the adjustment of elderly will be worthwhile for a deeper understanding of the problems of adjustment in relation to living arrangement in institutional care.
2. Role of GO and NGO partnership in providing services for the welfare of elderly.
3. A study of widowed and its relation to their quality of life and family life satisfaction.
4. An intervention study of social work and human rights of elderly.

It is hoped that the findings of the present study would contribute its mite to the quality and welfare of its target population of elderly people.

### **5.6 Social Work Theory and Interventions:**

#### ***5.6.1 Social Work Theory***

The study is focused on psycho-social problems of the elderly. In this study, the researcher is trying to explore the psycho-social problems of the elderly. The area focuses for study are health, emotion, marital, finance, social and home for the elderly. The psycho-social problems of the elderly are a challenge not only for elderly but also for caretakers. The main support received by the elderly family is from the primary caretaker. The psycho-social problem of the elderly is multidimensional and required inter-disciplinary approach to handle the psycho-social problem. Thus, there is a need to co-ordinate both the government and NGOs to mitigate the problem arising out of increasing elderly population and the problems faced by elderly in the present society. Therefore, it is required to develop a new out-look and problem solving approaches to mitigate the matters of elderly people. The problems of the elderly can only be mitigated with combine efforts of family members, NGOs and government.

The major findings and observation of the present study reflect the relevance of 'critical social work' perspective that are concerned with the analysis and transformation of power relations at every level of social work. The findings of the study provide the need to challenge social injustices and social inequality through social transformation. There is a need to bring social change through social action against domination and oppression in all forms such as structural, interpersonal and personal.

Domination and oppression may be from external exploitation by family members and society at large, and internal due to self-deception through participating in their own oppression as a result of social condition of old age and social order as out-come of power struggles. Thus, there is a need to fight against public stereotype, conflict, inequality, oppression and images, age segregation in the society which result in economic and social discrimination. Therefore, the present study needs to focus on critical social work theory in practice for empowering elderly people. Thus, making the elderly enable to bring change in their life by transforming oppressive "social structure" through social action.

### ***5.6.2 Social Work Interventions***

The issues and concerns of the elderly provide social workers with an insight into assessment and intervention, with respect to difficulty of the elderly in life transitions of becoming aged, traumatic events in life, social and environmental pressures, and dysfunctional interpersonal processes with family members. Thus, social workers need to play a pivotal role in dealing with psycho-social problems of the elderly.

Social work can focus in four areas by applying the different methods that include Social Case Work, Social Group Work, Community Organization, Social Welfare Administration, Social Research and Social Action:

1. At Individual level

- (b) Social workers should act as catalyse in influencing elderly's immediate social and physical environment to become more effective in responding to his needs.
- (c) Counselling can be given to elderly at one to one level in facing the challenge of life.
- (d) Counselling can be given to caretaker about the challenges in looking after the elderly.

2. At Family level

- ❖ Social workers need to intervene at family level through family counselling.
- ❖ Social workers need to assist families experiencing cultural transition through using person-centered and group therapy approach.
- ❖ Impart awareness and knowledge of the aging process and challenges to caretaker.
- ❖ Need to train Care taker in care giving of elderly.

3. At Community level

- ❖ Social workers must be responsive towards elderly people and need to develop competence in community, organizational, and legislative influence for change.
- ❖ Cultural consideration should be given by social work in applying problem solving approach.
- ❖ Social workers can generate and impart information of beliefs, values, and cultures perspectives at varied age-groups in helping to eliminate conflicts of opinion within family units.
- ❖ Social worker can make aware of new culture to elderly and the younger family members for bridging the generation gap by accepting more of a new culture that was conflicting with elder family members' traditions.
- ❖ Social workers can enable discussions of differences between traditional and current cultural perspectives within a safe, accepting



environment for the balancing harmonious relationship within the family and community.

- ❖ Social worker needs to organize awareness program at community level to encourage young generation to help elderly.
- ❖ Social worker needs to intervene in developing awareness about the problems and needs of the elderly.

#### 4. As Service providers

Social workers need to influence on the following:

- ❖ Government should take initiative in dissemination of knowledge about the management of elderly problem by putting curriculum in formal system of education.
- ❖ Awareness program need to be conducted by government agency so that the illiterate and ignorant elderly can access to the schemes provided by government.
- ❖ Mass media are to be utilized for extending programmes to make public aware of the needs of aged Policy for welfare of aged by considering our traditional culture and values. This has to be made possible by viewing family as the foundation for 'elder care' with community services as a supplement and institutional care as an exception.
- ❖ Need to develop special welfare schemes for elderly who are employed in unorganized sector.
- ❖ There is a need to increase the amount of pension scheme provided by government.
- ❖ Need to develop special geriatric care unit at the government hospital.
- ❖ NGO need to promote day care center for elderly where they can receive social contacts, remunerative work opportunities, basic health care, nutritional support, recreational facilities and gerontological counselling.
- ❖ Establishments of Senior citizen club in each locality are required. This will make opportunity of elderly to have a platform to share their views.

- ❖ Transparency in the implementation of programs and policy should check.
- ❖ Need to introduce Mobile health care units by health care centers.
- ❖ Social workers need to mobilize community resources which will help in empowerment of elderly.
- ❖ Social worker can advocate for elderly in community, organizational, and political levels which we help in changing program, policy and legal assistance.
- ❖ Curriculum revision is needed since the tradition of respecting the elderly is fast disappearing, children are to be sensitise and to develop a positive attitude towards older generation. This can be made possible by incorporating the subjects related to gerontology from the school level itself. Gerontology and geriatrics have to be included in the syllabus of medical graduates, and paramedical students. should form a part of the curriculum of social science
- ❖ Gerontological research and its related issues must be encouraged in all the states of India. Discussions, debates, seminars and publications on aging issues have to be encouraged.

Social work intervention is crucial to mitigate the problems faced by the elderly, family members and society at large. Another important role is to bridge the gap of government and NGOs in fulfilling the requirement to achieve the welfare program of the elderly. Social worker can lobby the government in implementing policies and programs that are favourable to the elderly and caretakers. The problems of the elderly are multidimensional in nature. Thus there is a need for interdisciplinary approach to mitigate the problems faced by the elderly. Here social workers can play important roles in facing the challenges suffered by the elderly. Thus, social work intervention is needed and the social workers play a crucial role in providing better, active, healthy lifestyle of the elderly in the family and society at large.

The study concludes that there is a gap between the real needs of the elderly and the services provided by the Government and NGOs in Manipur. Therefore, there is a need to provide services which will be beneficial for the elderly and

their families. The concept of Old Age Home is also found to be a new approach and don't prefer by the elderly and their family due to social stigma attached in staying at Old Age Home. Financial and health problems are the important areas which are needed to be intervened by the Government and the NGOs. There is a need for proper implementation of programs and services for the elderly.