

## **7.9 Conclusion:**

India's "democratic dividend" may take a back seat due to phenomenal increase in elderly population. Virtual absence of the state in geriatric care and changing family structure has inflicted profound challenge in geriatric care and transformed elderlies from the most respected to the most neglected and vulnerable.

The significant evidence from the secondary data trend shows that a substantial increase of incidence of dementia among elderly women has made this particular research study socially significant. This study was initiated with objective of an in-depth understanding of care challenges, both in terms of physical and mental, thrown by dementia.

On the basis of case studies and survey with care givers the researcher has tried to build a comprehensive and affordable primarily home based care model for dementia patients who are at the various stages of the disease. Dementia is found to have its impact at various levels like individual, family, and society. It has led to a pathetic living with disability for the demented patients. In Karnataka, 77,320 (2010) persons are found suffering due to dementia, while in India there number exceeded 1454679 (2010). Demented women are found to suffer more than men, due to their high dependency. The women caregivers suffer significantly due to balancing care, family and profession.

Challenges are many. But to face the challenge, the most important initiative is to identification of the problem. This is a limited initiative towards identification of care needs of geriatric women suffering from dementia. Dementia care is going to receive a lot of attention in the days to come. In this context, my study promises immense opportunity for the patients, policy makers, and the care givers (professionals and family members) towards by proposing an inclusive care and social support frame work for the women suffering from dementia.

### **7.10. Suggestions:**

#### **7.10.1 For the Caregivers:**

1. Institutional training is needed to equip them for better understanding of the disease, behaviour of the patient and deliver quality care giving.
2. Opportunities to lessen the burden of stress of caregiving and induce enthusiasm to revitalize quality caregiving.
3. Extending family care facilities for the professional caregivers to improve their involvement in their task.

#### **7.10.2 For the Patients:**

1. Timely and quality diagnosis should be provided to elderly or dementia patients in particular through compulsory dementia test after 50 years.
2. The family caregivers or the professional caregivers should engage the patients through mental stimulating activities in the early stage.
3. Making institutional care an affordable one for all

#### **7.10.3 For the Community:**

1. Creating Geriatric friendly neighbourhood
2. Women due to their expertise in care giving, can extend their support to other women having dementia patients, for earning their livelihood.
3. Organizing awareness programme on geriatric care and issues like (care, violence, policy).

#### **7.10.4 For the Government:**

1. Provision for an affordable care services and accessible to all which requires the State or Government initiative.
2. Need of Geriatric care centres and the counselling centres at the Government hospitals in order to look into the issues related dementia and psycho geriatric care services.
3. Creation of awareness at the National Level, State level, and at the Panchayat level about the elderly issues
4. Government support and funding for policy execution and research in the field of dementia.
5. Initiate measures to prevent degradation of environment.

6. Creating and developing more care service facilities such as day care centres, residential care services, long term care services and short term care services with trained care givers.
7. Government should provide awareness among the people regarding the problem of dementia through print and visual media.
8. There should be a Private and Public Partnership in providing facilities to reach the larger number of people in facilitating and providing domiciliary care services.