

# Age Friendly Karnataka



A Joint Initiative By



Karnataka State Legal Services Authority.



Karnataka State Resource Centre for  
Senior Citizens,  
Government of Karnataka.



National Institute of Mental  
Health and  
Neuro Sciences.

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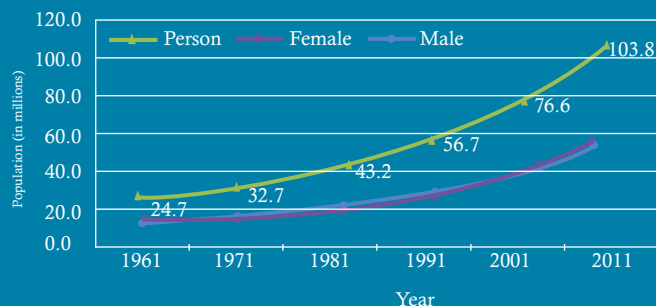
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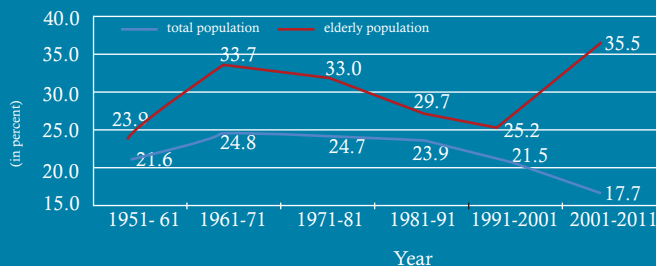
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- The recent estimate of elderly (those above the age of 60 years) in India is 116 million as on 2015. Karnataka alone has 7.7% of elderly of the total population, with more than 3 million of them being women.
- Making our communities age-friendly holds a great promise in helping elderly stay healthy, active, independent and resourceful towards themselves, their families and communities at large.
- Developing Age Friendly Communities as proposed by the World Health Organization is critical in promoting the well-being of senior citizens.

**ELDERLY POPULATION IN INDIA, Census data**



**GROWTH OF ELDERLY POPULATION IN INDIA,**



## About Us

Age Friendly Karnataka is a joint initiative of the Karnataka State Legal Services Authority, National Institute of Mental Health and Neurosciences, Karnataka State Resource Centre for Senior Citizens, Govt. of Karnataka, under the implementation of 'National Legal Services Authority (Legal Services for Senior Citizens), Scheme 2016 in Karnataka.

This programme is originated with a staunch conviction towards the welfare of senior citizens by providing services that is accessible and inclusive of all senior citizens.

## Our Vision

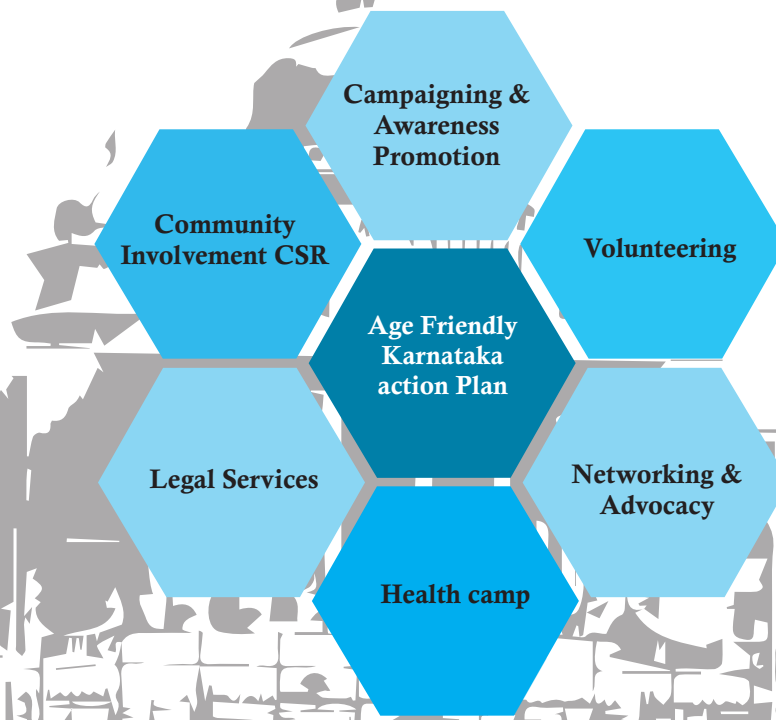
To enhance the well-being of senior citizens through promoting respect, rights, safety and inclusive environment to all senior citizens.

## Our Goals:

- To promote healthy ageing.
- To promote effective implementation of legislation, policies & Programmes.
- To promote safe & supportive environment.
- To enhance access to legal services to senior citizens.
- To promote Intergenerational Bonding.



## Pillars of Age Friendly Karnataka



## Essential Features of Age Friendly Community

### Promoting Age Friendly

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services



Legal Services Camp



Caregiver education programme



Health Camp

# Age Friendly Karnataka



## • Be a Volunteer •

If you are.....

Passionate about the wellbeing of Senior Citizens

Interested to use your talents for social causes

Excited to care for Senior Citizens

U can be our Volunteer

Anyone can be a volunteer for the programme.

Training of volunteers will be done through an induction course.

Their contribution will be recognised and certified.

**You could help us in conducting programmes**

**You could organize programmes in your community**

**There are variety of other activities available depending on your skills and interests**

If you are interested kindly provide your details below

Name

Age

Gender :

Male

☐

Female

☐

Tel No.

Address

What is expected of Volunteers:

As a volunteer you can help us with the following activities:

**Coordinate Programme:** Volunteers can help us in organizing awareness programmes in their own community to promote Healthy Ageing, Sensitization towards various health issues related to elderly and awareness of various welfare benefits related to elderly.

**Content Development:** Volunteers can help in development of various IEC (information, education and communication) materials such as awareness brochures on health aspects related to elderly and short videos to promote the themes

**Campaign:** We hope that the 'Age Friendly Karnataka' initiative will reach out to the entire state and all senior citizens can reap the benefits of the initiative. Therefore, we urge the volunteers to help us in promoting 'Age Friendly Karnataka'. Several senior citizen forums, other community organizations, schools and colleges have joined hands with us in the campaigning of the programme. You are all welcome to joins us.

**Counselling services:** We need volunteers who are trained in counselling services to help us in providing services at various old age homes, senior citizen forums and health care centres, where senior citizens need counselling services.

**‘TOGETHER WE CAN MAKE A DIFFERENCE’**



Volunteer Induction Programme

**A Joint Initiative By**



## Commitment to ensure welfare and wellbeing of elderly and pledge towards 'Age Friendly Karnataka'

Our elderly reflect the collective growth, development and consciousness of the society we live in. To protect the our elderly from the challenges faced by the society, prevent ill treatment and promote active and healthy ageing is our responsibility. Under the initiative of the Karnataka State Legal Services Authority, NIMHANS and the Government of Karnataka, we take this pledge towards enabling an 'Age Friendly Karnataka'.

### PLEDGE

1. I shall endeavour to generate awareness of and sensitivity to the needs of senior citizens and wherever possible assist them in getting health care and other benefits under the social security and welfare schemes of the Government.
2. I shall protect and respect senior citizens and encourage them to be productive, be a part of and participate in the growth of main stream society. I shall strive to ensure a life of self esteem and dignity for senior citizens, promote their empowerment and recognise their right to make independent choices.
3. I pledge to prevent the abuse of senior citizens in any form including physical, psychological, emotional or financial. I shall endeavour to make the community and family environment favourable and friendly to them and actively promote inclusivity.
4. I shall strive to bring about inter-generational bonding. I shall strive to create an atmosphere that is conducive to and promotes active and healthy ageing amongst senior citizens.



# Age Friendly Karnataka



## Contact us

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