

Material on National Programme for Health Care of the Elderly (NPHCE) for updation of website.

1. About the Division

The National Programme for Health Care of the Elderly (NPHCE) forms part of the Non Communicable Division in the Ministry.

2. Organisation of the Division

The NPHCE is monitored by the channel of Section Officer, Under Secretary, Deputy Secretary and Joint Secretary.

3. Autonomous Organisations/Bodies

Nil

4. Acts/Rules/Circulars

Nil

5. Scheme/Programme

National Programme for Health Care of the Elderly

I. Objective of the Programme

The basic objective of the NPHCE programme is to provide separate, specialized and comprehensive health care to the senior citizens at various level of State health care delivery system including outreach services.

II. Sponsored by

Ministry of Health and Family Welfare, Government of India

III. Funding Pattern

The Centre will bear 75% of the total budget and the State Government will contribute 25 % of the budget. A total amount of Rs. 1710.13 crore has been approved for XII Five Year Plan for NPHCE. Out of this, an amount of Rs. 1147.56 crore is earmarked for activities proposed to be undertaken upto district level. An amount of Rs. 562.57 crore has been earmarked for tertiary level activities. An allocation of Rs.150.00 crore has been made for the year 2013-14 out of which Rs. 50.00 crore relates to National Health Mission NCD Flexi Pool for activities up to district level and Rs.100.00 crore relates to Health Sector i.e. tertiary level activities.

IV. Owner

The NPHCE is sponsored and its implementation is monitored by the Ministry of Health & Family Welfare. However, once the Programme is fully implemented throughout the country, the responsibility of running the Programme will be handed over to the State Governments.

V. Description

Keeping in view the recommendations made in the “National Policy on Older Persons” as well as the State’s obligation under the “Maintenance & Welfare of Parents & Senior Citizens Act 2007”, the Ministry of Health & Family Welfare launched the “National Programme for the Health Care of Elderly” (NPHCE) during the year 2010, in the 11th Plan period, to address various health related problems of elderly people.

The major components of the NPHCE during 11th Five Year Plan were establishment of 30 bedded Department of Geriatric in 8 identified Regional Geriatric Centres (RGC) in different regions of the country and to provide dedicated geriatric health care facilities in District Hospitals, CHCs, PHCs and Sub Centres level in 100 identified districts of 21 States. The Programme has been initiated in all the 100 selected districts in 21 States (details at Annexure-II). A total of Rs.181.41 crore was released to the States and the RGCs during the 11th Plan (details at Annexure –III & IV). It is proposed to cover 225 more districts during the 12th Five Year Plan in a phased manner and develop 12 additional Regional Geriatric Centres in selected Medical Colleges of the country. The Regional Geriatric Centres will provide technical support to the geriatric units at district hospitals whereas district hospitals will supervise and coordinate the activities down below at CHC, PHC and Sub-Centres.

Main Strategies: Following strategies will be adopted to achieve the above mentioned objectives:

- **Preventive and promotive care:** The preventive and promotive health care services such as regular physical exercise, balanced diet, vegetarianism, stress management, avoidance of smoking or tobacco products and prevention of fall, etc. are provided by expanding access to health practices through domiciliary visits by trained health workers. They will impart health education to old persons as well as their family members on care of older persons. Besides, regular monitoring and assessment of old persons are carried out for any infirmity or illness by organizing weekly clinic at PHCs.
- **Management of Illness:** Dedicated outdoor and indoor patients services will be developed at PHCs, CHCs, District Hospitals and Regional Geriatric Centres for management of chronic and disabling diseases by providing central assistance to the State Governments.
- **Health Man Power Development for Geriatric Services :** To overcome the shortage of trained medical and para-medical professionals in geriatric medicine, in service training will be imparted to the health manpower using standard training modules prepared with the help of medical colleges and regional institutions. The post graduate courses in geriatric medicine will be introduced in Regional Geriatric Centres for which additional teaching and supportive faculties are provided to these institutions.
- **Medical Rehabilitation & Therapeutic Intervention:** By arranging therapeutic modalities like therapeutic exercises, training in activities of daily life (ADL) & treatment of pain and inflammation through physiotherapy unit at CHC, district hospital and Regional Geriatric Centre levels for which necessary infrastructure, medicine and equipment are provided to these identified units.

- **Information, Education & Communication (IEC):** Health education programmes using mass media, folk media and other communication channels are being promoted to reach out to the target community for promoting the concept of healthy ageing, importance of physical exercise, healthy habits, and reduction of stress. Camps for regular medical check-up are being organised at various levels where IEC activities are also specifically promoted.

Detailed Components:

The details of the geriatric setup and activities undertaken so far under the programme at various health Care levels are as below:

- **Department of Geriatric at 8 Super Specialized Institutions:** Geriatric Departments are being developed at 8 identified Regional Geriatric Centres located in various regions of the country. Apart from providing referral treatment, research and manpower development, these institutions are involved in developing and updating training materials for various levels of health functionaries, developing IEC material, guidelines, etc. Funds have been provided for manpower, equipments, medicines, construction of building, training etc.
- **Geriatric Unit at 100 District Hospitals:** The programme is being implemented in 100 districts, covering 21 States/UTs. There is provision for establishing 10 bedded geriatric ward and dedicated OPD services exclusively for geriatric patients. The grant-in-aid has been provided for contractual manpower, equipments, medicines, construction of building, training etc.
- **Rehabilitation units at CHCs falling under 100 identified districts:** There is provision for dedicated health clinics for the elderly persons twice a week. A rehabilitation unit is being set up at all the CHCs falling under identified districts. The grant-in-aid has been provided for manpower, equipments, training. The Rehabilitation Worker is supposed to provide physiotherapy to the needy elderly persons
- **Activity at PHCs under 100 identified districts:** Weekly geriatric clinics are arranged at the identified PHCs by a trained Medical Officer. For diseases needing further investigation and treatment, persons will be referred to the first referral unit i.e. the Community Health Centre or District Hospital as per need. One-time grant will be given to PHCs for procurement of equipment.
- **Activity at Sub-centre under 100 districts:** The ANMs/Male Health Workers posted in sub-centers will make domiciliary visits to the elderly persons in areas under their jurisdiction. She/he will arrange suitable calipers and supportive devices from the PHC and provide the same to the elderly disabled persons to make them ambulatory. There will also be provision for treatment of minor ailments and rehabilitation equipments at the identified sub centers. Grant-in-aid will be provided to SCs for purchase of aids and appliances.

VI. Beneficiaries

All elderly people (above 60 years) in the country

VII. Benefit Types

Free, specialised health care facilities exclusively for the elderly people through the State health delivery system viz: District Hospitals with Geriatric Clinic (OPD) and 10

bedded Geriatric Ward; Bi-weekly Geriatric Clinic at Community Health Centres; Weekly Geriatric Clinic at Public Health Centres; Domiciliary visits to the elderly persons by ANM/Male Health Workers posted under Sub-Centres and provision of callipers and supportive devices to make them ambulatory.

Referral treatment at the Regional Geriatric Centres with 30 bedded Department of Geriatrics.

VIII. Eligibility criteria

All elderly people

IX How to avail

The State Government/Union Territory should submit Programme Implementation Plan in the prescribed format to avail the facility for implementation of the Programme as per the guidelines and terms and conditions.

6. Contact Person

The Deputy Secretary/ Under Secretary (NPHCE), Ministry of Health and Family Welfare, Department of Health & Family Welfare, Nirman Bhawan, New Delhi-110011

Annexure

List of 100 Districts

Sl. No.	States	District Sl. No.	Districts (100)
1	Andhra Pradesh	1	Srikakulam
		2	Vijyanagaram
		3	Chittor
		4	Cuddapah
		5	Nellore
		6	Krishna
		7	Kurnool
		8	Prakasam
2	Assam	9	Lakhimpur
		10	Sivasagar
		11	Jorhat
		12	Dibrugarh
		13	Kamrup
3	Bihar	14	Vaishali
		15	Muzaffarpur
		16	Rohtas
		17	Pashchim Champaran
		18	Purva Champaran
		19	Kaimur (Bhabua)
4	Chhattisgarh	20	Jashpur Nagar

		21	Raipur
		22	Bilaspur
5	Gujarat	23	Gandhi Nagar
		24	Surendra Nagar
		25	Rajkot
		26	Jam Nagar
		27	Porbandar
		28	Junagarh
6	Haryana	29	Mewat
		30	Yamunanagar
		31	Kurukshetra
		32	Ambala
7	Himachal Pradesh	33	Chamba
		34	Lahul & Spiti
		35	Kinnaur
8	Jammu & Kashmir	36	Kupawara
		37	Doda (Erstwhile) Kishtwar / Ramban)
		38	Kargil
		39	Leh (Ladak)
		40	Udhampur (Erstwhile)
9	Jharkhand	41	Ranchi
		42	Dhanbad
		43	Bokaro
10	Karnataka	44	Kolar
		45	Udupi
		46	Shimoga
		47	Tumkur

		48	Chikmagalur
11	Kerala	49	Kozikode (Calicut)
		50	Pathanamthitta
		51	Allppuzha
		52	Idukki
		53	Thrissur
12	Madhya Pradesh	54	Hoshangabad
		55	Chhindwara
		56	Jhabua
		57	Ratlam
		58	Dhar
13	Maharashtra	59	Gadchiroli
		60	Bhandara
		61	Chanderpur
		62	Washim
		63	Wardha
		64	Amaravati
14	Sikkim	65	East Sikkim
		66	South Sikkim
15	Orissa	67	Naupada
		68	Balangir
		69	Nabarangpur
		70	Koraput
		71	Malkangiri
16	Punjab	72	Bhatinda
		73	Gurdaspur
		74	Hoshiarpur

17	Rajasthan	75	Bhilwara
		76	Jodhpur
		77	Ganga Nagar
		78	Bikaner
		79	Jaisalmer
		80	Barmer
		81	Nagaur
18	Uttrakhand	82	Nainital
		83	Almora
19	Tamil Nadu	84	Coimbatore
		85	Theni
		86	Virudhunagar
		87	Toothukudi
		88	Tirunelveli
20	Uttar Pradesh	89	Rae Bareli
		90	Sultanpur
		91	Jhansi
		92	Lakhimpur Kheri
		93	Farukhabad
		94	Firozabad
		95	Etawah
		96	Lalitpur
		97	Jalaun
21	West Bengal	98	Darjeeling
		99	Jalpaiguri
		100	Dakshin Dinajpur
			100 Districts

Fund Released under NPHCE (2010-11 ,2011-12 & 2012-13)

Regional Geriatric Centres

Rs. in Lakh

Sl.No.	Name of the Institute	Fund Released													Grand Total
		2010-11			2011-12						2012-13				
		1st Installment			1st Installment		Total	2nd Installment		Total	Grand Total	1st Installment		Total	2010-13
		NR	R	Total	NR	R		NR	R			NR	R		
1	BHU, Varanasi, Uttar pradesh	140.000	73.650	213.650	0.000	0.000	0.000	0.000	0.000	0.000	0.000				213.650
2	Govt. Medical College, Trivandrum	140.000	73.650	213.650	160.000	0.000	160.000	0.000	0.000	0.000	160.000				373.650
3	Guwahati MC, Assam	140.000	73.650	213.650	160.000	0.000	160.000	0.000	0.000	0.000	160.000				373.650
4	SN Med. College, Jodhpur	140.000	73.650	213.650	160.000	0.000	160.000	0.000	0.000	0.000	160.000				373.650
5	MMC, Chennai	0.000	0.000	0.000	144.000	65.376	209.376	156.000	1.500	157.500	366.876				366.876
6	Grants MC & JJ Hospital, Mumbai	0.000	0.000	0.000	144.000	65.376	209.376	156.000	1.500	157.500	366.876				366.876
7	SKIMS, Srinagar	0.000	0.000	0.000	144.000	65.376	209.376	156.000	1.500	157.500	366.876				366.876
8	AIIMS, New Delhi	0.000	0.000	0.000	144.000	65.376	209.376	156.000	1.500	157.500	366.876				366.876
	Total	560.00	294.60	854.60	1056.00	261.50	1317.50	624.00	6.00	630.00	1947.50				2802.104

Fund Released under NPHCE (2010-11, 2011-12 & 2012-13)

States

Rs. in Lakh

Sl.No.	Name of the State	Fund Released												
		2010-11			2011-12						2012-13			
		1st Installment			1st Installment		2nd Installment		3rd Installment		Total	1st Installment		Total
		NR	R	Total	NR	R	NR	R	NR	R		NR	R	
1	Andhra Pradesh	186.24	177.17	363.41	208.8	52.8					261.60	871.52	0.00	871.52
2	Assam	124.96	101.33	226.29	156.6	52.8	195.08	37.5			441.98			0.00
3	Bihar	139.52	112.05	251.57	111.36	56.32		56.36			224.04	446.72		446.72
4	Chhattisgarh	89.68	91.54	181.22	55.68	28.16		41.9			125.74	229.20		229.20
5	Gujarat	124.88	109.89	234.77	278.4	70.4		69.6			418.40	225.44		225.44
6	Haryana	48.24	30.10	78.34	83.52	42.24	196.24	22.54			344.54			0.00
7	Himachal Pradesh	64.08	56.98	121.06	55.68	28.16	105.84	9.28			198.96			0.00
8	Jammu & Kashmir	95.04	61.33	156.37	83.52	42.24	188.48	20.92			335.16			0.00
9	Jharkhand	0.00	0.00	0.00	341.2	65.24					406.44			0.00
10	Karnataka	158.16	158.05	316.21	83.52	42.24	385.68	74.58			586.02			0.00
11	Kerala	70.08	69.86	139.94	111.36	56.32		101.1			268.82	470.72		470.72
12	Madhya Pradesh	58.24	45.86	104.10	111.36	56.32		65.04			232.72	391.84		391.84
13	Maharashtra	119.60	99.01	218.61	111.36	56.32		70.12			237.80	426.96		426.96
14	Orissa	50.88	35.94	86.82	111.36	56.32		56.2			223.88	374.56		374.56
15	Punjab	56.16	47.62	103.78	55.68	28.16		35.38			119.22	196.24		196.24
16	Rajasthan	146.56	141.49	288.05	139.2	70.4					209.60	711.20		711.20
17	Sikkim	43.36	21.86	65.22	27.84	14.08	36.24	7.73	49.84	2.08	137.81			0.00
18	Tamil Nadu	58.48	47.06	105.54	208.8	70.4					279.20	344.16		344.16
19	Uttarakhand	54.40	39.62	94.02	27.84	14.08		8.4			50.32	81.04		81.04
20	Uttar Pradesh	0.00	0.00	0.00	0.00	0.00					0.00	676.56	1178.48	1855.04
21	West Bengal	65.44	60.10	125.54	55.68	28.16		36.68			120.52	231.20		231.20
	Total Expenditure	1754.00	1506.86	3260.86	2418.76	931.16	1107.56	713.37	49.84	2.08	5222.77	5677.36	1178.48	6855.84