



Seniors Forum at Gated Communities

An initiative of Dr.V.S. Natarajan Geriatric Foundation

About Foundation:

Dr. V.S. Natarajan Geriatric Foundation is a Medical Foundation which involves itself in extensive research in the Ageing and the Aged domains. The Foundation seeks to bridge the gap between the available and desirable infrastructure and services that are required for an older person (60 yrs and above) to lead a comfortable and satisfactory life, true to the mission of the Foundation

Project summary:

Project brief	A SENIORS FORUM is an exclusive group within a gated community / apartment complex, which thrives by supporting each other to stay healthy, alleviate loneliness, engage in group activities and continue to learn and engage with the community at large in a meaningful and sustainable manner
Project model	Self support Community
Project range & scope	<ul style="list-style-type: none"> ✓ Only those Residents who are above the age of 60 are eligible to be members of the Forum ✓ The Forum is independent of the Community association and will not involve itself in the routine activities of the Association ✓ The Forum will only focus on activities that enrich and support the lives of fellow seniors residing in the community ✓ The Forum will strictly stay away from activities that touch upon religion, caste, creed or even politics ✓ An elected committee will conduct the proceedings for a stipulated period of time
Activities	<ol style="list-style-type: none"> 1) Medical support 2) Social support 3) Recreational activities 4) Community engagement
Project management	<ol style="list-style-type: none"> 1) Curated and supported by Dr.V.S. Natarajan Geriatric Foundation 2) Managed by an elected committee for a fixed term of one or two years tenure 3) Self funded or raised through sponsorships

Medical Support:

One of the primary objective of initiating the Seniors Forum is to support the wellbeing of an elder. The Forum seeks to provide all round support in terms of Healthcare, emotional and counseling, including companionship support when there is a need.

The main activities under the medical vertical would be:

- **Geriatric Health Screening Camps**
- **Lectures & Demonstrations**
- **Awareness activities on:**
 - Fall awareness & prevention
 - Dementia & Alzheimer's
 - Elders Vaccination
 - Women's health
- **Medical Emergency support**

The Foundation will support the Seniors Forum in executing all the above in terms of bringing in resources and also support in execution.

Social Support:

The Forum will put together an array of activities where the members will actively participate to enrich each other with their skills & expertise and also from invited experts. Some of the social activities are:

- **Lectures on Finance, Tax, legal matters**
- **Bereavement counseling**
- **Companionship**

A variety of other useful topics will be covered under the Social activities which will be conducted by domain experts either internally or externally.

Recreational Activities:

An assortment of activities will be conducted on a continuous basis to enthrall the members and invigorant their spirits

In house talent shows	<ol style="list-style-type: none">1) Skits, Dance & Drama2) Stand-up comedy3) Debates & elocution
Professional entertainers	<ol style="list-style-type: none">1) Light music2) Carnatic music3) Orators
Gala events	<ol style="list-style-type: none">1) Carnivals2) Festival celebrations (Pongal, Deepavalli, Christmas etc)

Community Engagement:

Most of the elders have held high positions in the society until they retired. All the wisdom and expertise should be put to good use for the benefit of the general community at large. The Seniors Forums will actively engage itself in serving the community around it through the following social engagements:

Mentorships	<p>Domain expertise of Seniors can be utilized by mentees in the following domains:</p> <ul style="list-style-type: none"> ➤ Civil services aspirants ➤ Budding entrepreneurs ➤ Aspiring professionals ➤ Students
Social work	<p>The administrative knowledge of the Seniors can be channelized to help in the following areas:</p> <ul style="list-style-type: none"> ✓ Upkeep and maintenance of civic amenities ✓ Neighbourhood conservancy ✓ Campaigns on awareness of social causes/issues

**strict standard operating procedures (SOPs) & protocols to be followed as per SOP Manual*

Initiation process:

Formation of the Seniors Forum	<p>Suitable and capable members from the Gated Community will be identified to form the Charter leadership panel.</p> <p>Calendar of activities to suit the particular Gated Community will be conceptualized and compiled</p>
Inauguration	<p>The Senior Forum will be launched by Father of Geriatrics, Padma Shri Dr.V.S. Natarajan, Founder & Chairman, Dr.V.S. Natarajan Geriatric Foundation and deliver a lecture</p> <p>Mudhiyor Nala Vizha – Elders Fest will be conducted on the sidelines</p>
Roll out of activities	<p>Activities will be conducted as per the decision of the Leadership committee</p>

Join our Journey:

We earnestly request you to support this much-needed initiative by chartering a Seniors Forum at your Gated community. We Look forward to your active participation in realizing the mission of **HAPPY ELDERHOOD**.

Together we can and together we will....!!!

Prepared by
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