



# Sree Gokulam Medical College & Research Foundation

(A Unit of Foundation of Non-Resident Indians)

Approved by National Medical Commission, Affiliated to Kerala University of Health Sciences

Accredited by NABH & NABL

## Sree Gokulam Geriatric Unit

Our visionary chairman Sri Gokulam Gopalan, known for philanthropy, established the Geriatric unit in Sree Gokulam Medical College and Research Foundation in 2008 with the objective of providing comprehensive preventive, curative and rehabilitative service to the elderly citizens completely free of cost.

Fast growing demographic transition towards the elderly population has resulted in geriatric issues posing social, financial and healthcare challenges. Small family size, rapid urbanisation, nuclear families, migration of children abroad, poverty or disregard have resulted in neglect of the elderly. Elderly are often economically and socially dependent, suffering from the dual burden of communicable and non-communicable diseases besides impairment of vision, hearing and cognitive functions. Our geriatric unit has been specially designed to address these problems of this vulnerable group and promote healthy ageing. It provides outstanding services to the destitute and abandoned senior citizens. The care also encompasses providing psychological support and ensuring dignity to these members of our society during their last days.

Our motto is to provide holistic medical, physical, mental and emotional support and ensure the wellbeing of our inmates. Special features of this 75-bedded unit are as follows:

- **Medical Personnel:** Delivery of high-quality health care through Acute Care, Intermediate Care and Long-term care with focus on improving the functional status, independence and quality of life. At present, there are seventeen caretakers, four nurses, five doctors and interns to provide round the clock care to the inmates.
- **Medical Management:** All investigations and medicines are provided free of cost as per the medical needs.



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- Diet and nutrition: Balanced nutritious food prepared hygienically in our hospital kitchen is provided. Services of the dietician is utilised for devising special diets for patients with special needs. Special meals are made on festival occasions.
- Quality of life: Special facilities for leisure and recreation e.g., televisions, radios, library facility with books, magazines and newspapers, yoga, prayers, exercises, listening to music are arranged for the mental and psychological well being.
- Celebrations: Various art programmes are conducted on special occasions like Onam and Christmas.
- Visitors: Medical and nursing students and staff of our institution visit and spend time with the inmates. Students Union conducts activities in the geriatric ward.
- Student Contributions: Medical students group THANAL (meaning 'shade' in Malayalam) spend time interacting and mingling with the elderly inmates of our ward. Special programmes named as 'Birthday Bliss' are arranged by the students to celebrate birthdays of the inmates. Thanal collects donations from the students and others which is used for improving the facilities in the ward.

The inmates express their happiness for the care received. Most of them remain with us till their final moments. There is no age bar for admitting inmates. Social activists and Panchayat members often identify senior citizens in need of special care and refer them to us. We consider it as an extreme privilege to provide a home away from home filled with love, compassion and care for our beloved inmates and ensuring dignity for human life and sustained medical services.