OUR MISSION

To improve the Quality of Life of Senior citizens by establishing comprehensive Elder Care in Sri Ramachandra Medical Centre (SRMC).

WHOM TO REFER

Patients 60 years and above with Psychological &/or Psycho-social issues who attend SRMC for specialist consultation across **all departments** & Outside Referrals & Direct Walk-In.

Who has?

a) Disability & Age related decline in muscle strength, vision, hearing, locomotion, nutrition and immunity.

b) Psycho-somatic disorders

c) Suspected Co-morbid Psychiatric illnesses

d) Memory disturbances/behavior changes

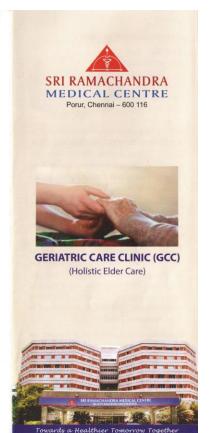e) Sleep disturbances

f) Family stressors/interpersonal difficulties

WHAT DO WE DO

➢ Comprehensive global assessment of physical and psychological health

➢ Specialized assessment for psychiatric disorders in the elderly and treatment

➢ Specialized assessment for memory problems/dementia/other neurological disorders with co-morbid psychiatric problems and its treatment

➢ Provide support for resolution of psycho-social issues- social isolation, post retirement issues, bereavement, inadequate support systems.

➢ Guidance and suggestions related to aged care

➢ Guidance related to Legal issues/Assessing Capacity

➢ Functional assessment and assessment of ability to live independently

➢ Caregiver support and guidance

For further clarifications and consultation
Contact your specialist@
GERIATRIC CARE CLINIC (GCC)
Dr. R. Sathianathan
A-1 Private Clinic, Room No:15
Monday-Friday (9:00AM - 3:00PM)
SRI RAMACHANDRA MEDICAL CENTRE
Phone : 044-45928500 Extn. 3419 +91-9444220962
GCC Direct No: 044-24763137

SRI RAMACHANDRA MEDICAL CENTRE
Porur, Chennai – 600 116

GERIATRIC CARE CLINIC (GCC)
(Holistic Elder Care)

Towards a Healthier Tomorrow Together

Exclusive Elderly Care Clinic

Globally, the population is ageing rapidly. Between 2000 and 2050, the proportion of the world's older adults is estimated to double from about 11% to 22% (WHO, 2013). Rapid Urbanization, Increasing life expectancy, life style changes and stress have led to an emergence of various problems for the Elderly in India.

Most major hospitals in India have no separate geriatric specialist care and most of the elderly patients are treated in general wards.

There is a **dire need for professional elder care services in the country** specifically for the development of appropriate social and health care interventions as currently these services are inadequate. Therefore establishing a good health care system is very essential and vital.

Geriatrics is a specialty that focuses on health **care** of **elderly** people. It aims to promote health by preventing and treating diseases and disabilities in older adults.

The Center's primary mission will be to foster and facilitate multidisciplinary intervention, research and training that will enhance the quality of life of older adults.

Most Common Health Concerns for Elderly

The most widespread condition affecting those 60 and older is coronary heart disease, followed by depression, stroke, dementia, cancer, pneumonia and the flu. Accidents, especially falls that result in hip fractures, are also unfortunately common in the elderly.

A lot of our elders are coping with at least one of the following conditions, and many are dealing with two or more of the following:

- Heart conditions (hypertension, vascular disease, congestive heart failure, high blood pressure and coronary artery disease)

- Dementia including Alzheimer's disease

- Depression

- Incontinence (urine and stool)

- Arthritis
- Osteoporosis

- Diabetes

- Breathing problems

- Frequent falls, which can lead to fractures

- Parkinsons disease

- Cancer

- Eye problems (cataracts, glaucoma, Macular Degeneration)

As the body changes, other things to be aware of are:

- A slowed reaction time, which is especially important when judging if a person can drive.

- Thinner skin, which can lead to breakdowns and wounds that don't heal quickly

- A weakened immune system, which can make fighting off viruses, bacteria and diseases difficult

- Diminished sense of taste or smell, especially for smokers, which can lead to diminished appetite and dehydration

The list can seem daunting. However, with proper care, elders have a life filled with joy.