

January 2023

3 NEWSLETTER FOR HAPPY SENIORS

Support for Day care centers by National Secretariat for Elders



✓ Background:

The concept of day centers was born in the mid-90s, with the goal of providing an outlet for the elderly who are alone and isolated at home to talk about their problems and it was implemented throughout the island as a center for happiness, relaxation, fun, knowledge, and experiences in the same-age friendly society.

There are currently around 150 active day centers across the country. Elderly Day Centers are operated through the network of Elderly Committees scattered throughout the island.

The elderly who live alone at home will find meaning in participating in spiritual development activities, indoor sports facilities, exercise, and fun, in accordance with the needs of the elderly living in the village. This space is also available for the use of new technical knowledge. Elders will have the opportunity to collectively meet their life needs by getting together as a group of peers and exchanging ideas.

💬 Purposes

- The main objectives of this program are
- to prepare the background for a dignified spiritual, aesthetic, healthy adult life and
 - to put a break in the monotonous life spent alone under various medical conditions, thinking of old age confined to the house.





Major services provided by day center

- **Spiritual development programs**
Eg: Meditation, religious sermons, virtue movement, Simple yogic meditations, almsgiving
- **Experience exchange programs**
 - Giving knowledge to school children and youth by knowledgeable adults (sewing, knitting etc.)

Eg: Kalutara Malagama Day center (Liya Saviya) to provide sewing and knitting training to young women.
- **Providing opportunities for sports and recreation.**
 - Games like carom, checkers, cards, chess (indoor games)
 - Television, radio



- **Health**
Outreach clinics are organized at day care centers where both western and Ayurvedic physicians provide medical consultation.
- **Adult Nutrition**
The elders prepare their own nutrient-rich meals and have a balanced diet at the daycare facility.
- **Library**
Elders bring their own books and newspapers to the day center, where they compile a collection for everyone to read.



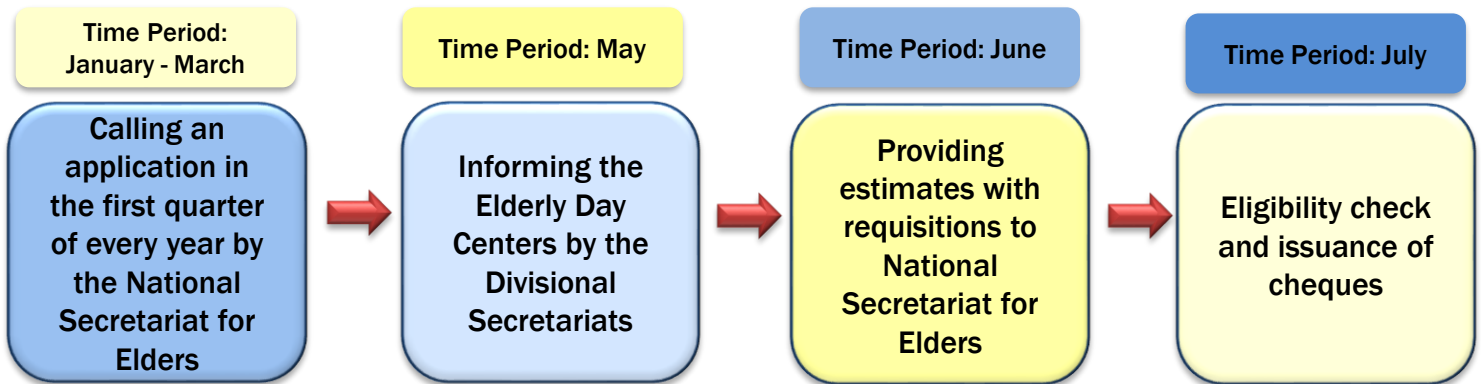
Support from the National Secretariat for Elders

The NSE has scheme of financial supports for day care centers to increase number of day-care centers and improve their conditions.

There are two types of supports:

- For construction of one day center = Rs.3.5 million
- For purchasing equipment = Rs. 500,000

✓ Process of Application



Outline of activities

- A maximum of 50 projects will be implemented per year and funding is available on demand.
- Details of day centers supported (Funding) in year 2022 are shown below.

	Province	District	Divisional Secretariat	Name of Day Centre	Amount given
1	Western Province	Gampaha	Katana	Dawamottawa - Sujata	2,500,000.00
2		Gampaha	Divulapitiya	Kotadeniya - Sarana	2,500,000.00
3		Kalutara	Matugama	Mihindu	1,500,000.00
4	Northern Province	Mannar	Nanattan	Samanthure Elderly Day Centre	1,500,000.00
5	North Western Province	Kurunegala	Narammala	Yasodara	1,500,000.00
6		Kurunegala	Galgamuwa	-	1,500,000.00
7		Kurunegala	Kuliapitiya West	Ilukhena	1,500,000.00
9	Sabaragamuwa Province	Ratnapura	Kalawana	Sandakirana	1,500,000.00
10		Kegalle	Kegalle	Piwithuru	2,500,409.00
11		Kegalle	Dehiovita	Samadhi	1,500,000.00
12		Kegalle	Mawanella	Prajnananda	682,531.50
13	Eastern Province	Trincomalee	Kanthale	Uttalapura	1,500,000.00
14		Ampara	Kalmunai	Periya Neelawanai	500,000.00
15		Ampara	Aliadivembu	Easwara	500,000.00
16		Batticaloa	Eraurpattu	Amirthakaly	1,500,000.00
17		Batticaloa	Eraur Pattu Senkaladi	Vigneswara	1,500,000.00
18		Batticaloa	Manmunei North	Amrithali	1,500,000.00
19	Uva Province	Badulla	Halley Ela	Parakum	1,500,000.00
20		Monaragala	Medagama	Asarana Sarana	2,500,409.76
21	Central Province	Kandy	Ududumbara	Samadhi	1,500,000.00
22	North Central Province	Polonnaruwa	Higurakgoda	Higurakgoda Elderly Day Centre	1,153,565 .00
23		Polonnaruwa	Elahera	Samagi	2,500,000.00
24		Anuradhapura	Mahavilachchi	Saliya	1,500,000.00
25	Southern Province	Galle	Imaduwa	Digoda - Samadhi	3,500,000 .00



Mr. Kapila Lanerolle
Director of National
Secretariat for Elders

Sri Lanka is recognized as a country with a rapidly increasing elderly population. This elderly community should be looked after in order not to be a burden on the society. The preparation of plans for that is carried out by the National Secretariat of Elders.

For that, support to day centers, construction of day centers as well as self-employment programs were planned with the aim of making the elderly contribute to the economy.

Also, adults have little knowledge about the use of digital literacy. The National Elderly Secretariat has started a new program in day care centers from the year 2022 increase the awareness of digital literacy to the change of elder's attitude and to move forward in today's world. This program will work to introduce attitude change, motivation, digital literacy.

I would like to tell that the Nahakotamada Samanala Elderly Day Care Center run under the Polgahawela Divisional Secretariat is a place where activities are done for the welfare of the elderly. For the physical and mental welfare of the members, this day center conducts various welfare activities on a daily and yearly basis. Let me tell you that it is a great satisfaction for all of us mentally to come to this place on a daily basis. Simple exercises suitable for us even as adults, nutrition programs, self-employment for economic strength, everyone holding Dharma discussions together for spiritual healing, reading books for the enjoyment of the elderly, and a fun hour including performances and singing folk tales are held here. I offer my sincere thanks to this day center for all the support given to us, elders.



Ms. R. A. P. N Rajapaksa
Elderly Citizen
Nahakotamada Samanala
Elderly Day Care Center

The time has come to make the elderly an asset to the country. As the world changes and moves forward, our older generation of Sri Lankans must move forward with it. For this, the development plans of the country should be focused on the elderly community. Day Centers provide an environment where adults can have fun and take advantage of their abilities to spend their adulthood successfully without leaving them alone. Therefore, providing cooperation to those day centers is a great act done by the National Elderly Office. I believe that the adult will be strengthened mentally and physically through that.



Ms. Gayani Anuja
Perera
Social Service
Officer
NSE



Future work plans of NSE...

National secretariat of Elders has future work plans for the elderly citizens to contribute to economic development. The first program is scheduled to start in Narangwita Elderly day care center 12th December 2022. Activities to introduce of manioc and jackfruit products, which are common resources of the area to the market and soap production, will also be organized.

(The pictures of people are published with their permission)

Please send good activity in your community to

jica.procees@gmail.com

Directorate of Youth, Elders and Disabled, Ministry of Health

National Secretariat for Elders, Ministry of Women, Child affairs and Social Empowerment

Japan International Cooperation Agency (JICA) Project for Capacity Enhancement of Elderly Service in the Community