

## **“Take A Stand Against Ageism”**

### **Summary Report on International Day of Elderly on 29<sup>th</sup> September 2016 at School of Physiotherapy, RK University**

School of Physiotherapy, RK University celebrated International Day of Elderly on 29<sup>th</sup> September 2016 with a motto to raise awareness about health and wellness of the geriatric people. Actually, International Day of Elderly is observed on 1<sup>st</sup> October every year is an initiative worldwide. The theme for this year is **Take a stand against Ageism**. On the occasion of International day of elderly RK University organized Old Age Home visits at three different places near Rajkot city on 29<sup>th</sup> September, 2016.

On 29<sup>th</sup> September, 2016 Students of 5<sup>th</sup> semester and Faculties of School of Physiotherapy visited the Ramnik Kubarba Old age home at Rajkot, Maheshwarima nu Ashram at Ratanpar and Potanu ghar Vrudhashram at Kalavad district, between 10am to 2 pm. Specially designed Geriatric Assessment Form was used to evaluate their cognitive, emotional, behavioral, mobility and balance issues. Also their physical issues were addressed.

On 29<sup>th</sup> September, Thursday Dr. Neha Patel and 5<sup>th</sup> Semester Students visited Ramnik Kubarba Old age home at Rajkot and evaluated more than 30 old aged people. After a brief introduction, assessment was taken by 5<sup>th</sup> semester and the necessary advice was given.

Also Dr. Arti Jha and Dr. Viral Dhamecha and 5<sup>th</sup> semester students visited Maheshwarima nu Ashram at Ratanpar and evaluated more than 35 elderly people. Explaining about this day, the same assessment was taken by 5<sup>th</sup> semester students and in conclusion home advice were given.

Dr. Ashika and 5<sup>th</sup> semester students visited Potanu ghar vrudhashram at Kalavad gam near Rajkot and evaluated more than 25 elderly people. Description about this

day was given which followed by taking assessment by 5<sup>th</sup> semester students and physiotherapy advice were suggested.

The event was coordinated by Dr. Neha Patel, Dr. Miral Damani and Dr. Krupa Raithatha, School of Physiotherapy, RK University with support team of SOPT staff and 7<sup>th</sup> and 5<sup>th</sup> Semester students.







