

# Care For The Elderly Like Never Before

As your loved one grows older, you may find yourself shouldering the responsibility for their care and should their medical needs grow too extensive for you to handle alone; you may start to consider looking for a long-term care facility.

As one of the most crucial decisions a person can make, it's vital that your elderly loved ones get the best care and accommodation they can find.

For the first time in Sri Lanka, a specialized home for the elderly is available through Royal Nursing Homes.

Speaking to The Sunday Leader, General Manager of Royal Nursing Homes, Manuja Hewawasam stated that the elder's home steers clear of institutional living and instead offers a homely and warm environment that allows the elderly to live with the same freedom and comfort as their own home.

Hewawasam explained, "We provide a skilled nursing facility which is around-the-clock if required by registered or licensed vocational nurses. Residents here receive dietary, medical, nursing, pharmaceutical, and activity services as well as support with day-to-day living functions such as dressing or bathing."

According to Hewawasam, Royal Nursing Homes is ideal for the elderly who are extremely medication-dependant, handicapped or extremely feeble but the home also offers new age living for those retired and looking for a quiet life away from the city.

He said, "This is the first time in the country that a specialised healthcare centre for the elderly has been established and we believe it can be helpful in keep-



## Special Treatment

Long-term care at Royal Nursing Homes for senior citizens include: 24 hour medical team to monitor and provide treatment for age-related diseases, recreational activities like clubs, dining, entertainment through

ing your loved ones healthier for longer. We also provide a host of programmes for those who are active."

Hewawasam added that at Royal Nursing Homes, tailor made packages

movies and board games, shopping and sightseeing tours and much more are available to ensure the goal of improving or maintaining the state of your loved one's physical, mental, and emotional health.

are available for long or short term stays with the following services: nursing care, physician appointments and services, rehabilitation services, personal care, laundry, room service, restaurants, entertain-

ment, housekeeping, a stocked library, medication and medical treatments, dietary counseling, social activities and medical supplies and equipment.

Hewawasam stated, "Royal Nursing Homes provides retirement living for the new generation of elderly. We strive to provide an environment which is warm and a staff that are polite, friendly, hygienic and trustworthy. What's special about the accommodation is that we've designed each room around a modern apartment style rather than a hospital suite with luxury amenities."

These services not only cover your loved one's medical needs, but vital daily needs such meals, personal care, and social interaction.

Diet programmes are particularly powerful when used in conjunction with exercise. Your loved one's physician can help him or her craft a tailored nutrition plan to meet specific medical needs. Along with keeping one's body healthy, it's just as important to keep one's mind active in the later years.

Keep in mind that you are a vital part of your loved one's later years. By supporting him or her in their choices, you have a positive impact in their lives.

## National Awareness Campaign On The Need For Immunisation

The Government has partnered with UNICEF and WHO to launch an awareness campaign on the importance of the National Immunization Programme and its benefits to the public.

The campaign launched under the

theme "Let sleeping demons sleep" aims to strengthen the Government's efforts to eliminate serious diseases; Polio, Tu-



Minister of Health, Maithripala Sirisena

berculosis, Diphtheria, Pertussis, Tetanus, Hepatitis B, Haemophilias Influenza type B, Measles, Mumps, Rubella, and Japanese Encephalitis.

"Vaccine preventable diseases are serious and continue to threaten the lives of children and adolescents" said the Minister of Health, Maithripala Sirisena. "Failing to immunize can lead to severe health complications, disabilities

## Key Facts

Key facts on immunization:

- Immunizations have cut most vaccine preventable diseases by more than 99 percent
- Globally, nearly 3 million children die, 200,000 are paralyzed and 150,000 are blinded by diseases which are preventable by immunization!
- Measles alone kills 1.6 million children each year and vaccination against it reduces child-mortality by 30 %
- The number of children dying every year has fallen below 10 million- the result of increased immunization coverage, improved access to clean water and sanitation, better health care services (WHO).

or cause death" he said.

The Minister of Education also endorsed the awareness campaign. Minister Bandula Gunawardena said "Teachers, parents and the general public must be made aware of the critical importance of immunization to maintain the health of the nation's children".

"Sri Lanka has been a leader in immunization and was the first country in the region to control the dreaded polio through mass immunization" said Reza Hossaini, UNICEF Representative.

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