

Capacity building for geriatric rehabilitation in middle income countries: Identifying problems and planning ahead

Sanjay Eapen Samuel

Rajiv Gandhi University of Health Sciences, India



Abstract

Middle income countries are undergoing demographic changes at unprecedented levels. Rate of growth of the elderly population is three times that of the population as a whole. Eastern countries are facing the problem at alarming levels.

In eastern models of aging, independence among community dwellers must not be confused with “Independent community living” as described in western aging theories. It is imperative to proactively adopt strategies that can help older adults minimize disability, stay independent and contribute to society.

Poor health insurance coverage, lack of population-specific clinical practice guidelines, among others are stumbling blocks for graceful aging in low and middle income economies. There is a need to address awareness on health vulnerability and education on the economics of retirement planning. Non-integration of preventive rehabilitation in insurance ambit is an even bigger challenge. Considering the sheer volume of the rehabilitation needs it is necessary to rely on a problem-solving based approach in the decision making for allocation of resources to this population. Promotion of physical activity early in life and continuing into old age need to be analysed for its benefits in preventing morbidity related to old age. Additionally, there is a need to develop / adapt optimal, population- specific interventions to improve physical functioning in Asian older adults.

Findings from cross sectional studies conducted on selected urban and semi urban population in southern India forms the crux of this presentation. The applications and generalisability of findings for middle income economies would be the contribution of the talk.

Biography

Sanjay Eapen Samuel is Professor and Principal, Laxmi Memorial College of Physiotherapy, AJ Institute of Medical Sciences, Mangalore, India. He holds a PhD in Exercise Physiology and a PhD in Geriatric Neuro-rehabilitation. A very enthusiastic teacher with teaching experience of over 20 years in academic and clinical teaching for under graduate and post graduate students of physiotherapy and recognized PhD guide of premier universities, he has won multiple teaching awards and recognitions. With extensive research experience in geriatric neuro-rehabilitation, expertise in academic leadership, and special interest in the area of professional education and development; he has been invited speaker at a number of national and international conferences in the fields of geriatric neuro-rehabilitation and professional education. He has presented numerous scientific papers at national and international conferences. He has authored several publications in national and international journals of repute and also conducted national level workshops in the field of neuro-rehabilitation.



6th Global Conference on Physiotherapy, Physical Rehabilitation and Sports Medicine, October 23 -24, 2020

Citation: Sanjay Eapen Samuel, Capacity building for geriatric rehabilitation in middle income countries: Identifying problems and planning ahead, Physiotherapy Congress 2020, 6th Global Conference on Physiotherapy, Physical Rehabilitation and Sports Medicine | October 23 -24, 2020, 5