

10. Facilitate training in first-aid and 'disaster preparedness' to combat climate crisis at the time of emergency for the elderly. The National Disaster Management Authority (NDMA) under the Government of India (GOI) provides information and resource materials about the safety measures that can be taken during different disasters like cyclones, floods, lightning, heat wave, earthquake, cold-wave, fire safety, landslide, tsunami, home safety, hospital safety, biological, chemical and nuclear emergencies.



You can help the elder members of your family be safe and secure during any climatic crisis by adopting all the above-mentioned measures. It will also help the elderly in leading a dignified, self-reliant and productive life.

With worsening climatic conditions, are you worried about its impact on the mental health of the elderly in your family and neighbourhood?

Help them seek help by contacting the
National Psychosocial Helpline No: **080 – 4611 0007**



Ministry of Health
and Family Welfare
Government of India



National Programme
on Climate Change
and Human Health



CLIMATE CHANGE AND ELDERLY



SUNNY



CLOUDY



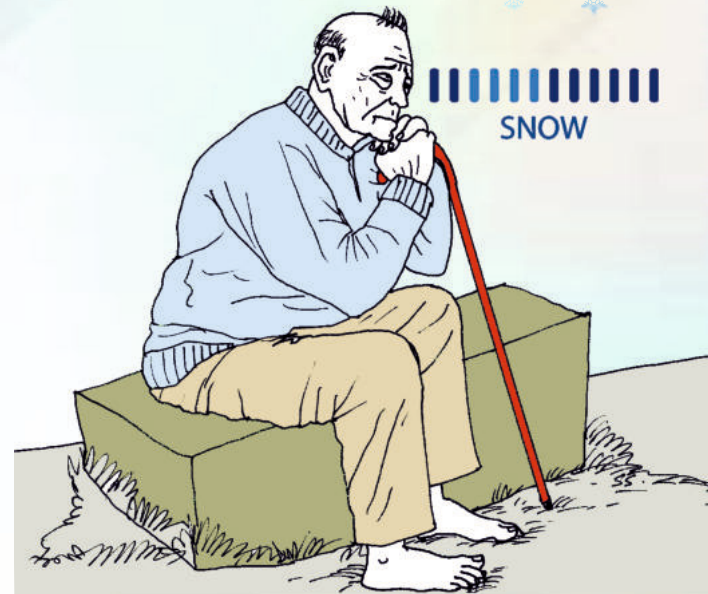
RAIN



SNOW



LIGHTNING



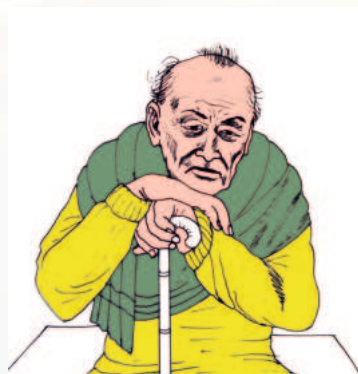


Frequent climate change has been linked to negative physical and mental health consequences with the elderly being excessively affected. Exposure to climatic conditions such as extreme heat can increase the risk of illness and death among older adults. Heat, pollution and other extreme climatic conditions can impose additional stress not only on physical health but also on mental

health. Irritability and behavioural disturbances tend to increase in the elderly as a result of extreme heat which further interferes with day-to-day functions. Elderly people who are living alone, widowed or neglected by family and friends, those having medical problems and on medications are especially more vulnerable to extreme weather conditions and need special care.

The stress and anxiety experienced by older people are greater than that of other groups as they have issues in mobility and are at greater risk for various physical and mental illnesses. Thus, coping when faced with disasters like an earthquake, flood, tsunami, severe rainfall, drought, etc due to climate change can be a challenging experience. Elderly people may also experience post-traumatic stress disorder (PTSD), anxiety and other mental illness or their existing mental health problems may get worsened.

So, it is very important for families who have elders staying with them or staying away to adopt the following measures so that the elderly continue to stay safe during any climatic crisis.



1.Be aware of the medications prescribed by the doctor for the elderly and keep a list of them with you.

2.Connect to reliable resources and services like Healthcare professionals, government and non-governmental organisations (NGOs) working for the elderly.

3.Connect and provide support to the elderly persons in your family and neighbourhood.

4.Listen to them attentively, and with empathy.

5.Create supportive neighbourhood communities for the elderly.

6.Provide them with emergency contact details (of the spouse, siblings, children, close friends, etc) and helpline numbers (Ambulance - 102, Police - 100, Psychosocial helpline – 080 46110007, etc).

7.Develop skill-building programmes and encourage their participation.

8.Food distribution programmes need to ensure accessibility for older people and other vulnerable households.

9.Ensure they consume a balanced meal as suggested by the doctor.

