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Background

Senior Citizen Act of Nepal 2006 defines “Senior Citizen” as a citizen of Nepal having completed the age of Sixty years. Similarly, the “Helpless Senior Citizen” means a senior citizen on any or all of the following conditions: having no basis or income source or property for earning his or her livelihood, having no family member for maintaining and taking care of him or her, despite the existence of a family member, being compelled to live a discarded or disregarded life because of not being maintained by the member. Nepal promulgated the senior citizen act 2006 made to provide for protection and social security with the aim of addressing the issues of senior citizens immediately on the protection and social security and enhancement of trust, respect and good faith towards them by utilizing knowledge, skills, capability and experiences inherent in them. The act defines "Senior Citizen" a citizen of Nepal having completed the age of Sixty years; and it has also defined "Incapable Senior Citizen" a senior citizen who is incapable physically or mentally. It assumed the duty of each family member to maintain and care the senior citizen according to the economic status and prestige of the member. But the reality is different. National Human Rights Commission, Nepal (NHRCN) this year has monitored the senior citizens' centers and day care center and found that nearly almost seniors were neglected from their family members.

Social security is a universally-recognized human right. The Constitution of Nepal (2015) addresses right to health, the social security as fundamental rights. The Constitution states that every citizen shall have the right to free basic health services from the State, and no one shall be deprived of emergency health services. Every citizen shall have equal access to health services. The constitutional provision has set the platform for
commencement of free health service program in Nepal. Article 41 of the Constitution provides the rights of senior citizens stipulating that the senior citizens shall have the right to special protection and social security from the State. National Health Policy 2014 aims to devise different strategies to effectively implement Universal Health Coverage. Though concept of human rights based approach has been integrated in different health development policies and plans, health system still faces different challenges in materializing health as a human right. Senior citizens with disability cannot be the exception. The Constitution for the first time recognized right of senior citizens as a fundamental as it specifies the senior citizens shall have the right to special protection and social security from the State.

**Policy Perusal**

Section 122 of the Civil Code 2017 provides that every son or daughter shall treat his or her mother, father with honor and respect. Every son or daughter shall, according to his or her financial and social status, provide necessary care, maintenance, medical treatment or attention to his or her mother, father, notwithstanding living in an undivided family or separately in accordance with law.

The Senior Citizen Act also provides facilities and concessions to the senior citizens. It shall be the duty of all to provide necessary services, facilities and assistance to the senior citizens in any public vehicles, public undertakings, and medical services, religious and public places. Each organization providing health services shall provide health services by giving priority to the senior citizens. Such organization providing health services as may be specified by the Government of Nepal shall give concession of at least Fifty percent on the fees chargeable on
the treatment in such organization of senior citizens in the specified number.

Nepal has developed various policies and programs to expand the health care services to its population. It is stated in the Constitution to provide essential health care services free of cost to ultra-poor, vulnerable, poor, senior citizens, people living with physical and psychological disabilities, and women. However, none of the programs are designed targeting on the health needs of the older population in Nepal.

The National Human Rights Action Plan (NHRAP) is formulated through a participatory process that was involved discussions and consultations at the district, regional, and national levels. To guarantee the rights of senior citizens to live a dignified life in society NHRAP designs the programs of free health care services to senior citizen, review and revision in the allowance to senior citizen, construction and operation of Home for Senior Citizens, conduct a study relating to legal provision or mechanism to make children responsible toward their parents and implementation of the report, conduct a study relating to the use of experience and skills of senior citizens, broadcast awareness programs through mass media, i.e. newspaper, radio, television, FMs to respect the senior citizens.

Nepal is also planning to establish health recording system in Old Age Homes (OAH) selecting one OAH from each province that has the largest number of residents in the province, conduct general physical checkup of each residing elderly, and develop a health management system for OAH managers to follow. Thus developed system would ensure that each elderly gets routinely physical check-up, provided meals that suits to his/her health condition such as less sugar for diabetic and less salt for high blood pressure, and proper administration of daily medication for each resident elderly.
National Human Rights Commission, Nepal

The National Human Rights Commission, established as an independent statutory body in 2000, has been elevated to a powerful constitutional body with a commensurate mandate, competence and independence. The Commission is fully compliant with the principles relating to the status of national institutions for the promotion and protection of human rights (Paris Principles) and has been accredited with “A” status by the Global Alliance of National Human Rights Institutions. The Commission is mandated to ensure the respect, promotion and protection of human rights, is competent to launch inquiries and investigations into alleged human rights violations, and can recommend legal or departmental action against human rights violators. It monitors the overall human rights situation in the country and can recommend remedial measures if so required. The National Human Rights Commission Act of 2012 provides a legal foundation for the Commission to function as a powerful protector of human rights.

Functions of the NHRCN

The Commission has a broad mandate including civil and political rights, economic, social and cultural rights, and rights of the other groups. Article 249 of the Constitution of Nepal (2015) lays down that the Commission shall perform the following functions, namely:

- To respect, protect and promote human rights and ensure effective enforcement thereof.
- Inquire on its own initiative or on petition or complaint lodged in or sent to the Commission and investigate complaints about the violations of human rights of an individual or group or abetment thereof, and make
recommendation for action against the perpetrators.

- Recommend to the concerned authority to take departmental action against any official, who fails to fulfill or perform his or her responsibility or duty or shows reluctance in preventing violations of human rights.

- Recommend to file a case in the court in accordance with law against any person or organization who has violated human rights.

- Coordinate and collaborate with the civil society in order to enhance awareness on human rights.

- Carry out periodic reviews of the relevant laws relating to human rights and make recommendation to the Government of Nepal for necessary improvements and amendments to such laws.

- Recommend Government of Nepal for the implementation of any international treaty or agreement on human rights, to which Nepal is a party.

- Publish, in accordance with law, the names of the officials, persons or bodies who have failed to observe or implement any recommendations or directives made or given by the Commission in relation to the violations of human rights, and record them as violators of human rights.

An Overview of the Situation of the Senior Citizens

The NHRCN has conducted monitoring at the seven different provinces during the study of the human rights situation of the senior citizens. During this study and monitoring centering on the old age homes, day care centers, shelters for predetermined
periods (Kalpavas), and the care homes, we did not get amalgamation between the resources and the operation costs. The government grants have found to be distributed on the basis of access to the government rather than on the basis of function and necessity. It has been found that minimal donation is provided to the shelter homes where the number of senior citizens is huge and maximum to the shelter homes where less number of senior citizens are. This kind of access based donation does not seem to be beneficial for the real dependent senior citizens. The grants distributed to the day care center are a model of chaos. By observing some of the day care centers registered but not in operation, somewhere only one person registered multiple centers, it can easily be guessed that the resources have not been properly utilized.

Except very few shelter homes, most of the shelter homes have been unsystematically operated. The main cause behind it is the lack of resources, means and scientific management. This situation is the result of the improper support of the government and the lack of management of the adequate resource by the individual. In some of the shelter homes, though there are adequate resources but seems the deficiency in the managerial part. Though the centers have their own land and building, well managed operation cannot be seen due to the lack of adequate operation funds, lack of specialized geriatric human resources, in case human resources found the centers cannot pay the due to lack of resources.

Shelter homes are found to be run only with the stimulation by the humanitarian emotions rather than operated with the compulsory legal obligation and responsibility. The government is also in moral crisis to regulate such homes because there is not any standard and regulation that have to
be followed. Rather shelter homes are run voluntarily and with the essence of service. Section 20 (1) and (2) of Senior citizens act 2006 is related to the establishment and operation of care center or day service center. Sub section (1) provides the Government of Nepal or any person or any organization or association formed under the prevailing laws may establish and operate a care center or day service center in any place of the State of Nepal. Similarly subsection (2) provides that the infrastructures as prescribed shall be established and approval obtained from the prescribed authority for the establishment and operation of a care center or day service center as referred to in sub-section (1), but the mentioned provisions do not seem to be implemented in practice. Most of the care centers are not found to be in accordance with the standard of the schedule 2 of the Senior Citizens rule 2008.

Factors Pushing into the Shelter Homes

The main reasons behind senior citizens getting into the shelter homes were pursued during monitoring. These include the family dispute and disintegration, loss of the moral education in the society, lack of awareness, lack of understanding the responsibility, generations' long conflict, seeking for the isolated and religious place etc. found during the monitoring. Most of the senior citizens in the shelter homes are victimized by familial, psychological and social problems and physical illness one way or the other. The disability due to old age, lack of proper foods, problems in health, lack of familial and human treatment, lack of love and affection, lack of access to the citizenship certificates by some, the compulsion to live a alienated life from the society are found to be the problems of the senior citizens. The reason found behind living in the shelter homes is the lack of other family members and if
member is present in the family, lack of love and affection. Lack of time allocation by the family members for the senior citizens is another reason.

Promotion of moral education is essential to create the environment of reducing the trend of the senior citizens going to the shelter homes. Due to lack of moral education in the schools' and universities' curriculum, children and adolescence also lack the practical knowledge of treatment towards the senior citizens. The effort to move forward to reduce the generation gap, the improved thinking to rehabilitate the senior citizens at home, making the local bodies responsible have been missing. The indications of rising the problem of senior citizens' have been found due to the increased use of social network, disintegration of the joint family, lack of familial harmony. The labor, skill and the experience of the senior citizens is being unused.

Policy Comments

During the study, it is found that the government lacks the effective and solid policy and program to allot the investment to the targeted group (senior citizens). For the welfare of the senior citizens, distribution of the grants and investment is welcoming act but the problem is seen in the transparency. Especially, the investment of the government is not properly utilized in the day care centers. Comparatively the management in the care homes run voluntarily aiming to self-service is good but the problems seen in the care homes run for the business, occupation and run by imitation.

Some care homes seem to be adequate from the point of view of the basic facilities but problem existed in operation. The support of the donors and handful contributors\(^1\) (Muthidan)

\(^1\) Muthidan: Process of keeping separately minimum a handful of grains every day before cooking
may not create problem for clothing and food but the health problem existed. Comparatively, the situation and the number of the senior citizens living in the old age homes run in the religious places found to be good but old age homes run in the other places are not that much satisfactory. There seems the lack of assistant personnel in the centers where there are notable number of senior citizens. The existing personnel are also provided very little remuneration. In some of the old age homes various institutions and individuals are serving on the humanitarian ground is praiseworthy but continuity is a challenge. Though the senior citizens are facilitated from the social security allowance to sustain their lives but this is not adequate. But few of the senior citizens are deprived from this allowance due to the lack of the citizenship certificate and the complexities of procedure. The death of one among the spouse causes the widow or widower's life miserable and forced to go to the old age homes.

The more number of men in the day care centers and the more number of women in the old age homes, the very few number of the madhesi (Terai) origin senior citizens in the old age homes can be the subject of separate study and research. Similarly, senior citizen homes and day care centers being established by the designated members of the various institutions and federations in the district level to work for senior citizens, failing its effective operation gives room too many questions. Yet some socially motivated shelter homes were found to be operating pretty well. To address the problems faced by helper and families of senior citizens due to geriatric disease, few care homes operated privately around the valley were found to have positive impact. Care homes operated by taking charges for the senior citizens whose family members are abroad cannot

food and donating it for the community welfare.
be taken otherwise yet an effort of the government to provide access to the ones unable to afford fees is essential.

NHRCN Recommendations

By reviewing the Senior citizens act 2006 and the senior citizens rule 2008 NHRCN has recommended for the amendment of the laws as per the decision of the Commission. Similarly, the NHRCN has also monitored the senior citizens' homes. As many as 141 senior citizens' homes are in operation in 64 districts. Many senior citizens' homes take care of senior citizens free of charge. A total of 1,577 senior citizens were living in elderly homes as of mid-October 2018. Of them 965 are women and 612 men. The data show that the number of women living in elderly homes is higher by 44.7 per cent compared to their men counterparts. This study was based on monitoring of 86 elderly homes, 30 daycare centres and six care centres of 49 countries. The NHRCN on the basis of analysis and the conclusion drawn from the facts received during monitoring has recommended to the federal, provincial and local government, old age homes operators, civil society, family members, donors, supporters and including all the concerning people as following:

Related to the Management and Administration

1. Proper sanitation and senior citizens' friendly environment should adequately be managed in the shelter homes operated with the inspiring essence of social service.

2. Separate residential buildings and toilets as well as bathrooms for male and female in the senior citizens' shelters/care centers should be managed.

3. Gate, walls and premises in the shelter homes including the security guards for security should be managed;
well managed security as well as the management of Ambulance and vehicles should be done for such homes where there are minimum 20 senior citizens live.

4. Every old age homes should be open to all citizens of any religion, language, race and caste as well as free from untouchability and discrimination, these things should be declared publicly.

5. Most of the shelter homes are operated by emotion rather than by planning so should be run on the basis of pre plan.

6. There should be the regular monitoring of the act of feeding including other daily activities of the old age homes, day care centers, shelters for predetermined periods (kalpavas), care centers. Every institution should implement making the guidelines for the daily operation of the shelter homes including its constitution.

7. Religious, educational and experience exchange excursion have to be managed for those senior citizens living in the shelter homes.

8. Shelter homes should not be run only inspired by the religious essence but also these should be useful to operate with the approach of senior citizens' rights and duty towards society.

9. The updated record of the number of the senior citizens coming to the shelter homes, the number of death in the shelter homes, repatriation, and rehabilitated senior citizens should be kept systematically.

10. The environment of experience sharing should also be managed by conducting the get-together (reintegration)
programs among the various shelters time and again.

11. The Constitution of the organizations and the shelter homes, their operation, election should be transparent and in timely manner as the centers are operated for the welfare of the senior citizens.

12. The identity cards for the senior citizens who are in the shelter homes should separately be designed and distributed.

13. Some of the shelter homes have huge resources and some lack resources, therefore the donors should be provided the actual information regarding it and it should also be appropriate to create the environment of sharing the resources and means in coordination among the shelter homes.

14. Senior citizens should behave each other in a friendly manner and the donor supported materials should not be sold and sent to home rather use own self, otherwise it should be encouraged to provide to their own colleagues.

15. There is very little number of dependents in some of the shelter homes but expenses is going on so it would be better to merge such shelter homes, but additional facilities should be added to the smoothly running shelter homes, most of the shelter homes are arranged by the investment made by the government, in case the shelter homes are merged the vacant buildings should also be utilized for the human rights of the marginalized class.

16. Somewhere there are buildings and resources but lack of senior citizens, somewhere the buildings are going to be ruined and the number of senior citizens huge so
it would be better to transfer the senior citizens in an appropriate place.

**Related to the Financial Management**

17. By assessing and monitoring the function of the old age homes, day care centers, shelters for predetermined periods (Kalpavas), care centers, study centers, beneficiary organizations running throughout the nation, the investment should be increased in a justifiable manner.

18. The future of the shelter homes may be uncertain due to the lack of regular resources, so it should be appropriate to manage the regular resources.

19. The finance should be managed on behalf of the local government rather than the federal government, but the regular monitoring and audit should be conducted by the provincial government.

20. The donors who provide more amount than the fixed donation to the centers have to be redemption of their tax amount; the custom tax should also be free for the fixed goods and gifts sent from the overseas countries.

21. The fees of the senior citizens suffering from the Algemier, Dementia, Cancer and Paralysis and the senior citizens who cannot afford fees of the care centers should be paid by the government.

22. The social security allowance provided to the senior citizens should be increased.
Related to Physical Infrastructure

23. The physical infrastructure of every old-age home, daytime service center, shelters for predetermined periods (Kalpavas) and care centers operated in the state should be in accordance with the established standards and senior citizens friendly.

24. In the Shelter homes, daily used products should be qualitative and the most essential heater, fan, clothes, proper accommodation and the adequate drinking water should also be managed.

25. Shelter homes should manage games, exercise center, entertainments and health club. Similarly, the radio, newspapers and television among others should be managed.

26. Shelter homes should organize religious hymns and chants programs, religious programs, religious speech and moral education etc. for personality development.

27. Any shelter home build upon narrow space should manage the appropriate place.

28. Any shelter home left incomplete due to lack of resource should be completed as far as possible and should be brought into operation.

29. Old age homes should be monitored whether they are earthquake resistance or not and whether in accordance with the standards or not?

30. Shelter homes should have disability friendly toilets and bathrooms.

31. Many of those shelter homes are arranged in rented house and have been found hard to pay the rent so that
found to be resulted the discontinuity of their operation therefore shelter homes should think of their own physical construction.

Related to Social Obligation

32. The problems and causes of some of the senior citizens kept at the old age homes due to various reasons should be resolved and focus on rehabilitation. Some of the senior citizens have their own family members therefore rehabilitation and cause to rehabilitation of the senior citizens at their own home should be focused.

33. State and relatives should take responsibility of those senior citizens who have been obliged to live at shelter home because their families are aboard and a harmonious environment should be created for them where they can spend their dignified life.

34. As the shelter homes are away from the residential area so that the emergency support is not accessible there, so we should inspire for establishing the shelter homes near the residential area where they can easily get access to different facilities.

35. By conducting the social campaign on the rights of the senior citizens and the obligation of the family, society and the state itself, to promote the respect towards senior citizens in all the sectors, collaboration should be made with the stakeholder agencies.

Related to Health

36. Health of every senior citizen should be routinely checked. Shelter homes should time and again conduct health camp.
37. Every senior citizen at shelter homes should have free health service at public hospitals and 50% off at private hospital.

38. Most of the senior citizen tends to suffer from common cold, eyes related pain (ophthalmalgia), asthma, arthritis, stomach-ache, heart disease, hip pain, diabetes, blood pressure, joint pain, dementia, depression and Parkinson & Alzheimer, therefore should focus mostly on these diseases.

39. In some of the Shelter homes mentally ill senior citizens are found so such homes should manage a separate room for those suffering from mental illness.

40. Policy should be pursued to address the senior citizens suffering from depression, Alzheimer and dementia, which has been increasing rapidly therefore every hospital, should manage the geriatric ward and health professionals.

41. As there is only one geriatric doctor within the country, the Government should provide scholarship in order to generate more expert doctors and health assistance for geriatric ward.

42. All the 7 provinces should immediately pursue the policy of managing minimum one geriatric ward in one of the hospitals within the province and a separate hospital for senior citizens within 3 years of time.

43. The procedure related to the geriatric diseases promulgated by the government should be implemented as such.
Related to Transparency

44. Most of the shelter homes that are found to have managed the inexhaustible fund (Aksheya Kosh) but this fund should also be properly managed, used and the transparency should also be managed.

45. Government and those institutions which provide grants and funds should scrutinize the operation of the old age homes, management, proper use and the transparency level of the funds and grants provided is being used correctly or not and also provide suggestion to the management team of the shelter homes.

46. Any old age home supported by foreign grants should maintain their transparency and publicize the expenses.

Related to the Government Obligation

47. The citizen with the essence of social service providing land and building for shelter homes should be provided honor to such citizens by the state and encourage them by not imposing tax.

48. Shelter homes have been facing problem due to the lack of helper to work, therefore, the government should provide helpers for those shelter homes established according to the approved procedures.

49. As the senior citizens possess skills and experience, the Government should make policy to utilize the skills and experience of the senior citizen.

50. Old-age homes and day service centers should be classified to provide grants; the grants should be distributed in accordance with the predetermined standards in an integrated manner as the systematic distribution is not
seen, the guidelines prepared including the standards of grant distribution should be implemented.

51. Government should take adequate care and responsibility to those senior citizens especially the ill senior citizens found on street. Special attention should be provided to the abandoned and the orphans.

52. Shelters are usually centered at urban areas, and found more than one in some of the districts and none at some therefore government should study for the establishment of shelter homes at those districts which have none. Approval should only be made with planning.

53. Government should create eased environment where senior citizens can utilize their senior citizens' identity card for health services and transportation in practice in accordance with the legislation.

54. Old age homes and any senior citizen care organizations should be monitored and regulated whether they are working in accordance to the act, rules and guidelines of the organization or not.

55. Concerned local authorities should keep record of those senior citizens staying at shelter homes.

56. Health insurance of the senior citizens should be done by using the national treasury.

57. Government should treat the senior citizens in shelter homes with respect and shouldn't be treated with negligence.

58. There should be clarity regarding authority for distributing the grants in the changed scenario as the apex body to distribute the grants for the senior citizens'
shelter homes the Office of the Women, Children and Senior Citizens do not distribute the grants now and the Women Development Officer is no more in the district level, therefore, the future of grant distribution is uncertain.

59. Day service centers shall be established as seems essential for the senior citizens; the operation should be managed by the ward office under local government.

60. Those day service centers having own buildings should be provided with funds by the local government.

61. Previous recurrently seen deformities and irregularities in the distribution of the grants should be stopped.

62. Ministry of women, children and senior citizens and the offices under the ministry should provide suggestions and necessary recommendations to the concerned authority after regularly monitoring the situation of effectiveness of implementation of the laws and policies related to the rights of the senior citizens.

63. The investigative research related to the senior citizens should be inspired and promoted. Especially, Federal government and the universities should invest adequately for the research study, but the responsibility to research should be provided to the appropriate and capable authority.

64. Educational institutions should provide grants to the student in the masters' level for conducting their thesis on the senior citizens' issues and senior citizens education should be promoted, separate hospital for the senior citizens and in each hospitals separate geriatric ward and doctors should be managed.
65. Caretakers of senior citizens should be equipped with adequate and necessary training.

66. By seeking either movable or immovable property of senior citizens, this should be managed seeking usefulness for life of the senior citizens.

67. Local government should form senior citizens' meeting society, club and even terrace (Chautari) and libraries, preaching room, and senior citizens' parks should also be managed.

68. At least 1 Health Care Shelter (Aarogya Ashram) per province program declared by the government should be accelerated solidly, practical and useful program and plan for the health care shelters should be made.

69. Distribution of social security funds through identity cards to the senior citizens living in the old age homes should be managed.

70. The number of senior citizens who do not have citizenship certificates should be calculated and this should be provided to the appropriate persons in the old age homes too.

71. Among the number of senior citizens in the old age homes notable number of senior citizens are persons with disability, those citizens should be provided special attention and care.

72. For the protection of the senior citizens' rights the stable complaint handling mechanism in the local bodies should be managed, in this mechanism anybody can complain, draw attention relating to the issues of the senior citizens, and immediate response regarding such complaints should be made.
73. The orientation program and the psychosocial counseling trainings should be conducted that bring positive change to senior citizens' habits, behaviors and attitudes.

74. Senior citizens tend to feel disadvantaged to receive social security funds from the banks, so the local government should make sure that the funds are delivered at their homes, considering the fact that all villages do not have banks alternatives management should be seek by the government.

75. In the forthcoming national census the data of the senior citizens with disabilities, senior citizens with serious illness, senior citizens with family members migrated, single and persons without any property should also be collected.

**Related to the Laws**

76. As the senior citizens living in some of the old age homes did not get chance to take part in the election so, the senior citizens at shelter homes should be provided the transportation facilities to exercise their voting rights in the election.

77. Timely amendment of the Laws, rules and guidelines related to senior citizens should be done; comprehensive review of the laws especially for the protection of the senior citizen's property rights should be done.

**Way Forward**

The rise in the number of prisons and senior citizens' homes is a premonition of failure for any country. One of the basic principles of human rights is that each senior citizen should have the right to live in his/her own home and any one with no kin to
assist him/her should be cared for by the government. Despite this, we have come to a conclusion that it is impossible to scrap the provision of elderly homes due to family, social, educational and legal aspects and growing use of social networking sites. The NHRCN recommended that the government improve the living condition of senior citizens who are compelled to end up in senior citizens' homes when hundreds of older people do not have any option to have their own home with family members, his/her sons, daughters-in-law, grandsons and granddaughters.

The NHRCN has made recommendation to the government to carry out study in 17 issues, including the personal problem of the senior citizens living in old age homes, situation of Madhesh, monastery, physical status of the old age homes, solution on maximizing the use of resources, promotion of study on moral values and solution to make the elderly people active. NHRCN itself has intended to study the following aspects focusing on the problems regarding the senior citizens.

**Familial Aspects**

Death of spouse, lack of caretakers and family affection are the main reasons why senior citizens fight against all odds in senior citizens' homes. The human rights situation of senior citizens is deteriorating with each passing day and is likely turn worse from bad in future. Older people are often forced into shelter home for the elderly following the death of their spouse. They are forced to take refuge in old age homes due to a lack of care by his/her sons, daughters-in-law, grandsons and granddaughters, among others. The NHRCN is planning to study the experience of seniors’ family caregivers with regard to the responsibility, burden and support needs during caregiving. First and foremost, the modern society is competitive, children have their own life and work, senior citizens love their children
so much that they avoid delaying their work, affecting their lives, hampering their development, and adding their burden. Second, the senior citizens had strong sense of duty; they are not at ease or feel ease but better go the old age homes.

**Health Related Aspects**

Rapid growth of the senior citizens in Nepal possesses a serious challenge to the overall available health services. Due to physiological and biochemical changes in the elderly, increased incidence of diseases is observed. There are limited studies in relation to general morbidities as well as specific in this group of people. Available studies covered only in focused areas of problem with limited coverage. The study explored that more than half of the residents suffered with at least from one chronic health problem (Hypertension, gastritis and arthritis) and all old age homes faced a lack of trained human resources and financial constraints. The study highlights the urgent need of developing fundamental guidelines to improve the care services.

Senior citizens living in the old age homes have chronic health problem. Health of every senior citizen should regularly be checked up. Most of the senior citizen tends to suffer from common cold, eyes related pain (ophthalmalgia), asthma, arthritis, stomach-ache, heart disease, hip pain, diabetes, blood pressure, joint pain, dementia, depression and Parkinson & Alzheimer, therefore should focus mostly on these diseases. Policy should be pursued to address the senior citizens suffering from depression, Alzheimer and dementia, which has been increasing rapidly therefore every hospital, should manage the geriatric ward and health professionals.

To be only one geriatric doctor within the country is very much deplorable. The Government itself should inspire the doctors
to study geriatric subject. It should provide scholarship in order to generate more expert doctors and health assistance for geriatric ward. Similarly, it is essential to immediately pursue the policy of managing minimum one geriatric ward in one of the hospitals within the 7 provinces and a separate hospital for senior citizens. The guideline related to the geriatric diseases promulgated by the government in the year 2015 should be implemented as such. To study the issues related to the senior citizens one team should immediately be formed and recommendations of the team should be implemented.

**Review of the Legal Provisions**

We have entered into the civil code era from the country code (Muluki Ain). The Muluki Ain was not senior citizens' friendly with regard to the right to property related provisions. There is also dominance of old-fashioned norms in the Civil Code too. It is necessary that the legal provisions should be senior citizens' friendly. It has also seen necessitated to conduct study by the experts what provisions should be added or amended in the existing laws to ensure the senior citizens' friendly laws. The laws senior citizens' act and rules promulgated in the decades of 2060s have to be modified. It is also required to incorporate the issues existed in the rule, guideline and procedure in the Act. Similarly, it is essential to think of establishing the separate bench for the handling the cases related to senior citizens. These acts should be accelerated by forming a team to study the legal aspects.