APPENDIXES
Appendix I

SCHOOL OF GANDHIAN THOUGHT AND DEVELOPMENT STUDIES,
M.G. UNIVERSITY, ATHIRAMPUZHA, KOTTAYAM, KERALA

Letter of Request to the Director of Old Age Homes

12th August, 2013

Dear Reverend Father/Sister/Director

Greetings of Peace!

I am Thomas Joseph (Fr. Thomas Joseph Parathara), a research scholar of the Mahatma Gandhi University doing Ph.D in Gandhian Studies. At the moment I am doing a research on the “AGING ISSUES OF SENIOR CITIZENS – THE WELFARE MEASURES TAKEN BY CHANGANACHERRY ARCHDIOCESE THROUGH OLD AGE HOMES”. In the partial fulfillment of the requirements for this course, I would like to have the co-operation and participation of the stakeholders, the inmates and their significant others. As the study follows qualitative research method, I need to interview them. In this regard, may I request you to permit me to interview and to observe them in their natural setting. Interview will be semi-structured open ended one, which will be tape-recorded for the purpose of transcribing and categorizing data. The participants will be asked to complete the personal information sheet as well. The duration of interview may range from 30 to 45 minutes; from single to multiple sessions, depending on the interviewee’s mode of exploring their life experiences. I request you to kindly encourage the inmates of the “home” to co-operate and participate with me in this study.

I assure you that the data gathered will strictly be used for the purpose of my research and confidentiality will be intact. I also believe that the findings will be of immense value to your institution.

Please consider this request and favourable response from you is highly appreciated.

Thank you very much. God bless!

Respectfully yours,

Thomas Joseph (Fr. Thomas Joseph Parathara)

Noted by:

Dr. Nirmala Devi .D (Research Guide)
Professor, School of Gandhian Thought & Development Studies
Mahatma Gandhi University, Kottayam
Appendix II

SCHOOL OF GANDHIAN THOUGHT AND DEVELOPMENT STUDIES,
M.G. UNIVERSITY, ATHIRAMPUZHA, KOTTAYAM, KERALA

Letter of Request to the Participant

12th August, 2013

Dear Respected Participant,

Greetings of Peace!

I am Thomas Joseph (Fr. Thomas Joseph Parathara), a research scholar of the Mahatma Gandhi University doing Ph.D in Gandhian Studies. At the moment I am doing a research on the “AGING ISSUES OF SENIOR CITIZENS – THE WELFARE MEASURES TAKEN BY CHANGANACHERRY ARCHDIOCESE THROUGH OLD AGE HOMES”. Your participation in the study will be a great contribution towards my research. May I request you to kindly go through the interview, which will be tape-recorded for the purpose of transcribing and categorizing data. The duration of interview may range from 30 to 45 minutes; from single to multiple sessions; depending on the interviewee’s mode of exploring their life experiences. The interviews will be scheduled in consultation with the director respecting your time and conveniences as well.

I assure you that the data gathered will strictly be used for the purpose of my study and confidentiality will be intact. I am sure that the findings will be of immense value to your institutions like this and the people in the “home”.

May I place this request for your kind consideration and expect a favorable response from you.

Thank you very much. God bless!

Respectfully yours,

Thomas Joseph (Fr. Thomas Joseph Parathara)

Noted by:

Dr. Nirmala Devi .D (Research Guide)
Professor, School of Gandhian Thought & Development Studies
Mahatma Gandhi University, Kottayam
Appendix III

CONSENT FORM FOR THE PARTICIPANT

Greetings of Peace!

Dear ………………………

This is to express your consent for participation in the study “AGING ISSUES OF SENIOR CITIZENS – THE WELFARE MEASURES TAKEN BY CHANGANACHERRY ARCHDIOCESE THROUGH OLD AGE HOMES” and your willingness to be interviewed by Thomas Joseph (Fr. Thomas Joseph Parathara), Doctoral student in Gandhian Studies, Mahatma Gandhi University, Kottayam. Please be assured that your anonymity and confidentiality will be maintained.

Signing this form implies that, you are ready and willing to be interviewed, and that you have no objection to audio taping the interview sessions.

Signature of the participant……………………………Date…………………………

Thank you!
Appendix IV

PERSONAL INFORMATION SHEET

Greetings!

Kindly fill up whatever is applicable to you in the following entries:

Name………………………………………………………………………………Sex………………

Age……………………Years……………………Months…………………………

Education……………………Occupation (previous)…………………………

Marital Status…………………………………………………………………… No. of Children……………………Boys……………………Girls………………

Years of stay in the home for the aged………………………………………………

Thank you!
Appendix V

PERSONAL INFORMATION SHEET
(Members of administration, Caregivers & Significant others of the elderly)

Greetings!

Kindly fill up whatever is applicable to you in the following entries:

Name…………………………………………………………………………..Sex………………

Age…………………………Years…………………………Months…………………

Education…………………………………………………………………………………

Marital Status………………………………………………………………………………

Years of association with the elderly in the home for the aged…………………………

Thank you!
Appendix VI

INTERVIEW SCHEDULE FOR THE INMATES OF OLD AGE HOMES

1 Serial No : 
2 Name of the institution : 
3 Whether : Paid ☐ Un paid ☐
4 Age : 
5 Sex : Male ☐ Female ☐
6 Religion : Hindu ☐ Christian ☐
            Muslim ☐ others ☐
7 Educational Status : Illiterate ☐
            Below SSLC ☐
            SSLC ☐ Graduate ☐
            Post graduate ☐
8 Previous Occupation : 
9 Marital Status : Single ☐ Married ☐
10 No. of Children : 
11 Residential Area of your family : Urban ☐ Semi Urban ☐
            Rural ☐
12 The reason why you live at the old age home : Physical ☐ Economic ☐
            Conflict in the family ☐ Yes ☐ No ☐ Sometimes ☐
13 Do you feel lonely? : ☐ ☐ ☐
14 Are you in contact with your family members? : ☐ ☐ ☐
15 Do the family members come to see you? : ☐ ☐ ☐
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any psycho-social problem</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you go to your family?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you have many friends in the institution</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you feel that other inmates are happy with you?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you feel that some of your friends in this institution do not understand you?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you feel unhappy when your friends don’t agree with you?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Are you able to maintain good relationship with your care giver</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you think that the care giver sympathises with you?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Are there social gathering in the institution?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you participate in the social gathering?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Are you basically satisfied with your stay in the institution</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you feel that your life is empty?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Do you often get bored?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
<tr>
<td>Are you afraid that something bad is going to happen to you?</td>
<td>☐ ☐ ☐ ☐</td>
</tr>
</tbody>
</table>
30. Do you prefer to stay at institution rather than going out and doing new things?

31. Do you feel that you have more problems with memory now a days?

32. Do you feel that your situation is hopeless?

33. Do you often think that the life of most people are better than that of yours?

34. Do you feel anxious about the future?

35. Do you have thoughts about death?

36. Do you feel bored to do those things which you enjoyed doing in the past?

37. Do you have problems with sleep?

38. Are you happy with your place of stay?

39. Are there sufficient facilities needed for you?

40. Are you satisfied with those facilities?
41 Does the care giver give sufficient attention to you in your food matters? : ☐ ☐ ☐ ☐

42 Are you able to manage your daily activities? : ☐ ☐ ☐ ☐

43 Do you need help to fulfil the activities of daily living? : ☐ ☐ ☐ ☐

44 Do you get help from the care giver for the same? : ☐ ☐ ☐ ☐

45 Are there facilities for the recreational activities in the institution? : ☐ ☐ ☐ ☐

46 Do you engage in recreational activities? : ☐ ☐ ☐ ☐

47 Do you engage in reading? : ☐ ☐ ☐ ☐

48 If yes, what do you read? : Newspaper ☐ Periodicals ☐ Spiritual Books ☐ Novel ☐ Stories ☐ others ☐

49 Do you engage in any other hobbies? : ☐ ☐ ☐ ☐

50 Do you think that the institution provides you with what you require to engage in? : ☐ ☐ ☐ ☐

51 Are there any rehabilitation programme in the institution? : ☐ ☐ ☐ ☐
52 Do you practice any relaxation technique?

53 Do you have a sense of achievement so far?

54 Do you have any problems related to the following

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Problems</th>
<th>Yes</th>
<th>No</th>
<th>Sometimes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Eye Sight</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Hearing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Taste</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Psycho-social problem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Others</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.</td>
<td></td>
<td></td>
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<td></td>
<td>2.</td>
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<td></td>
<td>3.</td>
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<tr>
<td></td>
<td>4.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

55 Do you take any geriatric treatment?

56 Are you able to co-operate with the care givers or medical personnel in matters of treatment?

57 Are you satisfied with the services rendered by the Archdiocese of Changanacherry
Appendix VII

INTERVIEW SCHEDULE FOR THE CARE TAKERS OF THE OLD AGE HOMES

1. Have you taken any special training in rehabilitating the aged?
   
   Yes ☐   No ☐

2. Are you working voluntarily?
   
   Yes ☐   No ☐

3. How long have you been working in this field?
   
   Below 5 years ☐   More than 5 years ☐

4. What is your opinion about the inmates of the Old Age Home?

5. Do you have any concrete and practical suggestion to improve the lot of these people?