

KINGDOM FESTIVAL- GOD BLESS NATIONS SUMMIT

KINGDOM FESTIVAL ELDERLY DEPT & SUMMIT

This Department will seek to ensure the neglected elderly people are cared for and live in a life of honor to bless the coming generations. We conducted a Honor event for Spiritual Fathers and Mothers of Kenya and there was a great release of Gods blessings in the land. We have also been conducting this advocacy for the young to take care of there parents and Grannies to establish the blessings of long life as the bible commands us to do so. We have a vision of building homes to care for this people including freedom fighters some who are homeless and many who have served communities along with honoring them to depart gracefully from this life when God calls them home blessing the land and coming generations. Elderly Homes department long term vision is to set up homes for the elderly throughout the counties with feasible homes, games, light gyms, sports, games, livestock, poultry, children homes, church and hospital to care for elderly for graceful care. Mandate is to carry out feasibility to build a fresh or convert existing buildings to vocational centres throughout the country in all counties Recent studies have proven that boredom and depression can have a very real effect on physical, emotional and mental health. This doesn't just apply to teens or thirty-somethings. For seniors, boredom and depression can be lethal. Identify their needs and care givers arrange for help to reach them in every way. Our Summit for Senior Citizens and elderly will seek to support the elderly who attend on mental health, along with some physical needs blankets, wheel chairs, walking sticks and educate their care givers on needs of Elderly People for graceful ageing that include Family Support, Home Safety, Medical Needs, Cognitive Health, Mobility, Personal Hygiene, Meal Preparation and Social Interaction among others.

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1. Mobility- Mobility is important to older adults, even if it is just within their own surroundings. Make sure they are properly fitted for either a wheelchair, motorized mobility chair, walker or cane. Install a wheelchair ramp, hand rails and wider door wells to make getting around the house hassle-free. A hospital bed, shower chair, lift or tripod bar may assist with getting up from bed or staying safe in the shower.
2. Transportation- Transportation can be lifesaving to an older person. If he can no longer drive, set up transportation so he can get to and from medical appointments and physical therapy. Having a caretaker or assistant who visits on certain days to take an older person to run errands, to attend a social function or to go to the doctor is beneficial.
3. Medication- Senior citizens need proper medication to remain healthy. This begins with adequate medical care, such as doctor's visits, dental care, foot care, eye care, physical therapy and psychiatric therapy, if needed. If they need assistance with taking their pills or giving themselves shots of insulin, a home-health nursing system may need to be added to their daily plan of care.
4. Personal Care- Personal care is an important daily need for a senior citizen. She may need assistance with bathing, dressing and personal grooming. A home-health aide or other family member can help with these tasks, if necessary.
5. Nutrition- An older person needs proper nutrition to stay healthy and enjoy a comfortable life. Have a nutritionist or caregiver go over a daily meal plan to know what foods best fit that person's lifestyle. Meals can be prepared weekly so it is easier for the senior citizen to heat and eat a warm meal every day. Programs such as Meals on Wheels ensure that an older person receives at least one healthy meal daily. To encourage weight gain in older adults, invite them to engage in light exercise, such as leisurely walks around the neighborhood with a companion. By burning calories and stretching muscles, they're more likely to have an appetite when they return. And, although they should drink enough liquids to stay hydrated, discourage excessive drinking that kills appetite. This includes weight-gain supplement drinks. Keep meal portions small so they don't look too difficult to eat. With approval from the person's physician, add fragrant spices and seasonings to add some zest to each meal. If none of these tactics works, talk to the person's physician about a prescription appetite stimulant or an over-the-counter weight-gain supplement for older adults.
6. Foods for Weight Gain- If an older adult needs to gain weight, but isn't getting enough calories, add calories through nutritious snacking. Easy-to-make small bites include whole-grain crackers topped with low-fat cheese or peanut butter. Other suggestions include a small portion of unsalted nuts, yogurt with fruit or a small bowl of

popcorn sprinkled with shredded cheese. If nutrients are still lacking, ask their doctor about a protein nutritional supplement. These popular weight-gain supplements are generally available at grocery stores and pharmacies. Note that these foods should serve as between-meal or after-dinner snacks, not meal substitutes.

7. Quick Weight Gain When Underweight- Can help the older adult build a healthy foundation for a weight-gain program, they'll have greater odds of achieving success. First, ask their physician if the person has a medical condition that causes them to have underweight. If that's the case, the doctor can address that issue so you can help your relative or friend move forward.
8. Choosing the Best Foods- When your older relative or friend embarks on a weight-gain program, they might be tempted to throw caution to the wind and eat everything in sight. But eating highly processed foods and high-calorie beverages will only add empty calories and won't give their body the nutrition it requires. Instead, the Academy of Nutrition and Dietetics recommends focusing on choosing nutrient-packed foods from all major food groups. Rather than changing their diet, suggest that they add healthy-calorie embellishments to the foods they already enjoy. For example, they can top a hearty salad with nuts, fresh-grated cheese, sliced avocado and dried fruit. For a between-meal snack, suggest whole-grain crackers topped with almond butter or peanut butter. Whole milk or full-fat versions of their favorite dishes will also add calories. Finally, by not drinking fluids during meals, there will be extra room for those nutrient-dense foods their body needs.
9. Advice and counsel of Overcoming common challenges such as Cognitive decline, Balance Issues , Oral health problems, Heart disease , Osteoarthritis and Osteoporosis , Respiratory disease, Pneumonia , Vision and Hearing loss, Cancer , physical, financial, sexual, psychological, and neglect
10. Advice and counsel on Mental Health suffer from a mental disorder, mostly dementia and depression.
11. Elderly vulnerability to chronic health conditions puts them in need of appropriate and accessible health care the capability to afford the health care visits, the ability to afford transportation and the feeling of not being sick enough
12. Self-actualization- Self-actualization can only be achieved once a person has acquired wisdom and maturity through facing the realities of life and has fulfilled other needs
13. Vulnerable towards certain health conditions, especially chronic diseases. The absence of personal security also effects the elderly's quality of life. The consequences of these factors are more severe than for other age groups, therefore the elderly tend to have a higher need for medical care.
14. for the elderly are strong basis from which to support the elderly financially as well as becoming social protection given by a country for elder, which is still weak until this day.
15. Mental problems in low- and middle- income countries compared to high-income countries is probably because of stressors that cannot yet be overcome low- and middle- income countries.
16. Raise awareness about demographic shift in low- and middle- income countries, (b) governments provide firm pensions and health care systems, and (c) the elderly's family support them and let them be involved in making decisions.
17. Help elderly with legal challenges that shorten their lives such as succession with voluntarily legal support from volunteer lawyers.
18. Cultivating Meaningful Relationships- Older adults require meaningful relationships and experiences. Most people tend to have casual acquaintances in their younger years, but with age comes depth in relationships. Older adults don't want your pity; they want intentionality. They want to know that you genuinely care about them, not just curbing a personal sense of guilt.
19. Companion care can be an all-embracing resource for older adults who need a professional carer and a friend. At its core, caregiving is a relational commitment to care for others. A meaningful relationship is cultivated between caregivers and older adults through dedicated, personal care.
20. Regular Social Interactions -Cognitive decline may cause unintentional social withdrawal. However, social interactions can play a positive role in counteracting cognitive decline. During COVID-19, social interactions are even more limited than before for older adults.
21. Mental health issues among older adults are widespread. More than 2 million Americans aged 65 and older live with some form of depression. Although depression is more common in younger adults, the onset of depression in older adults can result from a chronic illness diagnosis, bereavement, and loss of social contact.
22. Emotional Needs of the Elderly- As your parents age, they may feel useless, lonely, angry, or even in denial about their wellness and capabilities. Living alone may further exacerbate negative feelings. Here are 3 emotional needs of the elderly loved ones in your life:
23. Safety & Security older adults fear falling more than robbery, financial stress, or health issues? Providing a safe, secure environment for older adults is crucial to their wellbeing. Regularly assess your aging parent's home for fall

risks such as clutter. Check if they're locking their doors at night or install a home security system to ensure their safety.

24. Connection- People need connection, no matter their age. Feeling disconnected emotionally and physically from people can be detrimental to one's health. The Festival will provide opportunities for many people to connect
25. Autonomy- Seniors have been independent adults their whole lives. Growing old and relying on others can be a tough transition for them. In-home caregivers are a great option for older adults who want to retain independence but need regular care. An in-home caregiver fulfills the emotional needs of elderly people and physical needs, such as meal preparation, bathing, dressing, etc.
26. Staying Mobile-To help seniors feel satisfied with life despite their condition, they need to move around even if it's only within their own surroundings. If they have mobility problems, mobility devices such as a cane, a walker, and a wheelchair must be available for them. Also, to promote more independence and mobility, their homes can be installed with handrails, wider doors, and a wheelchair ramp for a hassle-free moving.
27. Getting Personal Care- Seniors need personal care on a daily basis. Depending on their conditions and ability to perform tasks, they may need assistance with bathing, dressing, and grooming. Professional caregivers can give Personal Services to help seniors with these tasks.
28. Managing Medical Care- Older adults may have reached the point of their life when they need to get adequate medical care to ensure they are healthy. To achieve this, they may need assistance to get a physical exam, eye checkup, foot care, physical therapy, and nursing care.
29. Getting Proper Nutrition and Exercise- Older adults need proper nutrition to stay active and healthy. They may need a caregiver or a nutritionist who will go over their everyday meal plan to determine the food that fits their lifestyle. A healthy meal plan can be necessary depending on their condition to avoid further complications. Proper nutrition also includes ensuring seniors drink enough amounts of water daily to stay hydrated. Moreover, exercising regularly will prevent chronic illnesses, reduces the chances of injury, and improves mood. Seniors who are limited by general weakness and medical conditions should get proper guidance and instruction so they know which exercise they can perform to improve their strength and mobility.
30. Engaging in Activities and Recreation- Elderly people need activities and hobbies that are productive and engaging so they can pass the time instead of staying idle. Being able to do these safely on their own at our Residential Care Facility can help them take care of their own care needs, social life, interests, and daily tasks.
- 32) Gather and mobilize them through our annual meeting in through all promotion to gather them in our county and national Festivals through delegates, churches, elderly homes etc
- 33) Map out and get data bases of existing old people homes.
- 34) Through the Men / Women / Youth / Children / churches Families networks and organize this network to visit them.
- 35) Mobility- Mobility is important to older adults, even if it is just within their own surroundings. Make sure they are properly fitted for either a wheelchair, motorized mobility chair, walker or cane. Install a wheelchair ramp, hand rails and wider door wells to make getting around the house hassle-free. A hospital bed, shower chair, lift or tripod bar may assist with getting up from bed or staying safe in the shower.
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