

MAKING CHANGE HAPPEN IN LONG TERM CARE

The Keralam Experience

Building community based long term care around older persons, families and local systems

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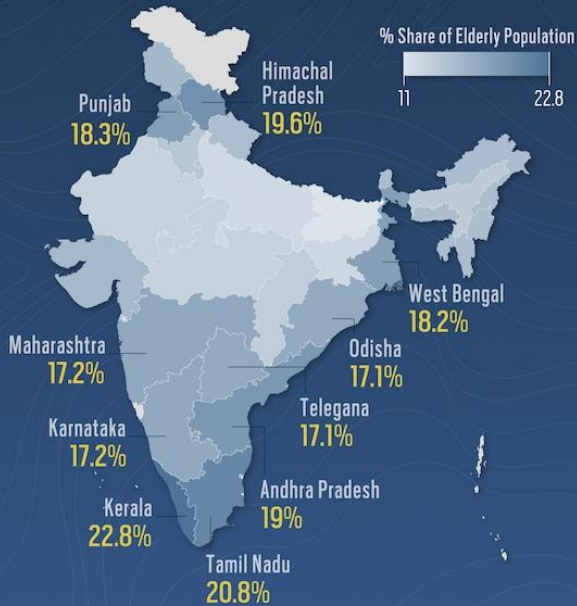
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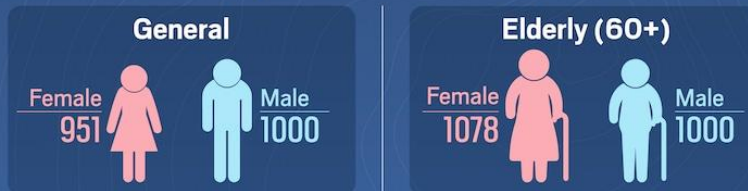
Kerala's care challenge is already here

Which state will have the most senior citizens in 2036?

The India Ageing Report 2023, released by UNFPA and IIPS, reveals that Kerala will have the highest share of elderly population



Projected sex ratio in 2031



The traditional family based assumption is under stress:

12.6% → 22.8%

Kerala's 60+ population projected to rise from 2011 to 2036

>1 in 4

Projected to be elderly by 2036

Oldest state

Kerala remains India's leading ageing state

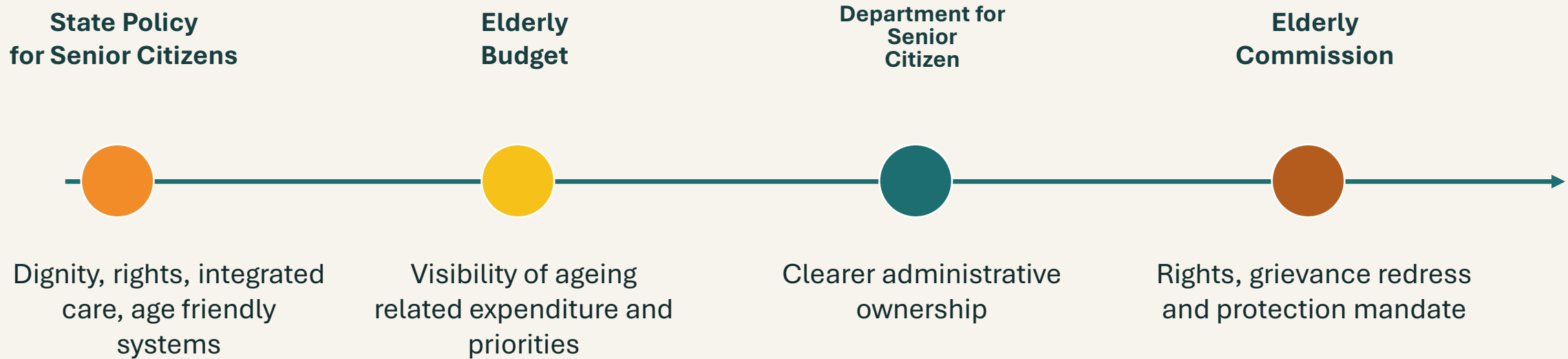
Why this matters for LTC

- smaller families and outward migration
- more older persons living alone or in senior only households
- chronic illness, frailty, dementia and disability
- need for support beyond hospital treatment

Key message

Kerala's movement towards LTC is driven less by one scheme and more by demographic reality forcing systems to adapt.

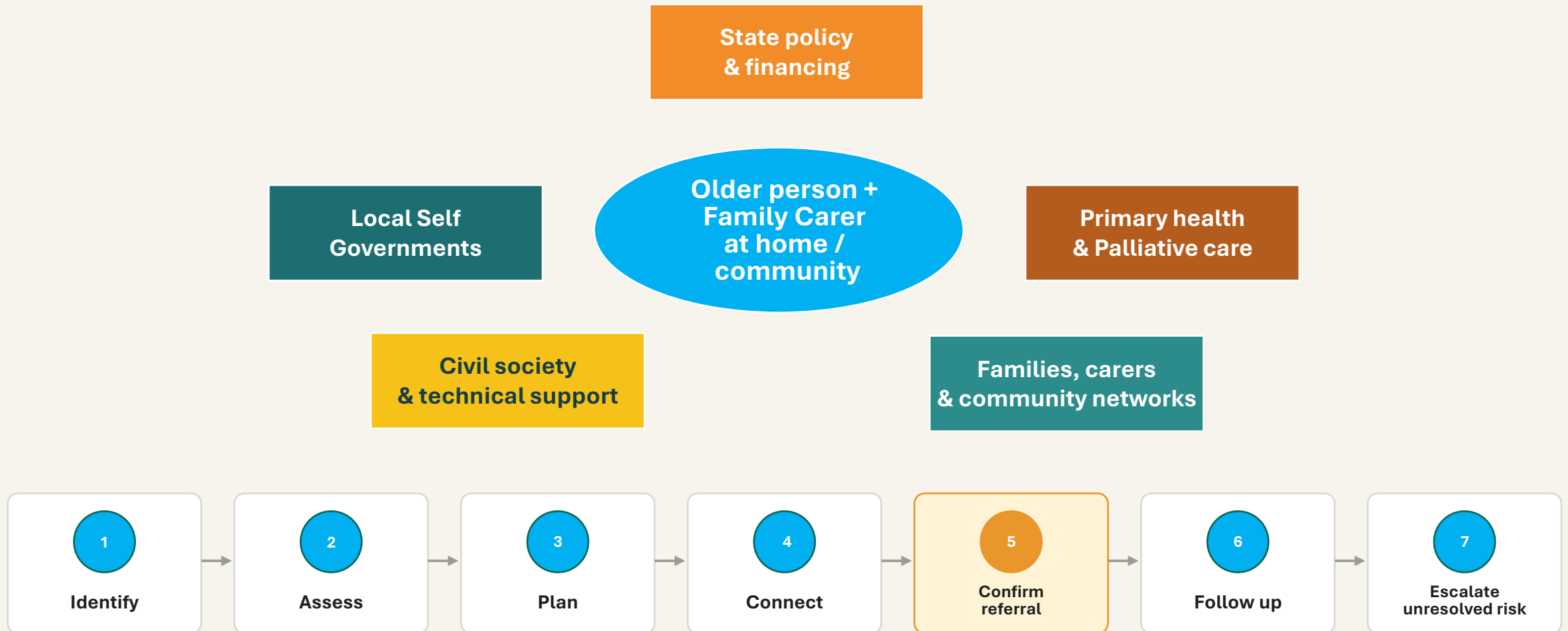
2026: Ageing moved from Welfare issue to System Agenda



The next shift is from multiple schemes to one coordinated, person centered system

Kerala Government Concept Note proposes KACE as an enabling and coordinating institution — not a parallel delivery system

Kerala's LTC architecture: Care close to home

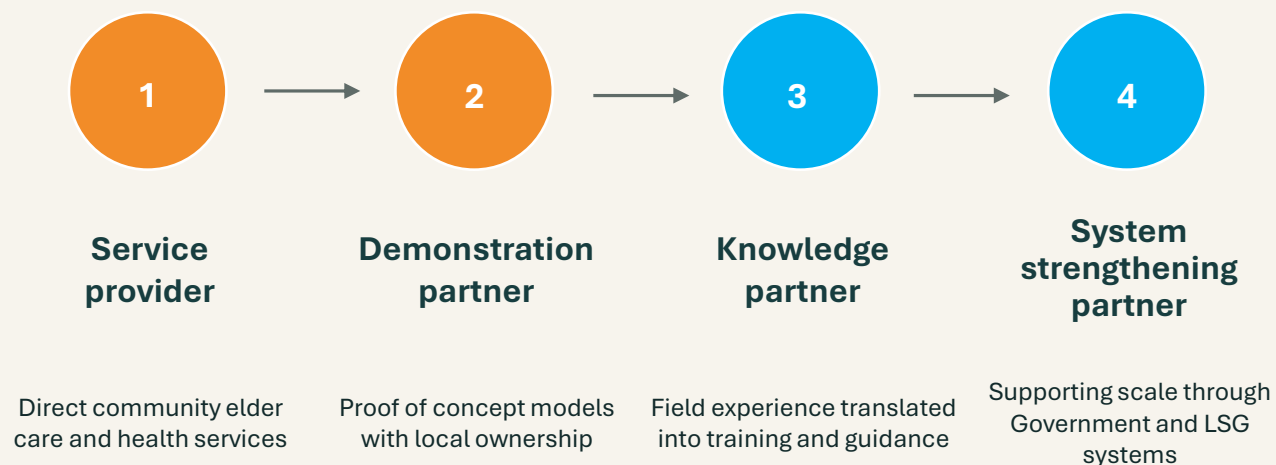


The advantage of decentralisation

It gives Kerala an implementation platform close to older persons — not only a headquarters based welfare structure.

HelpAge India's role in Kerala: from service delivery to system strengthening

A civil society organisation can accelerate LTC change when it works inside the public ecosystem — not parallel to it.



State Government + Local Self Governments + Civil Society
CSR / Philanthropy: Innovation, Demonstration and Capability building

Field demonstrations with Local Self Governments

These are not complete LTC systems; they demonstrate local service nodes that can be connected into an LSG led care pathway

Neyyattinkara, Thiruvananthapuram

Multi Service Day Centre / Sayamprabha experience

Municipal infrastructure + community access + health & social support

Nadavayal, Wayanad

Gram Panchayat and community supported elder care centre

Local facilities, resources and centre strengthening in a rural ageing context

Kanjikuzhy, Idukki

Gram Panchayat supported community care model

Physiotherapy facilities and local investment for older persons in a hill district

Nalukettu, Thrissur

Implemented with Koratty Gram Panchayath; funded by AMM Foundation, Murugappa Group

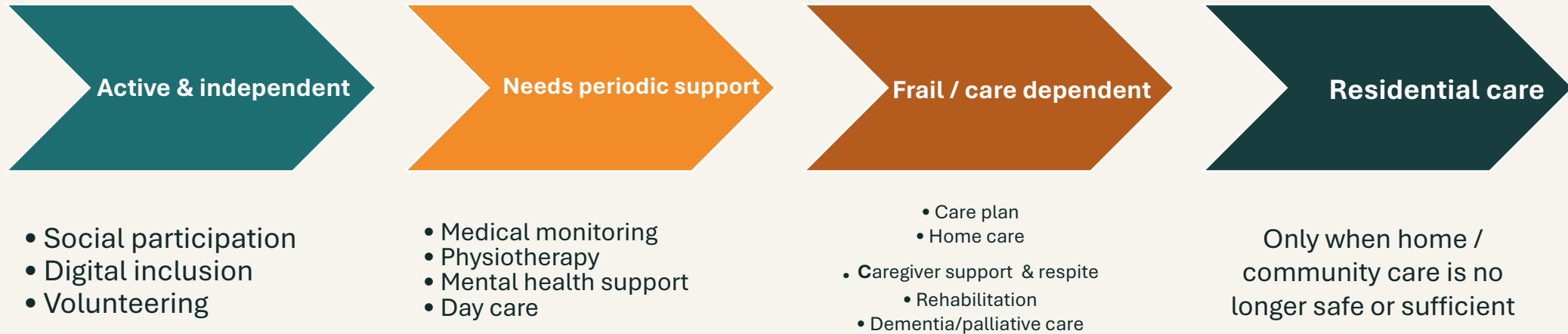
CSR + Local Self Government partnership supporting community based active ageing and care

Scale route: State / LSG capacity building systems can translate field learning into common protocols and local capability.

Local ownership is the sustainability engine: infrastructure, community legitimacy and continuity come from the local system.

The goal: a continuum of community based LTC

Help older persons remain safely within family and community for as long as possible — with higher levels of care available when dependency increases.

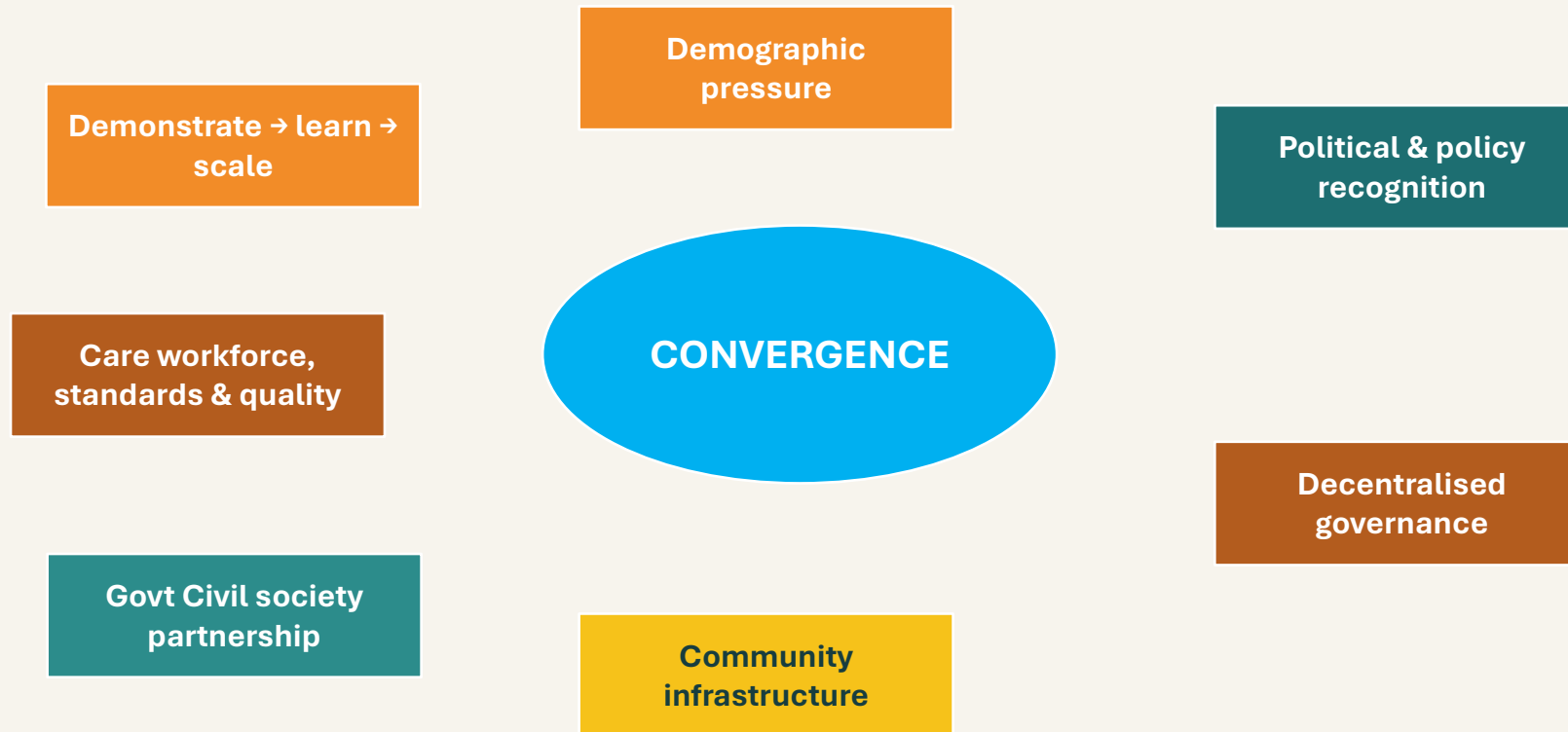


Not a choice between “family care” and “institutional care”

The real design question is how to connect family, community, local government, health and civil society into one pathway.

What makes change happen?

Keralam's lesson is less about one scheme and more about how enabling factors align.



A long term care system is built when these levers act together — not sequentially and not in silos.

From policy direction to implementation

Kerala now has an emerging architecture; the test is whether it works consistently around the older person and family.

1 Common care pathway

Assessment • care plan • referral • follow-up • escalation

2 Support the family carer

Information • training • dementia education • counselling • respite

3 Trusted care capacity

Certified workforce • home/community care • rehabilitation • quality standards

4 Local coordination

LSG coordination • FHC / Vayomithram • palliative care
• AAC / Sayamprabha • community systems

IMPLEMENTATION PRINCIPLE

DEMONSTRATE → LEARN → STANDARDISE → SCALE

Source: Kerala Silver Economy Concept Note 2026; HelpAge India Kerala field experience

Kerala's emerging LTC pathway is not about replacing family care. It is about enabling families to care with the support of local government, community systems, health services and a trusted care workforce

HelpAge India's contribution is to continue supporting this transition as a demonstration, knowledge and system strengthening partner with Government and Local Self Governments.

Thank you

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