

BESAHARA



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**DEPARTMENT OF MEDIA STUDIES
KINNAIRD COLLEGE FOR WOMEN
LAHORE
SESSION (2021-2023)**

**DOCUMENTARY ON CHALLENGES FACED BY ELDER PEOPLES
LIVING IN OLD AGE HOMES**

BESAHARA



**A PROJECT REPORT SUBMITTED TO
KINNAIRD COLLEGE FOR WOMEN
IN FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF
MASTER OF PHILOSOPHY
IN
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BY
FATIMA HAMEED
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SESSION (2021-2023)**



KINNAIRD COLLEGE FOR WOMEN, LAHORE
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Thesis Approval Certificate

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Signature of HOD:

A handwritten signature in black ink, appearing to read "Ulizar". The signature is written in a cursive style with some loops and flourishes.

ACKNOWLEDGEMENT

Allah had always been kind to me. He has always given me more than I could ask for. Thank you, Allah for giving me the strength to keep striving for what I always wanted to achieve. Heartfelt and sincere thanks to my advisor, Ms. Sadia Safir Tarar. It was her continuous guidance, assistance and support, I have been able to complete this project. Her confidence in me was my superpower through the process. Thanks to her for always bringing out the best in me and motivating and supporting me in my every step.

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Table of Contents

ABSTRACT	
CHAPTER 1.....	1
1. INTRODUCTION.....	1
1.1 One Liner.....	3
1.2 Basic Idea.....	3
1.3 Scope.....	4
1.4 Need of Topic.....	4
1.5 Clarity of Topic.....	4
CHAPTER 2.....	5
2. LITERATURE REVIEW.....	5
CHAPTER 3.....	9
3. SIGNIFICANCE OF STUDY.....	9
CHAPTER 4.....	11
4. TECHNICAL METHODOLOGY.....	11
4.1 Target Audience.....	11
4.2 Demographics.....	11
4.3 Camera Angles and Shots.....	11
4.4 Treatment.....	12
4.5 Pre-Production Coordination.....	12
4.6 Production Schedule.....	12
4.7 Location.....	12
4.8 Equipment Gathering.....	13
4.9 Shooting.....	13
4.10 Voiceover.....	13
4.11 Editing.....	13
4.12 Production Coordination.....	13
4.13 Post-Production Coordination.....	14
Chapter 5.....	15
5. Narration.....	15
Chapter 6.....	17
6. Audio/ Video Board.....	17
Tentative Budget Sheet.....	18
Chapter 7.....	19
7. RECOMMENDATIONS.....	19
Chapter 8.....	21
8. Conclusion.....	21
CHAPTER 9.....	22
9. REFERENCES.....	22

ABSTRACT

In Pakistan, old age homes refer to facilities that provide housing, healthcare, and social support to elderly individuals who are unable to live independently. These homes are often run by non-profit organizations or the government, and aim to provide a safe and comfortable environment for seniors who may not have family members to care for them or who require specialized medical attention. Old age homes typically offer a range of services, including medical care, meals, and recreational activities. Many facilities also provide spiritual and emotional support to residents. The cost of living in an old age home can vary depending on the level of care needed and the location of the facility. While there is a growing demand for old age homes in Pakistan due to the country's aging population and changing family structures, the quality and availability of such facilities remains a challenge. Many homes lack adequate resources and staff, which can result in substandard living conditions and neglect of residents. There have also been reports of abuse and mistreatment in some facilities. Efforts are underway to improve the quality and availability of old age homes in Pakistan, including through government funding and partnerships with non-profit organizations. However, there is still much work to be done to ensure that elderly individuals in Pakistan have access to safe and supportive living environments.

CHAPTER 1

1. INTRODUCTION

Old age homes, also recognized as retirement properties or nursing homes, are residential amenities designed for elderly human beings who require help with every day residing activities, such as cooking, cleaning, bathing, and dressing. These properties provide a protected and impervious surroundings the place elderly persons can live independently or get hold of help from trained workforce members. Old age houses can be run by means of non-public organizations, non-profit groups, or authorities agencies. They commonly offer quite a number degrees of care, from unbiased residing to full-time nursing care, depending on the wishes of the residents.

While historic age houses can grant a supportive and caring environment for elderly individuals, they can also be a source of social isolation and loneliness, which can negatively impact the intellectual and physical fitness of residents. Therefore, it is necessary to cautiously consider all selections and weigh the pros and cons earlier than deciding to move into an old age home. It's additionally really worth noting that in many cultures and societies, it is regularly occurring for families to take care of aged dad and mom and grandparents at home. However, as modernization and urbanization have increased, the ordinary joint household device has weakened, and more elderly human beings are finding themselves on my own and in need of support. In such cases, old age houses can furnish a much-needed alternative.

In Pakistan the first old age home named as Afiat was built in 1975 by the Social Welfare Department. Later five more old age homes were established by the government to give shelter to the senior citizen .The last century has witnessed a rapid increase in the

BESAHARA

population of the elderly people in the developed and industrialized countries. This phenomenon is not restricted to the western world only, but many countries such as ours are now feeling the impact of this transaction. This situation could be attributed to a combination of factors such as increase in age, longevity and decreased death rates due to advancement in the field of medicine, improvement of life expectancy at birth, and enhancement in the average span of life. India ranks 4th in terms of absolute size of elderly population .The country is not adequately equipped to look after their special health needs and the changing traditional value system. A feeling is now growing among the aged persons that the attitude of the younger generation towards them is not as desired(Dubey et al. 2011).They were established in Rawalpindi , Narrowal , Sahiwal & Toba Tek singh. While In Punjab there are six old age home that were established by the government .In addition there are 10 private shelter homes for senior citizen .

Aging is a part of natural developmental process in the life of any living being. For human beings, it is not just a biological phenomenon; however, it has psychological and social implications too. With improved economic status and health-care facilities, the number of people living beyond age 60 years is rapidly increasing. Various authors agree on 65 years and above age as cutoff for defining old age. In the developing country, every sixth person is over 65 years of age. In the next 30 years, it will be every fourth person. India, with 1.27 billion people is the second most populous country in the world and population growth rate at 1.58%, is predicted to have more than 1.53 billion people by the end of 2030 (Kumar, Das, and Rautela et al., 2012). Another important issue in Pakistan regarding elders is the weak and fragile system of pension distribution after retirement. The retirement age in Pakistan is almost 60 years for males and 55 years for females. Only a very small proportion of older adults are financially independent after retirement and can support themselves. The main

BESAHARA

reason for this is the lack of government funds because of the weak tax Base system in Pakistan. This has condensed the centrality of the older persons in the family, which has resulted in lack of physical, psychological, emotional, and social support provided by the family members also some adults face oppression & domestic abuse. Due to these changes an increasing number of older people will be obliged to either spend the rest of their lives in increasing isolation or in shelter homes .Also some families have other issues like there children lived in abroad and their children are not living with them so they fine that secure to live in Old age home .

By their stay in these homes , Provide security by CCTV cameras and to accommodate them with good environment .There are many factors which compelled older adults to live in old age homes (OAHs) and vulnerable to psychological problems. Studies reported high prevalence of mental health problems (20%–60%) among elderlies of OAHs. Therefore, the study was conducted to explore prevalence of psychiatric illness (PI) among residents of OAHs of Northern India. There is an urgent need of trained professionals to provide professional help for highly prevalent psychiatric disorders among residents of OAHs(Gupta et al. 2014).

1.1 One Liner

The main aim of the project is to educate the people to provide good living environment to the elderly people living in old age homes.

1.2 Basic Idea

In western , Old age homes provides ideal place of stay that is usually very safe & offer elder friendly environment & infrastructure like safe flooring , Parks , proper classes for exercises , Support system in washrooms exclusive walking space and many other facilities

that are required. Where as in Pakistan it's a taboo to live in Old age home everybody criticize their children & also because of lack of funding these homes suffers a lot.

1.3 Scope

In this study we finds that the senior citizens have their ' the rights to an adequate standard of livings, the rights in social protection, the rights of social care, rights of dignity and protection are at risk and compromised to an extent because of lack of resources & funds .So it's our moral responsibility to protect senior citizen rights & to create friendly environment to educate society to raise their voice on this matter .

1.4 Need of Topic

According to reported data given by the Ministry of Human Rights in 2021, 25.2 percent of parents in Federal have experienced physical assault by their children while 31.8 percent elderly men and 16.7 percent elderly women experience domestic abuse & mistreatment by their own children. In other provinces, 15.7 percent of parents have experienced oppressive behavior from their own children in Baluchistan; Sindh follows next with 9.2 percent, Punjab at 7.1 percent and Khyber Pakhtunkhwa at 3.4 percent. While in west, the elders are the responsibility of state that provide them elderly friendly environment & give allowance after their 60s as they do not follow join family structure & their culture is totally different from Pakistan. When their children's reach to 18 years they are independent to live separate.

1.5 Clarity of Topic

The aim of this study is to explore the experiences of the elderly people and to identify the problem that is faced by them in these shelters homes.

CHAPTER 2

2. LITERATURE REVIEW

Bondevik & Skogstad, et al. (1996) the purpose of this find out about used to be to inspect the affiliation between aspects of social capital and loneliness among the very historical residing at domestic and in institutional settings. Method: Half of these aged 85 years, and all 90- and 95-year-olds and older in urban and rural municipalities in northern Sweden and western Finland have been invited to participate in a cross-sectional population-based find out about in 2005-2007. A pattern of 483 members who executed the study was once included in the analyses. Results: Loneliness used to be skilled by using 55% percentage of these dwelling in institutional settings often or once in a while and 45% of those residing in their personal homes. Loneliness used to be closely associated to dwelling alone, to depression, and to area northern Sweden.

Bowling & Grundy, et al. (1997) During the past two decades, a wide variety of studies have investigated the health-related satisfactory of existence (HRQOL) of older human beings with visible impairment, however the records is fragmented regarding fitness care companies in the area of gerontology. In this review, findings of HRQOL studies in older adults with extraordinary kinds of age-related ocular problems or prerequisites are summarized. Apart from scientific treatment and imaginative and prescient rehabilitation, elements that may additionally affect the HRQOL of visually impaired older adults are also examined, which includes age, gender, socioeconomic status, mobility, comorbidity, household support, social support, use of eye care services, and psychological and non-secular factors.

BESAHARA

Kosgi & Pai, et al. (2014) This find out about aimed at assessing the efficacy of a physical undertaking intervention on a group of older aged people residing in residential care facilities, in phrases of the functionality of their upper limbs, hands, and fingers. It additionally aimed at finding out if the coaches' degree of self-efficacy can make a contribution to the efficacy of the bodily activity program.

Lee, et al. (2010) He did survey on Predictors of adjustment to nursing domestic life of elderly residents. According to him the predictors of nursing home adjustment had been self-efficacy, self-reported health, preconception about nursing homes, emotional aid from team of workers and other residents, household pleasure and customary pleasure with the facility. The whole defined variance for this model used to be 60. Nursing domestic personnel should consider the following 4 factors in assisting the aged obtain successful adjustment to a nursing home: residents, relocation, social guide and facilities. Social aid interior the facility be fostered to improve nursing home adjustment. Further studies are wanted to discover adjustment the usage of a nursing home adjustment scale.

Smith, et al. (1999) Aging is a phase of herbal developmental procedure in the lifestyles of any living being. For human beings, it is now not simply a biological phenomenon; however, it has psychological and social implications too. With expanded monetary popularity and health-care facilities, the range of human beings living past age 60 years is swiftly increasing. Various authors agree on sixty five years and above age as cutoff for defining old age. In the creating country, every sixth person is over sixty five years of age. In the subsequent 30 years, it will be every fourth person. India, with 1.27 billion humans is the second most populous us of a in the world and populace boom charge at 1.58%, is predicted to have extra than 1.53 billion humans by way of the cease of 2030.

Dubey et al. (2011) Life delight is a critical imaginary scenario in the psychosocial investigation of aging. Life pleasure is a multi-rule difficulty that relies on many goal and subjective components. In this research, the achievements are primarily based on socio-demographic traits and old age satisfaction towards services in Geriatric home. It is a cross-sectional learn about which had been carried out in Geriatric home carrier in Erbil town at some point of the length from 27/6/2014 to 4/2/2015. A questionnaire was once made together with sections for demographic characteristics, satisfaction with living prerequisites utilising a face-to-face interview format. 25 males and girls of ancient a long time have been interviewed. Each interview was once used as the approach of records collection.

Singh, V.K. et al. (2014) As lifestyles expectancy at older a long time increases, the United States and other developed countries are experiencing what term the fourth stage of the epidemiologic transition, the "age of delayed degenerative diseases." Accordingly, the corporation and financing of long-term care for the elderly is turning into a priority issue for fitness policymakers. This article is primarily based on the findings of a 1986 cross-national find out about of long-term care insurance policies by means of the Health Care Financing Administration for the Permanent Committee on Medical Care and Sickness Insurance of the International Social Security Association (ISSA), supplemented via extra current research for the Organization for Economic Cooperation and Development (OECD).

Ao, et al. (2018) the remaining century has witnessed a fast enlarge in the population of the aged human beings in the developed and industrialized countries. This phenomenon is no longer constrained to the western world only, but many international locations such as ours are now feeling the affect of this transaction. This situation ought to be attributed to a

BESAHARA

mixture of factors such as make bigger in age, toughness and lowered death charges due to advancement in the subject of medicine, enchantment of lifestyles expectancy at birth, and enhancement in the average span of life. India ranks 4th in terms of absolute dimension of elderly populace .The country are not properly outfitted to seem to be after their extraordinary fitness wishes and the changing standard price system. A feeling is now growing among the aged humans that the mindset of the youthful technology towards them is not as desired.

Bachman, et al., (1987) There are many elements which compelled older adults to stay in old age houses (OAHs) and prone to psychological problems. Studies reported excessive incidence of mental health issues (20%–60%) among elderlies of OAHs. Therefore, the learn about was conducted to explore occurrence of psychiatric sickness (PI) among residents of OAHs of Northern India. There is an pressing need of skilled experts to furnish expert help for noticeably typical psychiatric disorders amongst residents of OAHs

CHAPTER 3

3. SIGNIFICANCE OF STUDY

Historical Pakistan has been a land where the elders have always found a revered place in the society robust family supported machine existed as a bulwark towards uncertainties of the historical age. The literature on historic age homes suggests that the motives for entering such facilities vary, but frequent factors consist of abandonment by way of family members, lack of emotional support, and financial constraints. The fantastic of lifestyles skilled through aged men and women living in ancient age residences is usually positive, but staffing troubles can negatively impact the best of care. Mental fitness and wellbeing can also be affected by using social isolation and lack of participation in leisure activities

The increased speed of due to modernization urbanization and industrialization has led to break down of joinery system Lack of security and authority by the elder.The aged prefer mutual exchange and are reluctant to accept assistance from there children. Family can provide protection for the elderly only to a limited extend. Inter perceptual relation change after the death of spouse of elders those of the widows are unwilling to live with their married son. Thus change in inter-personal, economic deprivation, less social support, utilization are some of the important concerned problem in common which has bearing on their housing needs.The studies revealed -70% of the respondent lives with their children, 30% of the aged live as a problem group. According to reported data given by the Ministry of Human Rights in 2021 , 25.2 percent of parents in Federal have experienced physical assault by their children while 31.8 percent elderly men and 16.7 percent elderly women experience domestic abuse & mistreatment by their own children. In other provinces, 15.7 percent of parents have

BESAHARA

experienced oppressive behavior from their own children in Baluchistan, Sindh follows next with 9.2 percent, Punjab at 7.1 percent and Khyber Pakhtunkhwa at 3.4 percent.

While in west, the elders are the responsibility of state that provide them elderly friendly environment & give allowance after their 60s as they do not follow join family structure & their culture is totally different from Pakistan. When their children's reach to 18 years they are independent to live separate .

CHAPTER 4

4. TECHNICAL METHODOLOGY

I execute my research plan in the form of Documentary where i visit several Old age homes based on Lahore and Identify the problems that are faced by the elder peoples due to lack of funds & resources.

4.1 Target Audience

This documentary will primarily target people from age 60 to 80s as this is the average age of elders in Pakistan which lived in old age homes. Adults are also the target audience as the documentary wants to acknowledged the society about the needs of elders and normalize the discussions in society.

4.2 Demographics

The documentary is looking to target people from all strata of society especially university going students as they can easily spread the message to those around them. The whole population of Pakistan is considered as the geographical target.

4.3 Camera Angles and Shots

The use of a camera is essential in making any worthwhile video project. The documentary is filmed by using one camera along with stabilizing equipment such as a tripod. The documentary used a number of shots relevant in making any film project like long shot, mid shots, over the shoulder shots, close up, extreme close up, wide angle, zoom in, zoom out etc. These shots made the documentary more realistic and artistically pleasing in achieving the end result to explain the life elder's lives in old age homes.

4.4 Treatment

This documentary is an artistic piece of fiction that highlights the needs of elder peoples. The camera angles and shots are used in manner that they achieve the goal to see the true needs of elders. The shots of majority of documentary is gloomy so both natural and artificial lighting is used. It is dark and has a cool tone. The concept of the documentary is linear. It begins with showing a relatively normal day in the life of the elder people which then shifts into showing the reality of these homes. The documentary aided by the use of voiceovers that lend comprehension for the events occurring. The BGM is chosen accordingly as well. Insertions are used to bring details to the forefront.

4.5 Pre-Production Coordination

Pre-production has been done before the documentary begin to shoot. It is the process of planning each and every detail relevant to the project one is working on. The pre-production of this documentary commenced with research, finding talent, a technical team, how long the documentary will be, what points to cover, how to edit it, deciding what part of production will be done in house and what parts to outsource. After all the details will finalized, interviews will be conducted for the cast. The shooting schedule was devised keeping in mind the availability of the production team. An estimate for a budget for this project will decided upon which included all the expenses for shooting and miscellaneous activities.

4.6 Production Schedule

After recce we finalized the location , a production schedule was created.

4.7 Location

The old age homes Afiat situated in Town Ship Lahore.

4.8 Equipment Gathering

I used following equipments in my documentary.

DSLR Sony Of High Resolution

Drone for Full HD Coverage of Buildings

Microphone For High quality for Interviews

Lights, Gamble

4.9 Shooting

The shooting is done in old age homes.

4.10 Voiceover

The voiceovers was recorded for narration & interviews.

4.11 Editing

The editing has been done after the shooting ends .

4.12 Production Coordination

The production phase began with schedule for the shooting. I have shoot along with the whole production crew began the shooting. The documentary has been shooting with both natural and artificial light. The scenes that required daylight were shot in the beginning, the park scene as an example. All the indoor scenes were shot according to the location like the Indoor scenes will shot first, to create ease for the whole team. The lighting is decided by the camera man photographs has been taken to maintain continuity in every scene.

4.13 Post-Production Coordination

In the post-production phase, an edit decision list created. The director was aligned with the editor and the editing of the documentary began. The editing process will detailed by selecting of clips from raw footage, selecting the BGM, the transition and the sounds effects. The voiceovers were edited into the documentary. The video has been edited using Adobe premiere pro and final cut pro. The documentary included music with great relevancy to the scenes. The teaser and promo was also edited.

Chapter 5

5. Narration

پاکستان کو درپیش مسائل میں سے ایک اہم مسئلہ تیزی سے بگڑتا ہوا خاندانی نظام ہے۔ وہ دادیاں اور نانیاں جن کی کہانیوں میں سینکڑوں ہزاروں لوگوں کا بچپن سانس لے رہا وہ بزرگ جن کا احترام ہماری روایات کا حصہ ہوا کرتا تھا۔ آج ان میں سے اکثریت بزرگ (اولڈ ایج ہوم کی نظر کیے جانے لگے ہیں۔

جب کسی معاشرے میں گھر کے بزرگ اہل خانہ کیلئے بوجھ بن جائے اور ان بزرگوں کے پاس

مناسب رہن سہن کا کوئی بندوبست نہ ہو تو ایسے میں ضروری ہوتا ہے کہ ان بزرگوں کو کہی ایسی مناسب جگہ رکھا جائے جہاں وہ زندگی کے آخری ایام عزت سے گزار سکے۔

بد قسمتی سے ہمارے ہاں ایسے اداروں کو اب بھی معیوب سمجھا جاتا ہے حالانکہ بہت سے مجبور والدین جن کے بچے بیرون ملک رہائش پذیر ہیں اور بہت سی بیوہ خاتون اور ایسے بزرگ جن کے اہل خانہ کسی حادثے میں وفات پا گئے ہیں وہ نہ صرف ایسے اداروں میں رہ کر خود کو محفوظ سمجھتے ہیں بلکہ اپنے ہم عمر لوگوں کے

ساتھ رہ کر خوشی محسوس کرتے ہیں۔ ایسے مجبور بزرگوں کیلئے یہ ادارے باعثِ رحمت ہیں۔

Questionnaire

- What are the advantages of old age homes?
- Being a Human Rights activist what's your opinion about the old age home?
- What is the major social problem of the elderly?
- How does society view the elderly?

BESAHARA

- How can we educate society about the needs of elder people and accept the concept of retirement homes ?
- Why are homes for the elder people still a taboo in Pakistan?
- Elderly Loneliness: How to help Aged Citizens?
- What role government should play for the welfare of old age home?
- Old Age Homes a Blot on Muslim Society or the Need of the Modern Society?
- Suggestions to improve quality of life for senior citizen.

Chapter 6

6. Audio/ Video Board

Sequence	Audio	Video	Duration
1	BGM	Title with graphics	4 Sec
2	BGM Inspirational Music	5 moving slide For inform about facts	10 sec
3	BGM+ Narration	Outdoor shoot of buildings of old age homes	30 sec
4	BGM+ Narration	Indoor shoot of Residents	20 sec
5	BGM+ Interview	Resident of Old Age home . (OMER AWAN)	40 sec
6	BGM+ Narration	Indoor shoot of halls	25 sec
7	BGM+ Interview	Interview of Resident of Old age Home (YASMIN BIBI)	40 sec
8	BGM+ Narration	Shoot of Rooms , Mess & Sitting Areas	50 sec
9	Interview	Social Activist and Scholar (DR IRUM RUBAB)	90 sec
10	BGM+ Narration	Indoor shoot of Elder peoes	50 sec
11	Interview	Manager of Old Age Home (Rana Amjad Sahb)	70 Sec
12	BGM+ Narration	Outdoor Shoot of Buildings (Drone Shoot)	40 Sec
13	BGM	Behind the Scenes	20 Sec
14	BGM	Credits And Special Thanks.	10 sec
15	BGM	Kinnaird women University (Graphical Logo) Ending	10 Sec

Tentative Budget Sheet			
Project Name : Be-Sahara			
Genre : Documentary			
Head of Accounts	Quantity	Name/Description	Total Amount
Pre-production			
Writer	1	Fatima Hameed	-
Director	1	Fatima Hameed	-
Producer	1	Fatima Hameed	-
Art Director	1	Fatima Hameed	-
Transport		Fuel	5000
Meeting			1000
Research			1000
Subtotal			7000
Production			
Camera Person	1		5000
Light man	1		1000
Audio Technician	1		1000
Helper	2	For help with different task	3000
Subtotal			10000
Production (Equipment and Facility)			
Camera	1	For Rent (as mentioned in production)	8000
Sound		Hand boom and collar microphone	1000
Light	2	On rent	500
Tripod	1	On rent	500
Meals			2000
Subtotal			12000
Post Production			
Editor	1		8000
Tape/Memory Card	2		1000
Marketing		Flexes, DVD cover, Promo/Teaser	2000
Subtotal Total			11000
Grand Total			40000

Chapter 7

7. RECOMMENDATIONS

Old age homes, also recognized as retirement houses or senior residing communities, grant housing and assist offerings for elderly folks who are no longer in a position to live independently. Here are some frequent requirements that have to be considered for an historical age home:

- **Secure Environment:**

The elderly residents should have comfortable and safe living accommodations with features such as grab bars, non-slip flooring, and emergency call systems.

- **Nutritious & Food :**

A nutritious and balanced diet is essential for seniors' health. Providing a variety of food options that meet dietary restrictions is essential for the well-being of the residents.

- **Health Related Services:**

Access to fitness care services, which include on-site clinical staff, regular checkups, and emergency medical care is fundamental for seniors' health.

- **Social Interaction & Activities:**

Social engagement and interplay with others can decorate seniors' intellectual and bodily health, presenting possibilities for team activities, such as games, arts and crafts, and exercising classes.

- **Medicines:**

Managing medicinal drug for aged individuals can be intricate and confusing, so having a gadget to maintain friendly environment of medications and ensure that they are taken efficaciously is important.

- **Assistance in Daily routine:**

Providing help with every day dwelling tasks, such as bathing, dressing, and styling , can help preserve the residents' independence and self-respect.

- **Household chores:**

Providing daily housekeeping and laundry services can preserve the residents' living areas smooth and comfortable. .

- **Free Transportation:**

Access to transportation for clinical appointments, shopping, and different outings is necessary to preserve independence and interaction with the community.

- **Secure Environment:**

Ensuring the safety and protection of the residents, which include safety structures and trained staff, is essential to grant peace of idea and forestall accidents or emergencies.

- **Communication with Elders:**

Keeping residents and their families informed about activities, events, and any modifications in their fitness status is important for preserving transparency and trust.

Chapter 8

8. Conclusion

The experience of historical age residences can fluctuate relying on many factors, including location, culture, and financial conditions. In some regions, such as in the West, there are extra assets handy for the aged population, such as higher get admission to to healthcare and social services. However, this might also no longer be the case in other regions, such as in the East, the place there is lack of sources and aid for the elderly. Additionally, cultural attitudes in the direction of growing old and the elderly can play a role in how nicely elderly human beings are cared for. In some cultures, such as in some Asian countries, there is increased emphasis on family care for the elderly, which could lead to fewer human beings entering old age homes. However, this can additionally lead to problems if families are unable to provide sufficient care for their aged loved ones.

CHAPTER 9

9. REFERENCES

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