



Inputs for Long Term and Palliative Care, Independence and Autonomy

- 1. In your country/region, how is long-term care for older persons defined and provided for in legal and policy frameworks.**

The Protection of Elderly Persons Act of 2005 was proclaimed in 2006 for the protection and security of the elderly in Mauritius. The object of the Act is to ensure that adequate protection and assistance are made available to elderly persons in Mauritius and Rodrigues. The provisions of institutional mechanisms have been set up to promote and sustain the physical, emotional, social, cultural and economic protection of elderly persons. It also makes provisions for a Monitoring Committee comprising of Representatives of various stakeholders and an Elderly Watch Network and the Elderly Persons' Protection Unit is a

- 1. (a) What types of support and services are covered;**

- Wide safety net provision under the National Pensions Act covering all Senior citizens through the Basic Retirement Pension (BRP) on a universal basis;
- Contributory Retirement Pension as a Social Insurance Scheme to ensure a reasonable standard of living after retirement;
- Survivor's Pension payable to the widow whose husband died as result of an industrial accident
- Carer's allowance for a beneficiary of a basic retirement pension who is disabled to an extent of not less than 60 percent and who needs constant care and attention of another person
- Payment of a lump sum on retirement to those who have contributed to the scheme, including civil servants
- Additional Social Aid assistance payable to eligible beneficiaries with special needs or with dependents
- An elderly person drawing BRP who is living alone and is paying a rent is also entitled to a rent assistance
- An allowance for the purchase of rice and flour is also provided to needy and elderly persons

- Free issue of blankets or payment of a cash assistance in lieu of blankets every two years
- Free issue of wheelchairs
- Free issue of spectacles and hearing aids
- Assistance for the purchase of prosthesis
- Exemption from payment of airport tax
- Reduced fees for issue/renewal of passport;
- Free domiciliary medical visits to elderly aged 90 years and above.

2. What are the specific challenges faced by older persons in accessing long-term care?

- No geriatric desk at public hospitals to facilitate medical check-up and delivery of medicines.
- Some medicines for elderly persons are not available in public hospitals
- There is no provision of urine and colostomy bags.
- Lack of space in residential care homes
- Many older people live alone at home and they are not provided adequate health care services

3. What measures have been taken/are necessary to ensure high-quality and sustainable long-term care systems for older persons,

- Recreational centres and day care centres for elderly has been set up, but more are required
- Creation of additional residential care homes
- Setting up of geriatrics ward in hospitals
- Facilities for ageing at place. Assistance to be provided to the Mauritian family to cope with stressful situations, therapeutic adult day care, sitter-companion services and in-home respite care services should be developed to care for the elderly.
- The legislation should be amended to cater for elderly abuse in both the domestic and institutional setting
- Health professionals and carers working in institutional settings should be sensitised and trained on how to prevent elderly abuse. Protocols in these settings should be set up and enforced.

4. What other rights are essential for the enjoyment of the right to long-term care by older persons, or affected by the non-enjoyment of the right?

- Rights for a decent home
- Rights for ageing in place
- Preserve the right of elderly persons on ownership of land and houses

5. In your country/region, how is palliative care defined in legal and policy frameworks?

The Action Plan (2010-2014) of the Ministry of Health and Quality of Life on the National Care Control Programme, states that Palliative care is all about control of pain and relief of symptoms.

6. What are the specific needs and challenges facing older persons regarding end-of-life? Are there studies, data and evidence available?

- Abandonment of elderly persons by relative.
- In the past extended family system enabled the elderly people to enjoy respectable and honorable life. Now due to working families, many sick elderly persons are left on their own and they have difficulties in accessing adequate health services.

7. To what extent is palliative care available to all older persons on a non-discriminatory basis?

- Health services and care are provided to sick persons in hospitals without any discrimination
- There is need for more palliative residential care homes.
- Many older persons who live alone at home are not provided adequate health care and social care.

8. How is palliative care provided, in relation to long-term care as described above and other support services for older persons?

- Health care services are provided at hospital and Residential Care Homes

- Government medical doctors carry out domiciliary medical visits to elderly aged 90 years and above and those who are bedridden.
- NGOs and Civil Society are also engaged in providing palliative care to elderly at their residence.

9. Are the good practices available in terms of long-term care and palliative care? What are lessons learned from human rights perspectives?

Palliative care is an important public health issue due to population ageing, the increasing number of older people in our societies and insufficient attention to their complex needs. Palliative care focuses on improving the symptoms, dignity and quality of life of people approaching the end of their lives and on the care of and support for their families and friends. In the past, palliative care was mostly offered to people with cancer in hospice settings. Some of the Residential Care Homes are providing to some extent palliative care to elderly persons.

On human right perspectives, palliative care must now be offered more widely and integrated more broadly across health care services. Palliative care should be improved in various settings such as in hospitals, in residential care homes and at home. Necessary support should be provided to family caregivers to enable them, to provide help/palliative care with personal care along with emotional, social and financial support. Elder-friendly facilities in houses and public accommodations should be provided to enable the older persons to improve their dignity and quality of life.

Autonomy and Independence

- 1. How is the right to autonomy and independence of older persons defined in legal and policy frameworks?**
 - Elderly persons has the same rights as any person
- 2. What other rights are essential for the enjoyment of the right to autonomy and independence by older persons, or affected by the non-enjoyment of this right?**
 - Ageing at place
- 3. What are the key issues and challenges facing older persons in your country/region regarding autonomy and independence? What studies and data are available?**
 - There need to be an elderly environment friendly where they can live in harmony, peace and dignity
- 4. What steps have been taken to ensure older persons' enjoyment of their right to autonomy and independence?**
 - Pension scheme
 - Free transport
 - Free health care services
- 5. What mechanisms are necessary or already in place, for older persons to seek redress for the denial of autonomy and independence?**
 - The Ministry of Social Security & National Solidarity
 - Senior Citizens Council
 - Elderly Watch across the Island
 - NGOs working with elderly

6. What are the responsibilities of other, non-state actors in respecting and protecting the right to autonomy and independence of older persons?

- Fight for the right of Older Persons.
- Accompaniment and support to older persons by NGOs/CSOs and elderly watch.
- Mechanism for Regular phone-call/home-visit check-ins, or emergency hotlines should be established.
- Community-based services, e.g., meal, hygiene, and health consultation should be provided.