

Government of Himachal Pradesh
Department of Health and Family Welfare

File No: HFW-A-A(7)2/2025

Notification

The Governor, Himachal Pradesh is pleased to notify the "Elderly and Palliative Care Initiative" scheme in the State to establish a dedicated and integrated care system that addresses both Elderly and Palliative Care with immediate effect. The detailed guidelines of the scheme are annexed at Annexure-A.

By Order

M. Sudha Devi, IAS
Secretary (Health) to the
Government of Himachal Pradesh

Shimla-2 Dated: 04-11-2025

Endst. No. As above

Copy forwarded for information and necessary action to the followings:

1. The Secretary to the Governor of HP, Shimla
2. The Principal Private Secretary to the Chief Minister, HP, Shimla
3. All the Administrative Secretaries, HP, Shimla
4. All the Heads of Departments in HP
5. All the Deputy Commissioners in HP
6. The Mission Director (NHM), HP, Shimla-9
7. The Director, Health Services, HP, Shimla-9
8. The Director, Health Safety & Regulation, HP, Shimla-9
9. The Director, Medical Education and Research, HP, Shimla-9
10. The Director, Public Relation, HP, Shimla-2
11. The Controller, Printing & Stationery, HP, Shimla
12. The Sr. Private Secretary to Chief Secretary, HP, Shimla-2
13. All the Chief Medical Officers in HP
14. The Sr. Spl. Private Secretary to Health Minister, HP, Shimla
15. All the Private Secretaries, Cabinet Ministers, HP, Shimla-2


Special Secretary (Health) to the
Government of Himachal Pradesh

Date	2/11/25
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CH	EMRT
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Dated: 04-11-2025

“Elderly and Palliative Care Initiative”

With the increasing geriatric population and the growing need for end-of-life and chronic disease management, it is imperative to establish a dedicated and integrated care system that addresses both Elderly and Palliative care in the State. This system will ensure dignity, comfort, and quality of life for elderly individuals and patients with life-limiting conditions by delivering person-centred services at home, community, and institutional levels.

Keeping this in view, the state intends to launch a special initiative namely **“Elderly and Palliative Care Initiative”**. Under this initiative Elderly beneficiaries and those requiring Palliative Care would be given home based care. Such beneficiaries would be identified based upon standardised criteria as given in **Annexure-1**

The beneficiaries of the initiative would be visited by a team of frontline health workers on a monthly basis, or more frequently if required, consisting of a Staff nurse specially trained in Elderly and Palliative Care, the concerned Community Health Officer(CHO) and ASHA. During the home visits the following services would be given;

1. Monthly supply of drugs prescribed to the beneficiary for any chronic condition.
2. Management of Bed Sores/Chronic Ulcers.
3. Urinary Catheter replacement.
4. Care of Ryle's tube/Colostomy/Tracheostomy.
5. Provision of drugs for pain relief including Morphine.
6. Measurement of vital parameters such as BP, Blood Sugar, Temperature etc.
7. Training of care-giver in Physiotherapy, Yoga etc.
8. Provision of counselling services as required.
9. Any other service, falling under the purview of Elderly and Palliative Care, as deemed fit by the Medical Officer (Elderly & Palliative Care).

A home visit consisting of a team of Medical Officer (Elderly & Palliative Care), Staff Nurse, Physiotherapist and Counsellor from the Elderly and Palliative Care hub along with MO-PHC, CHO and ASHA will be organised at the initiation of the scheme and on quarterly basis. The team will prepare the treatment plan as per the need of the beneficiary and revise the same on quarterly basis.

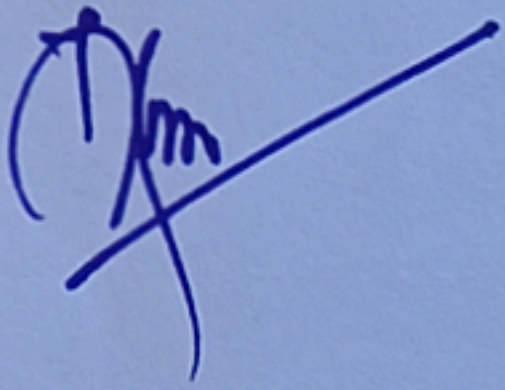
Institutional mechanism

A Elderly and Palliative Care hub will be established in the notified Adarsh Swasthya Sansthan of the State. Medical Officers and Staff Nurses would be imparted specialised Elderly and Palliative Care training in Kerala. A Physiotherapist would be placed in each of the hubs through NHM. A dedicated vehicle would be placed in all the hubs for

conducting home based care visits. Home based care kits would be provided in each of the hub which would be carried by the team during home visits. The kits would be replenished at the hubs as per requirement. Each hub would be linked with all the Health Blocks of the state to which the hub will cater. The hub will also provide outdoor and indoor services in Elderly and Palliative Care.

Funding mechanism

The scheme would be funded jointly by NHM and through state budget. A budgetary provision of ₹2.00Crore per annum would be made from the State Budget for the running cost of the vehicles under the initiative.

A handwritten signature in blue ink, consisting of a stylized 'D' followed by a horizontal line and a diagonal stroke.

Criteria for selection:

Elderly Care*	Palliative Care
i. Person is 100% Bed-bound ii. Person needs help with bathing iii. Person needs help putting on clothes by someone else iv. Person needs help using the toilet, cleaning self, or uses a bedpan/commode. v. Person needs help moving from bed to chair or needs full assistance to change position. vi. Person cannot control bladder or bowel vii. Needs help with eating or is on tube/parenteral feeding.	i. Pain management for terminal illness such as Cancer, etc. ii. Periodic urinary catheter replacement iii. Bedridden requiring management of bed sores iv. Requires feeding through tube (Ryle's tube) v. Requires dressing of chronic wounds/ulcers vi. Colostomy care vii. Tracheostomy care and suctioning viii. Requires continuous oxygen therapy, nebulization or ventilator support at home *Elderly Identified for palliative services as per criteria under palliative care.

