

References

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Since the elderly category is one of the groups that may suffer from mental health problems, especially some problems related to memory and concentration and other age-related difficulties that affect, in one way or another on their mental health, this type of specialized services should be directed carefully and attentively to the elderly category. This should be done after a process of professional evaluation and diagnosis, thus providing them with integrated psychological treatment services, which include pharmacological interventions, psychotherapeutic sessions, psychosocial support, rehabilitation, as well as family therapy and home visits. Therefore, the consultant presents the attached chart, which explains the response and planning mechanism for providing psychological services for the elderly category, taking into account the privacy, needs and circumstances of this category in particular.

forms are the most likely in need of these types of services. Such a class are inn need of the following activities:

- Providing basic psychological support through methods such as psychological first aid (PFA), individual and group counseling sessions.
- Organized sessions on psychological resilience, which is the state of normalcy, psychological stability, the ability to deal with crises and stresses with high flexibility, as well as, special attention should be given to life skills to help them build coping skills.

Since the elderly are among the most vulnerable groups, due to their health and physical conditions and their special needs, there is a need to direct this type of focused support to them, draw the attention of service providers to this category and follow up their needs throughout the intervention programs implemented in their various institutions.

4. Specialized services: The upper level of the pyramid represents the additional support that is required to be provided to a limited percentage of cases who live unbearable suffering and face severe difficulties in basic performance. These services may include a specialized psychological treatment service through a psychiatrist, and here the specialist must determine the appropriate time to refer the case after its approval to receive more specialized and in-depth psychological services despite the support services mentioned above.

Recommendations:

1. **Basic services and security:** Most cases that suffer from a temporary crisis are due to their usual level of performance which is lacking any professional support when the crisis ends and after their basic needs are met again. This is evident in the first basic level of the pyramid. Despite this, as a result of the ongoing siege, and the recurring and not transient crises in the Gaza Strip. Many of the basic needs of the residents of the Gaza Strip in general, and the elderly in particular, are not being met. Since the elderly are one of the groups most affected in emergencies and crises; accordingly, clear intervention plans must be adopted for this group, taking into account the specificity of the stage and their special needs.
2. **Family and community support:** The second level represents the support that must be provided to a small number of cases, their families must ensure the preservation of their mental health and psychosocial well-being. The most important of these categories is the elderly, taking care of them and supporting their families, implementing awareness meetings and supportive visits to meet their psychological needs. Such actions will certainly improve their psychological well-being.
3. **Non-specialized focused support:** The third level represents the support needed for the few remaining cases that need more focused individual, family, or group interventions by trained and supervised personnel. Those who have been subjected to violence in all its different

prepare organized plans and intervention strategies according to modern scientific theories, with attention to interventions with techniques appropriate to the nature of these cases.

Institutions that provide psychological and social services to specific groups:

When it comes to institutions that care about categories of gender-based violence they, should develop standardized work procedures manual to include the privacy of the elderly group, and they should pay attention to training their work staff in order to deal with this group in accordance with to their psychological needs. The services will be of the highest quality and professionalism if they are provided by specialists who are scientifically qualified and methodologically trained on providing psychological services in a professional manner.

The various institutions of the world: They should also contribute to and help in alleviate the stigma of resulting from psychological problem among the elderly; they should urge them to receive this service in an organized and scientific manner by the various service providers institutions in Gaza.

Psychologists in all institutions in the Gaza Strip: You should pay attention to providing psychological and social services according to the known hierarchy and levels of psychological intervention, as service providers must take into account all psychological, social, health and other needs, and rely on a holistic approach to meet these needs of the elderly. Taking into account the privacy of the elderly category.

Recommendations and Suggestions

The policy paper presents a set of recommendations and proposals to bridge the gap in the provision of psychological services to the elderly category.

Decision-makers: In order to shed light on the privacy of the elderly and present psychological services to them, there should be criteria of setting policies, hiring specialists in government departments and institutions, and qualifying students in universities and others.

The Palestinian Universities in Gaza and the Department of Psychology, Psychological Counseling and Social Service: In order to amend the study plans to include study materials that concern this category and its specificity in its theoretical and practical aspects, hence, drawing up plans and guiding programs to deal with their problems, and shedding light on psychological studies that deal with the elderly category and prepare programs for the appropriate intervention for them. In order to prepare organized sessions that take into account the needs, circumstances and privacy of the elderly group.

Mental health center and institutions, including governmental and non-governmental and civil society institutions: in order to pay attention to the appointment of service providers who are familiar with dealing with the elderly category, and training work crews on an ongoing basis about the privacy of this category. For this purpose, these parties should organize scientific and practical intervention programs to deal with the various problems that elderly people may face. The great work may not give the desired results without planning and organization, so it is preferable to

the procedures followed In managing a case (older), taking into account all the health, psychological and social conditions that the case may suffer.

Therefore, the current policy paper puts this qualitative problem, which is the challenges of providing psychological services for the elderly, on the table, to draw the attention of all relevant parties to deal with this problem with interest by applying the set of interventions and solutions presented here, and to form the beginning of the way to deal with this category with sensitivity and interest during the provision of services. psychological intervention, taking into account all the different needs of the elderly, there by designing practical psychological intervention programs to deal with this category in particular, as well as training service providers on these programs in a practical manner.

The beneficiaries of this paper

The current policy paper is directed to many parties that can function a hub for networking effecting change towards activating and organizing psychological services for the elderly. These comprise decision-makers in Gaza, mental health institutions, universities and departments related to psychological services provision and all institutions that can distribute Psychological services among the citizens. In this, concern the media and all the factors that contribute and help in raising awareness and disseminating the culture about the privacy of the elderly and their need for psychological services in particular.

Social Development, the Women's Affairs Center, the Union of Health Work Committees, the Culture and Free Thought Association and others.

When reviewing the psychological services provided by these institutions, we did not find a center or institution that provides psychological services in a specialized manner for the elderly. Yes, these institutions and others receive cases of all ages, even among the elderly, but there is no specialized institution to provide psychological services for the elderly in particular.” Taking into account the specificity, needs, and nature of this category in particular, similar to institutions are interested in child protection cases and others.

In addition, the elderly category has not received special attention in the design of training programs directed to psychological service providers with special attention to the privacy and needs of this category, and the consultant has not found throughout the research process any scientific study to prepare the current policy paper. Thus presenting a program of psychological interventions and organized sessions for the elderly category in particular. In order to treat a specific psychological problem, the needs of the elderly should be taken into account. Therefore, it is very important that such needs, circumstances, and challenges be identified in specific manner that fits with the needs of the elderly group.

When reviewing the SOPs Standard Procedures Manual, which was unified among the various institutions to provide case management services for child protection cases and cases of gender-based violence, which includes psychological and social services, it was found that it did not address the specificity of the elderly category, and this guide did not shed light on the specificity of

to being one of the most affected and vulnerable groups due to their health and physical conditions, their psychological status along with their health conditions are negatively impacted.

In fact, the challenges facing the elderly in Gaza make it urgent that their needs of psychological services constitute a key element for reviewing the field reality in Gaza in terms of psychological services provided by the various institutions, and whether do these services meet their needs, taking into account the specificity of this category and its requirements.

Accordingly, the current policy paper attempts to shed light on the importance of psychological services for the elderly, the field reality of providing these services and the extent to which their needs are met in Gaza, and then, come up with solutions, recommendations and proposals to primarily address this problem primarily.

Psychological services provided to the elderly in Gaza

Many institutions in the Gaza Strip provide psychological services to the public. Some of these institutions specialize in dealing with mental disorders; such institutions include the mental health clinics of the Ministry of Health in all governorates and the Gaza Mental Health Program. Others direct their services to specific groups towards centers that provide services for child protection cases. Including the Ministry of Social Development, the family centers affiliated to the Ma'an Developmental Work Center, the Tamer Center and Save the Children. There are other centers that provide psychological services in the field of gender-based violence, including the Ministry of

The need of the elderly for psychological services and its challenges

The developmental stage, through which the elderly go, constitutes a qualitative challenge to providing various services for this category in general, and psychological services in particular. Current researches indicate the specificity of this stage, and in the meantime, address the psychological and social challenges; these include: Excessive sensitivity, self-centeredness, low self-esteem related to physical weakness, challenges in social relationships, and communication with others.

The elderly also sometimes live in what is called the psychological alienation of the elderly ; it is detachment from society, which results from their denying the elderly the right of being involved in important decision taking related to meeting their needs and life requirements . Development of their relationships and involving them in decision-making related to the satisfaction their needs, as well as participating social activities that serve the community, thus making them feel self-esteem.

In addition, discrimination against the elderly in society constitutes another global challenge as the World Health Organization (WHO) highlights, one out of two people in the world is exposed to discriminatory act. This is made clear clarified WHO report on: Age discrimination leads to age-discriminatory behaviors - which impair the physical and psychological health of the elderly.

In the Gazan reality, the challenges faced by the elderly group require the provision of psychological services inasmuch much many of them suffer, like the rest of society, the political and economic challenges, the siege, the conditions of the Corona pandemic, and others, in addition

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ورقة سياسات Policy Paper

بعنوان:

واقع الخدمات النفسية والإجتماعية لكبارا لسن
(Psychosocial services for Old Age)

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Feb.2022