

Introduction

- India's older population is rapidly rising from 10.5% in 2021 to 20.8% by 2050.
- In rural and tribal regions, ageing is challenging due to:
 - Poor healthcare access
 - Financial insecurity
 - Social isolation
 - Chronic illnesses and multimorbidity

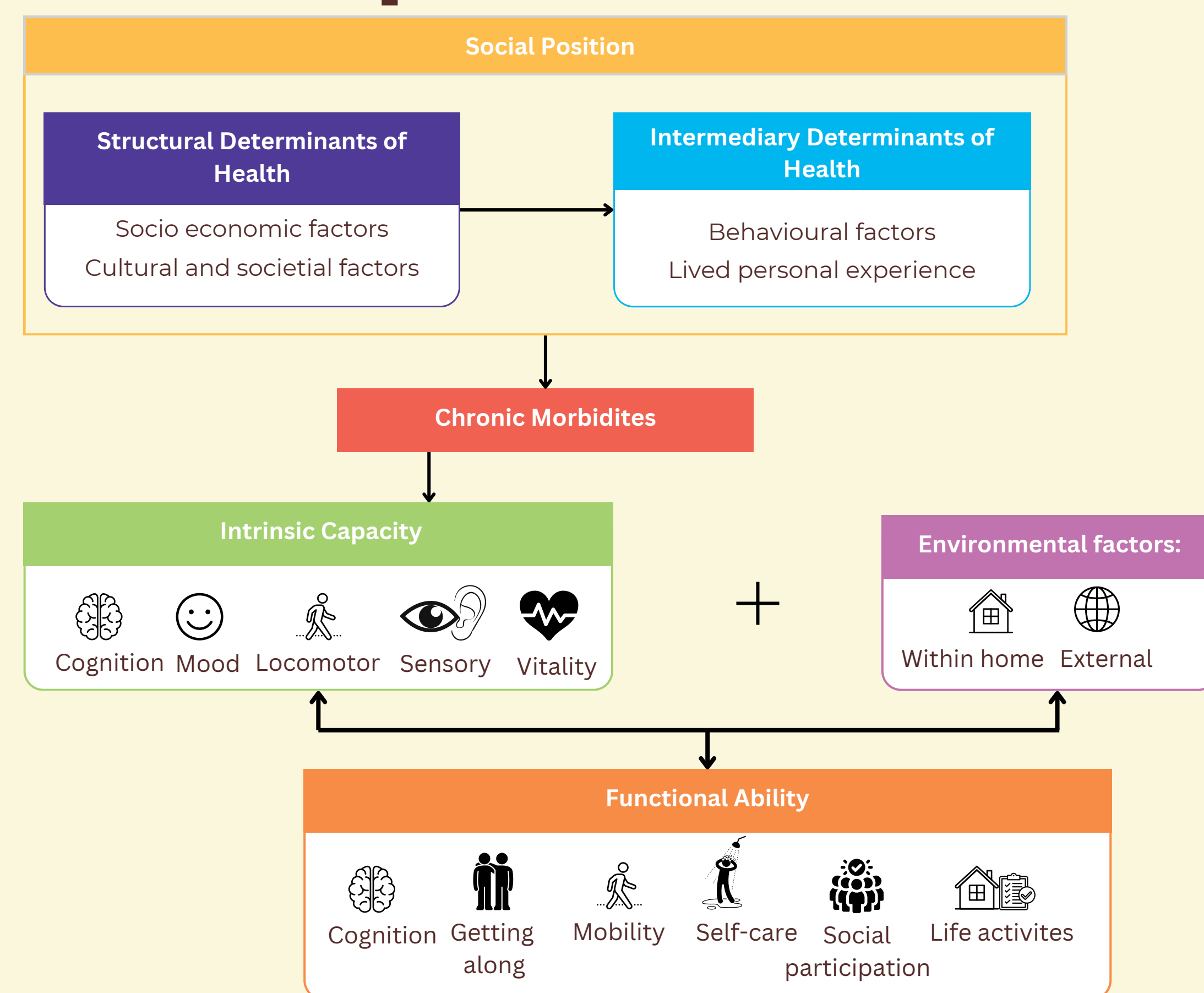
Why This Study Matters:

- Most ageing research in India is disease-focused
- The impact of multiple chronic conditions on functional ability is often overlooked
- This study adopts a function-focused approach to ageing
- Aims to identify intervention points based on impaired abilities to support more inclusive and need-responsive strategies

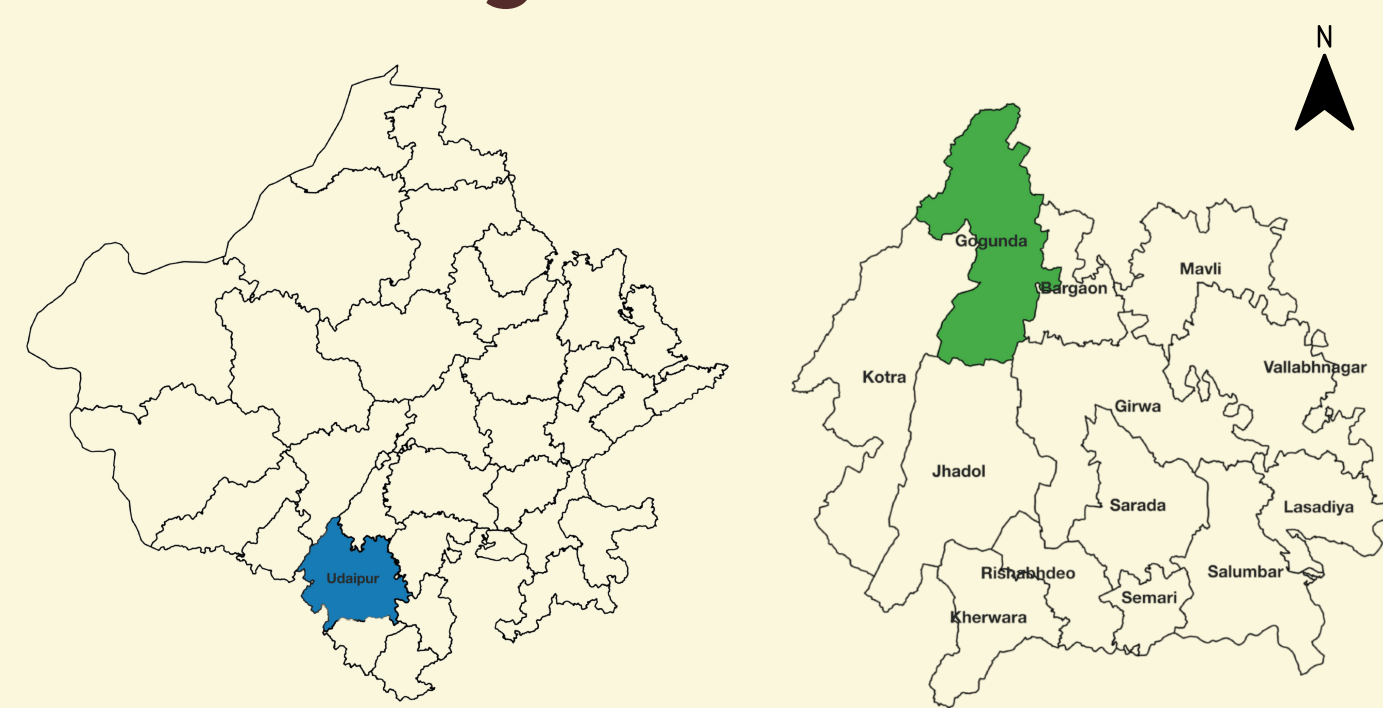
What We Set Out to Explore

- Examine how chronic morbidities affect the functional ability of community-dwelling older persons participating in self-help groups for healthy ageing in rural Rajasthan.

Conceptual Framework



Study Location



Methods

Study Design:

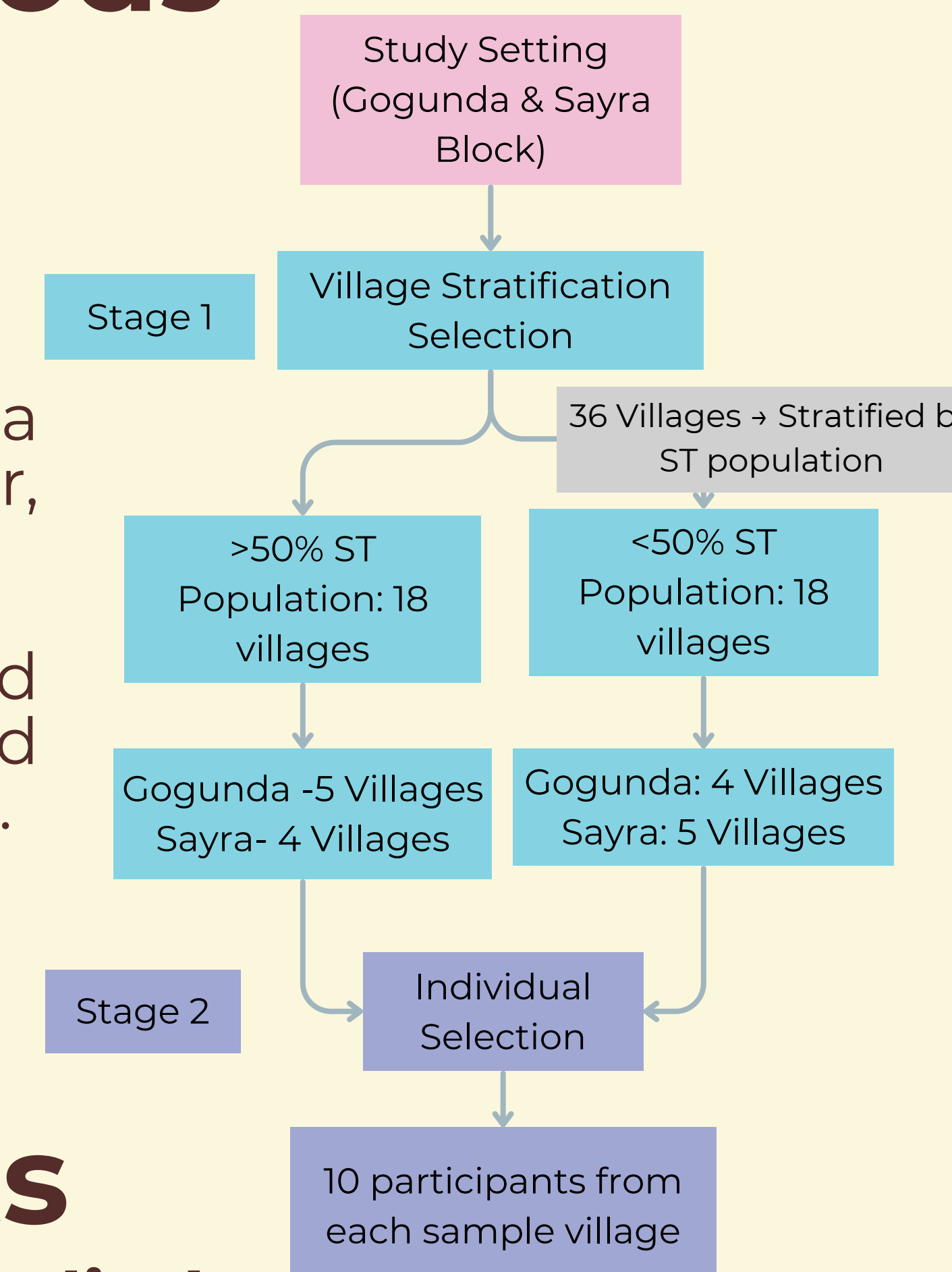
- Cross-sectional study

Study Locations:

- Gogunda and Sayra blocks, Udaipur, Rajasthan.

Study Population:

- Older persons (aged 60+ years) enrolled in SHG till Jan end.

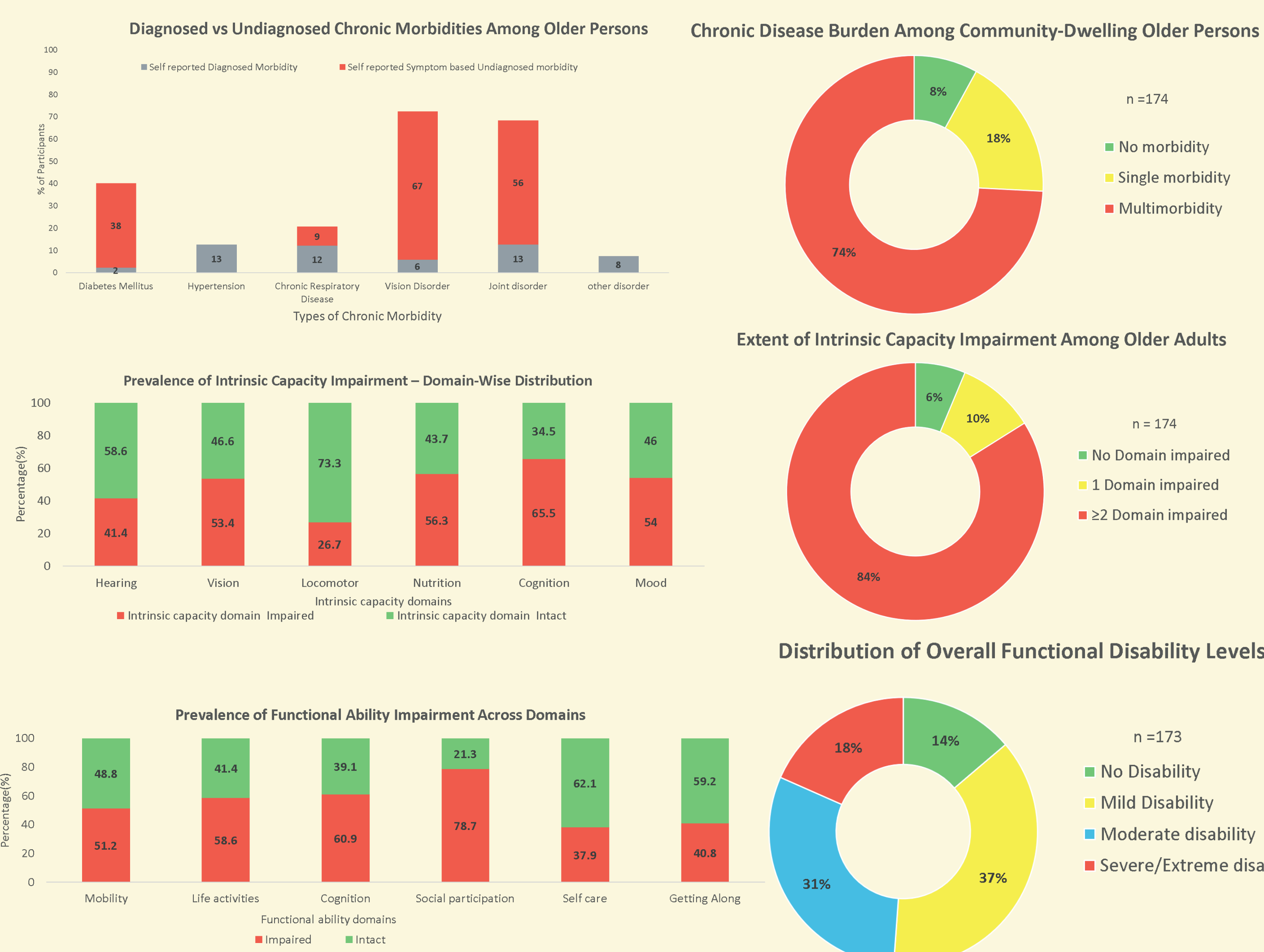


Results

Who We Studied



- 82% belongs to Scheduled Tribe (ST)
- 62% were aged 60-69, only 8% above 80
- 58% were female; 76% were currently married
- 1 in 10 lived alone; 1 in 6 lived only with spouse
- 1 in 5 were not receiving any pension
- 1 in 12 did not receive wheat from the PDS
- 3 in 4 lived in kachha/semi pakka houses



Bivariate Associations

Multimorbidity & Intrinsic Capacity (IC)

Older persons with multimorbidities were:

- 2.4 times more likely to have impaired vision IC
- 2.2 times more likely to have impaired nutrition IC

Multimorbidity & Functional Ability

Those with multiple morbidities had:

- 2.7 times more likely to face mobility impairment
- 2.2 times more likely to face difficulty with life activities
- 2.5 times more likely to have impaired cognition
- 2.5 times more likely to have limited social participation

Intrinsic Capacity (IC) domains & Functional Ability (FA)

- Vision IC impairment were significantly linked with mobility, life activities, self-care, getting along (interaction and maintaining friendships)
- Hearing IC were significantly linked with all FA domains
- Nutrition IC was linked to mobility, life activities, cognition, and social participation
- Cognition impairment (IC) showed strong links mobility, life activities, getting along
- Mood IC impairment was significantly associated with: mobility, cognition, social participation, getting along

Conclusion & Recommendation

- Multimorbidity is common and often undiagnosed
- Multimorbidity significantly impairs intrinsic capacity and functional ability
- Intrinsic capacity domains are key predictors of multiple functional impairments
- A shift is needed from disease-centric to function-focused care, with strategies that promote the maintenance of intrinsic capacities, support self-care, and preserve functional independence
- Integrate routine screening of IC into rural primary healthcare system
- Community-based interventions and SHG platforms can play a vital role in early detection, behaviour change, and connecting older persons to services

