

National Programme for Health Care of the Elderly (NPHCE)

1. Specific Objectives of NPHCE are:

- To provide an easy access to promotional, preventive, curative and rehabilitative services to the elderly through community based primary health care approach
- To identify health problems in the elderly and provide appropriate health interventions in the community with a strong referral backup support.
- To build capacity of the medical and paramedical professionals as well as the care-takers within the family for providing health care to the elderly.
- To provide referral services to the elderly patients through district hospitals, regional medical institutions
- Convergence with National Rural Health Mission, AYUSH and other line departments like Ministry of Social Justice and Empowerment.

2. Status of implementation:

- NPHCE started in Mizoram in Dec 2015
- All 9 districts i.e., Aizawl West, Aizawl East, Lunglei, Kolasib, Champhai, Serchhip, Mamit, Lawngtlai & Siaha of Mizoram have been covered.

3. Achievements during FY 23-24 :-

Sl. No	ACHIEVEMENTS DURING FY 2023 – 2024	
1	No. of Elderly Person attended OPD	8981
2	No. of Elderly admitted in wards	2296
3	No. of Elderly provided rehabilitation services	1106
4	No. of Lab test undertaken on Elderly patients	4389
5	No. of Elderly Died in Hospitals	165

Activities conducted – Physical & Financial as per ROP during FY 2023-24.

1. Screening and Clinic of Mental & Physical Health in Elderly, 17th August, 2023 at YMA Hall Chanmari, organised by NMHP & NPHCE
2. 2 Free clinics (Barred by MCC)
 - i. Free clinic for elderly in collaboration with Social Front, Ramhlun North
 - ii. Free clinic at Old Age Day Centre

State performance on Key indicators during FY 2024-25.

Sl. No	ACHIEVEMENTS DURING FY 2024 – 2025	
1	No. of Elderly Person attended OPD	31788
2	No. of Elderly admitted in wards	2045
3	No. of Elderly provided rehabilitation services	3670
4	No. of Lab test undertaken on Elderly patients	4950
5	No. of Elderly Died in Hospitals	116

State performance during FY 2024-25.

- Number of Elderly patients who attended OPD,IPD & Rehabilitative Services in various Health Facilities have increased from the previous year
- Physiotherapy clinic & MMU clinic for Senior Citizens is underway at 4 districts: Siaha, Lawngtlai, Champhai & Mamit

- This 1 year Project is undertaken by SW&TA Department along with NPHCE, NHM started from July '2024

Activities conducted – Physical & Financial as per ROP during FY 2024-25.

- Observance of International Day for Older Persons at Central YMA Hall, Tuikhuahtlang on 1st October, 2024
- Training for Medical Officer under NPHCE on the 24th October, 2024
- Training of Physiotherapist under NP-NCD & NPHCE on 28th November, 2024 at Conference Hall, Planning & Programme Implementation Department
- NCD Screening & Clinics for Elderly were conducted at different locations within & nearby Aizawl District

July 2024 – March 2025

- Mobile Medical Unit for Senior Citizens and Physiotherapy Clinic at District Hospital for Senior Citizens at 4 districts is underway i.e Mamit, Champhai, Lawngtlai & Siaha.
- 3839 patients attended Physiotherapy Clinic at 4 District Hospital under this project (Male : 1873, Female : 1966)
- 144 Outreached camps were organised under this project, 5549 senior citizens (Male : 2267, Female : 3282) underwent Physiotherapy services.

State performance on Key indicators during FY 2025-26.

Sl. No	ACHIEVEMENTS DURING FY 2025 - 2026	
1	No. of Elderly Person attended OPD	44048
2	No. of Elderly admitted in wards	591
3	No. of Elderly provided rehabilitation services	4795
4	No of Home based care/domiciliary visits made	1613

Best Practices (FY 2025-2026)

1. Social Welfare & Tribal Affairs Department and H&FW Department GoM, jointly implemented Physiotherapy Clinics and Mobile Medical Care Units for senior citizens in Mamit, Champhai, Siaha, and Lawngtlai Districts w.e.f. July '2024 – July '2025 under the State Action Plan for Senior Citizens (2020–21) with support from the Atal Vayo Abhyudaya Yojana scheme.
2. **The project was extended upto December '2025.**
- 3.

Sl.no	Report of Elderly project (April '2025 – December '2025)	MALE	FEMALE	TOTAL
1	Total No. of Patients who underwent Physiotherapy (IPD +OPD)	2586	3292	5878

2	No. of Outreach Camps organized			210
3	No. of patients who underwent physiotherapy at Outreach Camps	3451	4926	8377

- 4. Provision of Physiotherapy equipments with Physiotherapist** at all District Hospitals upto CHC level under NPHCE
- 5. Awareness Campaign cum Free Clinic in collaboration with MUP, Upper Republic Branch** at Upper Republic on 16th June '2025 for 140 Senior Citizens. The World Liver Day pledge was taken by all MUP members.
- 6. Observance of International Day for Older Persons** at YMA Hall, Chanmari on 1st October '2025 in collaboration with MHIP & Social Welfare Department.
- 7. Training on COPD & Geriatrics Care under NP-NCD & NPHCE** for Medical Officers at Auditorium, DHME, MINECO on 18th – 19th February '2026