

# Caring for the Elderly, UPNVJ Attends the First Birthday of the Fatmawati Elderly School

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**Public Relations**UPNVJ - National Development University "Veteran" Jakarta attended the first anniversary of the Fatmawati Elderly School at RPTRA Pinang Pola Hutan Kota in Pondok Labu, Jakarta on Wednesday, January 10 2024. UPNVJ's presence is a form of the university's contribution to the progress of the elderly or elderly .

Representing UPNVJ, Deputy Chancellor for Student Affairs and Cooperation Dr. Dr. Ria Maria Theresa, SpKJ., MH. attended the birthday event of the Fatmawati Elderly School which is located not far from the Pondok Labu campus. The arrival of the UPNVJ representatives was welcomed by Yus Rusamsi as Principal of the Fatmawati Elderly School.

Ria appreciated the presence of the Fatmawati Elderly School which is a gathering place for the elderly to carry out various positive activities. At this school, the elderly receive various positive information about various things, from health to life in general.

"The health of the elderly is currently getting better. Technology is getting more sophisticated, there are more and more medicines, and this makes their life expectancy longer," said Ria.

"With increasing life expectancy, the elderly are encouraged to play certain roles in society. Through this elderly school, they can still be useful and develop in their capacity as independent individuals," he continued.

Running hand in hand with the Fatmawati Elderly School, there is a group called Sahabat Senja, which is a group of young people who care about elderly issues.

The presence of Sahabat Senja comes amidst increasing public scrutiny of the Sandwich Generation - a term for adults who are 'stuck' in the middle because they have to take care of two generations at once, namely their aging parents and their young children.

The Fatmawati Elderly School and Friends of Senja exist to increase the public's understanding of the elderly, and do not view them as a 'burden' but as part of the public who can still contribute in various positive ways.

