

Well-being of Senior Citizens

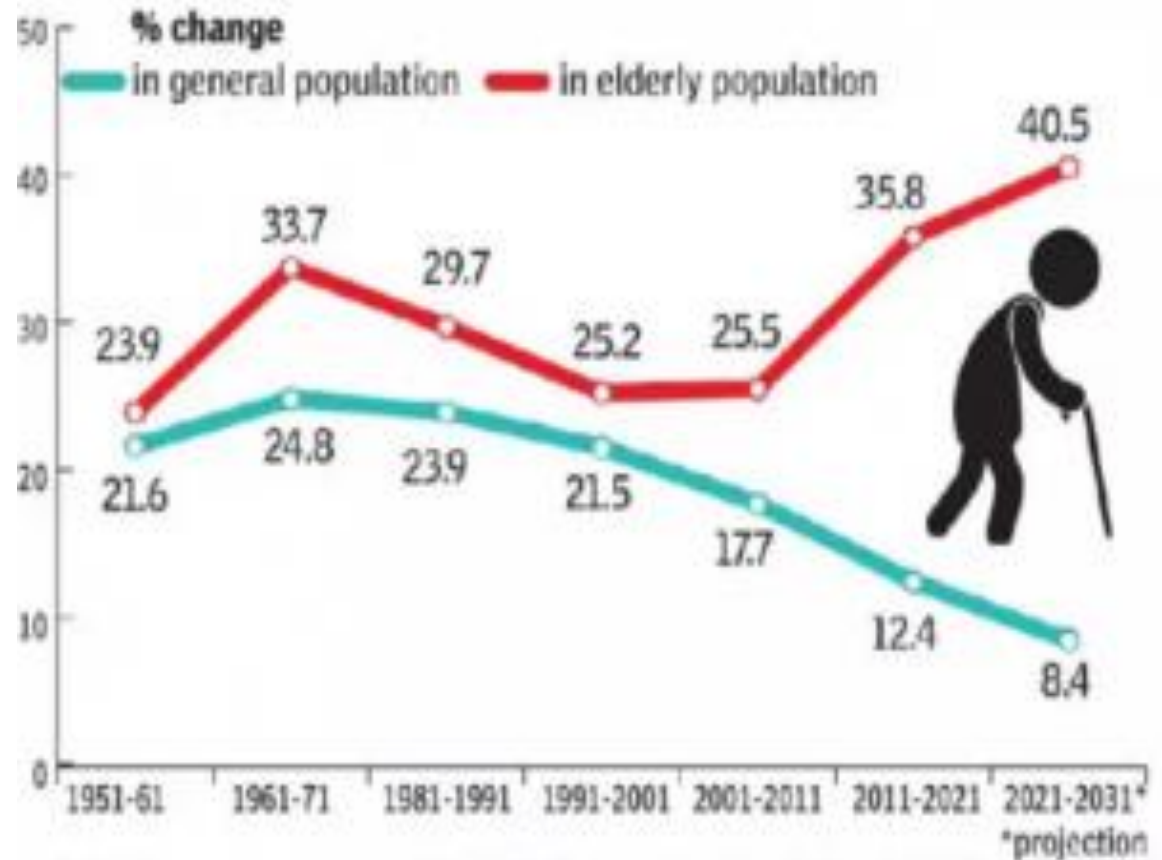


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Senior Citizens

- u According to the National Elderly Policy,
- u the senior citizen is who has attained the age of sixty years or above.
- u As per Income Tax Act, 1961, **senior citizen is an Indian resident whose age is 60 years or more but less than 80 years.**
- u Super senior citizen is an Indian resident whose age is 80 years or more.

Decadal growth in elderly population compared to that of general population



Ageing

u Ageing is a Natural Phenomenon.



Demographic Transition: Global Goals (SDG) Aim

- u **SDG – 3**: Ensure Healthy Lives and promote **Well-Being for all at all ages**.
- u Global Goals points out that “**Society for All**”
- u Population ageing is a ‘global trend of our time’.
- u People are living longer, and more are older than ever before.
- u Spectacular improvements in health and survival and reductions in fertility have driven this demographic shift, which has begun or is expected to begin soon in all countries and areas.
- u Population ageing is an inevitable result of the demographic transition towards longer lives and smaller families.
- u The shift towards older populations is largely irreversible.
- u The number of persons aged 65 years or older will reach 1.6 billion in 2050, and account for more than 16 per cent of the global population. The number of people aged 80 years or older is growing even faster.

Demographic Transition: Global Goals (SDG) Aim

1. **The rise in human longevity is a success story.**
2. Due to improved sanitation and medical therapies,
3. Greater access to education and family planning, and
4. Strides towards gender Equality and Women's Empowerment.
5. Governments need to adapt the policies to enable **older persons to remain productive and empowered members of society**
6. But collective actions from family, community and government policy decisions shape its path and consequences.

Population Ageing-Global Scenario

Sl. No:	Country	Total Population (in Crores)	Elderly People
1.	World	753 crores	90 Crores
2.	China	143 Crores	24.9 Crores
3.	Japan	12 Crores	3.5 Crores
4.	India	136 Crores	13 Crores

Source: Eenadu daily telugu newspaper, “Mali Sandhyaku vutha karra avudam (Let us help the elderly people)”, Date: 28-1-2019. p-3.

Population Ageing-Indian Scenario

Sl. No:	Year	Elderly People (In Millions)
1.	1901	12 – Million
2.	1951	20 - Million
3.	1991	57 - Million
4.	2013	100 - Milion
5.	2030**	198 - Million
6.	2050**	326 - Million

Source: National Policy for Older Persons-1999, P-1, *Projected increase of elderly in 1999.

** Projected by the UN Report (2017)-World Population Ageing

Recent Trends: Increase of Elderly People

Sl. No:	Year / Decadal Growth	Population (In crores/Millions)
1.	2011	10.4 Crores
2.	2021	13.8 Crores
3.	2031	19.4 Crores*

Source: NSO Report (2021) Elderly in India-2021, *Projected figure

Elderly People: Gender Disparities

Sl. No:	Year/ Decadal Growth	Men (in Crores/ Millions)	Women (in Crores/ Millions)
1.	2011	51 Million	52 Million
2.	2021	68 Million	71 Million
3.	2031	93 Million*	101 Million*

Source: Census Report (2011) & NSO Report (2021) Elderly in India-2021, *Projected figure

Life Expectancy at Birth

Indicator	1971	2020
Life Expectancy at Birth	48.4	69.5

Source: World Health Rankings, 2022

Life Expectancy at Birth: Gender - Wise

Indicator	Males (2020)	Females (2020)
Life Expectancy at Birth	69.5 Years	72.2 Years

The world's average life span was 72.81 years in 2020 (**Daily pioneer, 2021**).

Source: World Health Rankings, 2022

52nd NSSO report of 1996- but relevant

1. The single pressing challenge to the welfare of older person is POVERTY, which is a multiplier of risk for abuse.
2. Half of the elderly are fully dependent on others.
3. 20% are partially dependent for their economic needs.
4. 85% of the aged had to depend on others for their day to day maintenance.
5. The situation is even worse for elderly females.
6. Elderly, often do not have financial protection such as sufficient pension and other forms of social security.
7. Elderly persons are most vulnerable to infections, have low priority for own health.
8. Migration of younger generation
9. Lack of proper care in the family
10. Insufficient housing
11. Economic hardship and break-up-of joint family

Problems of Elderly

Health

1. Concept of geriatric care has remained a neglected area of medicine in the country and relatively new in India, despite an ageing population.
2. Many practicing physicians having little knowledge of the clinical and functional implications of aging.
3. In India there is no system of affordable health care and health insurance is essentially limited to hospitalization
4. Geriatrics in public health is limited in rural areas.
5. Lack of health infrastructure in rural areas
6. Limited trained manpower to take care of elderly and Poor quality of care

Social

Common problems are

1. Reduced mobility
2. Familial dependencies
3. Declining social engagement
4. dementia
5. depression,
6. incontinence and
7. Widowhood

According to NITI Aayog

with growing age, senior citizens experience various anatomical and psychological changes.

1. feeling of powerlessness,
2. feeling of inferiority,
3. depression,
4. uselessness,
5. isolation and
6. reduced competence



Problems of Senior Citizens

1. High levels of destitution among the elderly rural poor (51 million elderly live below the poverty line).
2. As women live longer, the higher proportion of elderly women than men experience loneliness and are dependent on children.
3. Social deprivations and exclusion, privatisation of health services and changing pattern of morbidity affect the elderly.
4. National policy of senior citizens addresses the issues concerning elderly people above the 60 or over living in urban and rural areas.
5. The policy specially focuses on needs of the ‘oldest people’ (80 and above years of age) and older women (**National Policy, 2011**). Policy values that ageing is a part of integrated society.

Interaction with the aged in Rural Areas

1. The life has become very difficult for the farmers, particularly, daily wage labourers, after 60 years.
2. Poor families feel that supporting elderly has become difficult.
3. Due to non-availability of proper pension schemes, the people are opting for work, even though the body is not supporting.
4. The elderly, who have financial problems, are suffering with nutritional deficiency. This resulted into mental and physical health problems.
5. The migrated families are leaving the elderly in the villages or leaving them in old age homes.
6. According to the statistics, after the retirement, the male people will live for 17 years and the women will live for 21 years. It means, the men will live up to 77 years and the women will live up to 81 years.

Interaction with the aged in Rural Areas

1. According to the data available, in the country, one in ten is elderly people.
2. By 2050, the elderly will be approximately more than 40 Crore,
3. 70 lakh elderly people are limited to the premises of the house,
4. 25 lakh people are limited to the bed, due to health issues.
5. To serve these elderly people, the young, skilled are limited to the premises of the house.



Interaction with the aged in Rural Areas

The most fearsome among the people is getting aged. “Old age is a curse,” says one of the elderly people.

The elderly people fear about

1. **Loneliness,**
2. **Increasing health problems,**
3. **Dependency on children for financial and for mobility,**
4. **Negligence by the children and the young people.**

Age is one thing that only goes up, never down.



Problems of Senior Citizens in Rural Areas

1. Higher risks of old-age poverty.
2. Poorer health status.
3. Less supportive environments in terms of access to transport services,
4. Risk of Social Isolation
5. Reduced Mobility
6. Lack of access to health and care services.



Comprehensive Care of Elderly

1. Increased life expectancy and Rapid urbanization.
2. Life style changes have led to an emergence of varied problems for the elderly in India.
3. Active involvement of family, Involvement of Community and Involvement of Government may transform the live of elderly.
4. There is a more appropriate social welfare programmes to ensure life with the dignity for the elderly.
5. A need to develop an integrated and responsive system to meet the care needs and challenges of elderly in the country.

1999- National Policy on Senior Citizens

1. National policy-1999 views - lifecycle is a process of continuum. The ageing is an integral part of life. The policy considers 60 and more phase should have the choices and the opportunities to lead an active, creative, productive and satisfying life.
2. The policy recognises that older persons are a huge human resource. They render services in the family and in the society. Policy recognises that the older people are producers but not the consumers of goods.
3. Policy aims to strengthen the legitimate place for older people in society and help to live the last phase of their life with purpose, dignity and peace.
4. The policy visualises that the State will extend support of financial security, healthcare, shelter, welfare and other needs of older persons.
5. The policy recognises the integration of multi-generational society to strengthen bond between the young and the aged.

1999- National Policy on Senior Citizens

1. The policy believes in empowerment of older persons to have better control over their lives to participate in decision-making in the development process
2. The policy recognises that larger budgetary allocations to take care of older people. The special attention should be given to the poor in urban and rural areas. The individuals, families, communities and institutions of civil society have to play a vital role
3. The policy emphasises the need for expansion of social and community services for older persons. The services should be extended to women in particular. Special efforts will be made to ensure that rural areas are to be adequately covered, where more than three-fourths of the older population lives. (**National Policy, 1999**).

2007-The Maintenance and Welfare of Parents and Senior Citizens Act:

In 2007, Government of India has provided the constitutional guarantee for the maintenance of parents and welfare of the senior citizens through 'The Maintenance and Welfare of Parents and Senior Citizens Act.' The act applies to the citizens in India and Indians residing in outside of the country. It is landmark legislation, manifesting the government's responsibilities towards senior citizens and **it is legally binding**.

The important elements in the act are:

1. Medical care for the elderly
2. Financial security to the parents to lead a normal life
3. The act mandates (sction-19) the establishment of old age home in every district
4. Protection to the property and the life of senior citizens
5. Inculcate a moral duty of the younger generation to care and support parents and elders.

2011- National Policy on Senior Citizens

1. 2011- National policy recognizes that ageing is a part of Integrated society and focus was on health care needs of senior citizens.
2. As the age increases, chronic functional disabilities require a need for assistance in old age, to manage their daily needs. The policy emphasises on special attention for elderly women, and rural poor.

Special Attention to Elderly Women

1. The studies and United Nations ageing population estimates that women live longer than men.
2. Due to advance in technology, the gender gap is being reduced in developed countries. But in developing countries, the gap is witnessed more due to cultural factors and social bias.
3. Although women live longer life than men, the women experience chronic illness and disability in older phase of life.
4. Over 50 per cent of women over age 80 are single or widowed. Women health was given focus in national policy.

The focus of National Policy (2011) –
To sustain dignity in old age

1. The policy recognises that elderly people are a valuable human resource for the country. The policy suggests creating an environment that provides them with equal opportunities.
2. Promotion and establishment of elderly people associations, especially amongst women
3. Promoting the concept of ageing in own home. The policy recognises that care of elderly people should remain vested in the family. Institutional care as the last resort
4. Policy promotes towards an inclusive, barrier-free and age-friendly society

2011- National Policy on Senior Citizens

Special attention of elderly poor in rural areas

1. In rural areas, the people spend their income on children and their daily needs. When they reach their old age, their savings are minimal or nil.
2. Whatever their little savings they have will be utilised to meet the emergencies.
3. The poverty in rural areas for older persons is increasing.
4. The national policy focuses on special attention of elderly in rural areas.
5. The social security of the older people in rural areas is the need of the hour.

The objectives of the National Policy (2011)

1. To strengthen integration between generations
 2. To facilitate interaction between the old and the young and
 3. To strengthen bonds between different age groups
1. The policy believes in joint family system, where the family can take care of elderly and the elderly continue to live in the family.
 2. The policy helps to reach out to the elderly people living in rural areas, mainly, who are dependent on family bonds and multi-generational understanding and support.

2020 - National Action Plan for the welfare of Senior Citizens (NAPSrC)

- u The NAPSrC focuses on present schemes, future plans, strategies and targets for the welfare of older people:
- u **Vision:** The country is committed to protect, caring and providing welfare and well-being of elderly.
- u **Mission:** To create an eco-system where the people can age gracefully and live a life of dignity.

2020 – NAPSrC: Objectives/Goals

1. Financial Security
2. Health Care and Nutrition
3. Shelter and Welfare
4. Protection of Life and property of elderly people
5. Active ageing with inter-generational bonding.
6. Skill Development
7. Accessibility, transport and age friendly environment
8. Awareness generation and capacity building
9. Promoting Silver Economy
10. Senior friendly industrial goods and services in the society

Government Schemes for Elderly People

1. **Pradhan Mantri Vaya Vandana Scheme:** This scheme was launched by the department of financial services, Ministry of Finance, Government of India. Scheme is designed for older people above 60 years of age. The policy of term extends to ten years. The pensioner can choose the frequency of the payment - monthly/quarterly/half-yearly/annually. They can earn interest of 8 per cent per annum. The minimum Rs. 3,000/- and maximum Rs. 10,000/- per month.

2. **Indira Gandhi National Old Age Pension Scheme (IGNOAPS):** This is old age pension scheme for older people above the age of 60 years, for the people below poverty line in rural areas. The assistance differs from Rs. 200/- to Rs. 500/- per month and differs in every State.

Government Schemes for Elderly People

3. National Programme for the Health Care of Elderly (NPHCE): The scheme was introduced in 2010. This programme was launched to address health problems of older people. The scheme provides health facilities in district hospitals, community health centres (CHC), primary health centres (PHC), and sub-centres (SC), through State Health Society. These facilities are free or highly subsidised.

4. Varistha Mediclaim Policy: This scheme helps older people. The scheme covers the cost of medicines, blood, ambulance charges, and other diagnosis related charges.

5. Rashtriya Vayoshri Yojana: This is a central scheme, funded by the Central Government. The scheme provides physical aids i.e., assisted-living devices for older people above the age of 60 years. The scheme assists to the people of below poverty line.

Government Schemes for Elderly People

6. Varishta Pension Bima Yojana: This is a pension scheme, launched by the Ministry of Finance, for older people above the 60 years of age. The LIC of India has been authorised to operate this scheme. There is no need of medical check-ups to avail this policy. The scheme offers an assured pension with an interest rate of 8 per cent per annum for up to 10 years. The older people can opt for monthly, quarterly, half-yearly and yearly pension.

7. Senior Citizens Welfare Fund: This scheme was launched by the Ministry of Social Justice and Empowerment. This is an unclaimed amount from small savings and savings accounts in the central government schemes. The scheme helps older people financially stable for their welfare and health care.

8. Vayosheshtha Samman: This is an award for older people, who have made significant contributions in their discipline. This is an award to recognise their efforts.

Government Schemes for Elderly People

9. Annapurna Scheme: Annapurna scheme was launched on 1st April, 2000. This Scheme aims at providing food security to elderly people, who were not covered under the NOAPS. Under the Annapurna Scheme 10 kgs of food grains per month are provided free of cost to the elderly people.

10. Indira Gandhi National Disability Pension Scheme (IGNDPS): This scheme was launched in February 2009 by the Government of India. Indira Gandhi National Disability Pension Scheme (IGNDPS) is a pension scheme which provides Rs. 200 per month for BPL persons with severe or multiple disabilities between the age group of 18-64 years per beneficiary.

In 2011 the age has been reduced to 60. The rate of pension under IGNOAPS was increased from Rs. 200 to Rs. 500/- per month per beneficiary for the beneficiaries of 80 years and above w.e.f. 1st April, 2011. **Government of Telangana pays Rs. 4,016/- per month to the disabled people.**

JAPAN-Policy towards Elderly

1. Japan has been experiencing the aging of its society at an unprecedented rate, which no other nation in the world has experienced.
2. The Japanese believed that ‘the family should look after a family member.’
3. The Japan has adopted a policy ‘dignity of care.’
4. The Japan policy towards elderly has transformed from ‘life expectancy to healthy life expectancy.’
5. There is a paradigm shift in policy, from ‘**cure-seeking medical care**’ to ‘**cure- and support-seeking medical care.**’
6. Japan’s major challenge is decline in the working-age population.
7. But the country is trying to convert declining birthrate and aging population as an opportunity rather than a crisis.
8. Japan’s policy aims to create an age-free society where everyone can play an active role and live in peace, regardless of age.

JAPAN-Policy towards Elderly

1. In Japan, among the 12 crore, 3.5 crore elderly people,
2. 70 thousand people are more than 100 years old,
3. 20 lakh people are more than 90 years of age.
4. By 2030, in Japan, one among three are elderly people, who are above the age of 65.
5. In future, one per cent of GDP will be decreased.
6. To face these problems, Japan has developed a policy of elderly.
7. The National Center for Geriatrics and Gerontology (NCGG) was established in 2004.
8. The mission of the NCGG is to promote physical and mental health of the elderly.
9. This is to achieve a life-long independence, and the improvement of the health and welfare for the people and the society.

JAPAN-Policy towards Elderly

1. In Japan, the elders were recognised as a “National Resources”. The priority will be given to the elders in allotment of houses, in work places, in prayer halls and in transport.
2. The best food habits were inculcated and mutton was discontinued. The fruits, vegetables, fish were introduced in their food habits to help the elderly in maintaining their health. As a result, 36 per cent of deaths due to heart attacks were reduced
3. Free medical facilities i.e., government bears the expenditure of health issues
4. There are pension schemes for the elderly
5. The robots will help the elderly in gym, to walk in parks and in when they take the food
6. The elderly continuously works and will contribute to the economic development and the nation building. The income they get from the work will be spent on entertainment, travel and on food items. This way in Japan, the elderly contribute to the nation’s economy.

CHINA-Policy towards Elderly

1. China has the largest population of older people in the world.
2. China-life expectancy is rising and birthrates sinking to record lows even after ending the one-child policy in 2016,
3. China's 1.4 billion population isn't just shrinking — it's also aging, fast.
4. The country will have more elderly people in need of healthcare, and at the same time fewer and fewer working age adults to drive the very economy that funds this care.
5. China is dealing with aging on an unprecedented scale. By 2040, it's expected to have 400 million people above the age of 60 — more people than in the entire US.
6. Like in the US, China's aim is to **let people grow old in their own homes**, and keep them out of nursing homes and assisted living facilities where possible.
7. "China is trying to establish day care centers, where people can return to their homes and be cared for by their children at night,"

CHINA-Policy towards Elderly

1. China has been innovating with the integrated medical care of older people.
2. It covers general and chronic diseases to control and prevention.
3. It strengthened health services with a large health workforce.
4. Integrated care is to integrate scientific research, clinical care, rehabilitation services, public health policies and health management.
5. China developed a national five-year plan (2016-2020) based on WHO recommendations to improve the health and well-being of older populations, to move closer to the achievement of universal health coverage for all at all ages.



CHINA-Policy towards Elderly

- u In China most of the elderly suffer from non-communicable diseases.
- u "You want to get older in your own home and to stay in your own home for as long as possible," said Gietel-Basten, a professor of social science and public policy at Abu Dhabi's Khalifa University, whose research covers demographics in China.
- u Alzheimer's is quickly rising as a concern in China. The country recorded around 15 million people with dementia in 2022, the most in the world, represent about 10% of the forecasted \$1.1 trillion global cost in 2030,"



CHINA-Policy towards Elderly

1. Four thousand hospitals were constructed for elderly people. These hospitals were integrated with 20,000 main hospitals for special services
2. Continuous research is being conducted in the hospitals on health issues of elderly
3. Three lakh skilled nurses were created to help the elders
4. By 2022, the skilled nurses' number will be increased by 20 lakhs (WHO, 28-01-2022).





Case Study of Chandra Rajeswara Rao: Foundation for the Aged



1. Chandra Rajeswara Rao Foundation for Social Progress (CR Foundation), a society formed with no-profit motive, was established in the year 1994 to perpetuate the memory of great distinguished legendary personality of India, Shri Chandra Rajeswara Rao.
2. Old age home 'Home for the Aged' started functioning from 2nd October, 1999. Initially it had 63 rooms for hosting about 113 people but at present they have 118 rooms for 132 senior citizens.
3. CR Foundation has two conditions to make the people as inmates. These are 1). The People should have served the society and, 2) They should depend upon themselves (they should not depend upon others for their daily functioning of life).
4. Accordingly, the inmates of the home are several social workers who sacrificed their active life for the toiling masses. They are freedom fighters, former legislators, and intellectuals including retired professors, engineers, officers and renowned journalists.

Case Study of Chandra Rajeswara Rao: Foundation for the Aged

Inmates of the CR Foundation has defined the life after 60.

According to them Life after 60 have four stages

1. First Stage - 60 – 70 Years – It is an active life
2. Second Stage - 70 - 80 Years – Mobility will be reduced
3. Third Stage - 80 – 90 Years – Restricted Life
4. Fourth State - After 90 Years – Most of the people are bed – ridden.

More help is needed in fourth stage of life.



Case Study of Chandra Rajeswara Rao: Foundation for the Aged

Suggestions from the inmates

1. Mapping of health issues.
2. Professional people assistance.
3. A pharmacy is needed within the institution or near by the institution.
4. Regular visit of schools & college students on weekly or monthly to socialise with them. This will help the elderly in improving their physical and mental health
5. Indoor games as well as physical activities which they can involve in



Case Study of Chandra Rajeswara Rao: Foundation for the Aged

Suggestions from the inmates

Mobile Hospital and Medical Camps: Senior citizens have pressed for the need of mobile hospital (24X7) to help them, which helps them in dire need of health crisis. Free medicines should be supplied to the old age homes

Robotic Technology: The robotic technology is needed to help elderly in day-to-day functions as it is happening in Japan.

Creating Livelihood Opportunities: Most of the inmates want livelihood opportunities and doesn't want to depend upon children or the government. Skills must be taught to them according to their choice and according to their preferred livelihood activity.



Case Study of Chandra Rajeswara Rao: Foundation for the Aged

Suggestions from the inmates

- u **Rural Areas-Establishment of Old Age homes:** Few inmates are from rural areas. They prefer to stay near their villages, because, social life in villages is vibrant and helps the aged in improving mental health. Inmates have informed that if the arrangements were made in the village, they prefer to stay in villages.
- u **More Old Age Homes:** The society is changing. Children are leaving to abroad for their betterment of lives. Old age people are staying back in the country. The parents cannot adjust with culture of other countries and do not want to spend isolated life, the people prefer to come to India. Old age homes have become the necessity. More old age homes are needed to help them.
- u **15. Insurance after eighty years:** At present insurance is up to eighty years only. After 80 years the elderly has to depend upon themselves. As people are living longer, health insurance till their death is need of the hour. The government must instruct to extend health insurance till their last journey.



Case Study of Chandra Rajeswara Rao: Foundation for the Aged

Suggestions from the inmates

Due to break up of joint family, and disputes within the family, elders are forced to stay in old age homes.

Dr. Subba Reddy, an inmate has explained that his son and daughter-in-law stay near to the old age home and three kilometres from the old age home and a 15 minutes journey to his son's flat. Due to internal problems, he was forced to stay in old age home.

Relationships are breaking and the young people are preferring to live separate from the old parents. Other inmate has said that "love and affection are slowly disappearing." The changing culture and financial problems have forced the elders move to old age homes.

In-charge of CR Foundation, has informed that "When they inform their children about diminishing health, the children are not interested to take them to their homes. The children will neglect the parents after 80 years." Improving social relations is the foremost. One of the inmates has concluded by saying, **"God has blessed us with long life. But government should bless us for dignified living."**



Utilising the services of aged: Policy Challenges

Care of elderly is fast emerging as a critical element of both the public and private concern. The policy should focus on to utilise their services in economic development and in nation building and to protect them from the future risks.

The policy should embark on

1. Institution building for elderly to conduct research in geriatric problems and treatment,
2. Age in Place i.e., social integration older people
3. Reducing health inequalities. Mobile clinics will help in rural areas.
4. Financial/Income Security i.e., Minimum Guarantee pension to elderly.
5. Personal security (Many elderly are vulnerable due to their age factor)
6. Continuous employment i.e., work home may be allowed
7. Emotional security and their well-being.

Utilisation of Human Resources

The Immense experience of their personal and Professional life, skilled and experienced human resources can transform the society.

But utilisation of these valuable human resources is a challenge.

- u Need to channelise those experience for better tomorrow ie., Nation Building
- u **Generational Link:** Elderly people are a link to the Children and younger generation. This gives strength and stability to families and society at large.
- u **Joint Family:** Tradition of Living together of generations under the one roof. This helped in upbringing of better human beings and responsible citizens.



India's policy towards Elderly

- u The policy should focus broadly on 'Five' indicators.
 1. Institution Building for Elderly
 2. Right to Health
 3. Income Security
 4. Personal security
 5. Continuous Employment
 6. Technology Update



Elderly People-Policy Measures

Continuous Employment

- u The retired people/elderly are valuable, experienced, knowledgeable people, who can help the young to build the better economy and better society.
- u At present retirement age is sixty years. As health standards increase, people started living beyond sixty with better health. Retirement should not be the retirement from life. The government should consider continuous employment to the elderly based on their choice and skill.

Elderly People-Policy Measures

Living Arrangements

1. Analysis of living arrangements says that in developed countries the elderly people live in independent houses.
2. In developing countries, particularly in India, the elderly people would like to stay with their children or extended families, which provides them emotional security.
3. Recently, as children left for their career, employment the living arrangements were disturbed. Now the new concept is old age care homes in cities. In few cities, independent living homes were created for the elderly people with medical facilities and friendly environment which help the elderly.
4. The friendly environment is a must for dignified ageing. Recreation facilities are needed according to their needs. This helps them live with happiness.

Elderly People-Policy Measures

Institutions for Elderly

- u USA, China, and Japan have created institutions to frame the policy and to take care of their well-being of elderly.
- u The institutions will strengthen the policy, health services and holistic health management of elderly.
- u The institutions will help in research in mechanisms of ageing, patterns of health status in older age, and health promotion and maintenance of functional ability of older people.
- u Setting up the institutions for Elderly, will help them in dignified living.

Health Care

- u It is said that “Home care is the best care.”
- u In Japan, the family will look after a family member. The elderly will not be comfortable in hospitals even the hospitals provide comfortable rooms.
- u There is a gap of hospital care and home care. The elderly will miss the emotional love of the dear ones in hospitals. Home care and emotional love of dear ones helps the elderly to add few more days to their life.
- u Everyone will be aging, irrespective of status and wealth. Elderly will lose their dignity to those who take care of them, because they depend upon them. Elderly know that they can't control anything or anyone. Personal care helps them to be happy and lead a dignified life.

Elderly People-Policy Measures

Health Care/Right to Health

- u Health is a first priority in human development. It has a central place in Global Goal – 3 (SDG-3) “Ensure healthy lives and promote well-being for all at all ages.” The health needs of elderly should be addressed for healthy ageing.
- u National policies suggest that free medical facilities for elderly people in government hospitals and private hospitals. The government hospitals were not equipped to treat the elderly people, although the doctors are efficient.
- u In private hospitals, free medical facilities are a distant dream. The government must create geriatric care centre in every government hospital and be equipped with the equipment to treat elderly. The government must bear all medical costs. The government should direct private hospitals also to provide, free treatment and free medicines to the elderly.

Elderly People-Policy Measures

Care Homes of the Elderly

- u The national policies suggest that creation of care homes for the elderly in every district (2007). The national policy (2011) opens up for private institutions, NGOs to establish old age care homes. But the standard of the homes is necessary. Trained medical staff, as medical technology advances, the latest medical equipment is needed to treat the medical emergencies. Friendly staff is ideal to keep the smile of elderly people.

Palliative Care

- u Elderly people suffer from chronic illness. Palliative care helps the elderly to lead a quality life.
- u *Palliative care* is specialised medical care for people living with a serious illness. It is a process of diagnosis and treatment. The palliative care provides relief from the symptoms and stress of the illness. The objective of palliative care is to improve the quality of life for the patient and the family.
- u Palliative care is provided by the specially-trained team of doctors, nurses and other specialists. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment. Palliative care for people suffering from serious illness such as cancer, congestive heart failure (CHF) Chronic Obstructive Pulmonary Disease (COPD), kidney disease, Alzheimer's Parkinson's, Amyotrophic Lateral Sclerosis (ALS) etc. (Palliative Care, 2-2-2022)

Hospice Care

- u Hospice care is a compassionate care for the people in last phase of incurable disease. Hospice care focuses on the palliation of a terminally ill patient's pain and symptoms. The specialists will take care of the terminally ill people, their emotional and spiritual needs at the end of life. Hospice care prioritises comfort and quality of life by reducing pain and suffering.
- u According to the data available approximately 70 lakh elderly people are limited to the premises of the house. Approximately, 70 lakh youth stay at home to take care of the elderly. The young are skilled, and have energy, as they are at home serving the elderly people, their skills and energy was not utilised in development process.
- u The government should create hospice care house in different locations to take of the terminally ill patients. To reduce their pain, specific skills may be provided to concentrate on the work. When the people concentrate on the work, which they are interested, the pain will reduce. The government must focus on hospice care to help the elderly.

Elderly People-Policy Measures

Income Security

- u The ageing people (either male or female) are vulnerable to finances.
- u Further, they lack bargaining in crisis situations. Their earnings were invested in bringing up the children, education and providing comfort to them.
- u In old age, their income is less and they don't request their children for help of finances, although the children are well settled. The elderly needed the income security as a priority need.
- u Minimum Guarantee Pension should help them in time dire necessity. Government must consider minimum pension to the elderly. Studies point out that Elderly were happy that at least their minimum needs are met with pension in rural areas.

Elderly People-Policy Measures

Personal Security

1. The crime is rising against the senior citizens, the foremost concern about elder people is their physical security. Personal security should be provided by the family, community and the Government.
2. Key findings of Help Age India and Age well foundation is that the elderly people are vulnerable to abuse, assault and violence due to their physical weakness and financial dependency on family members.
3. Culturally, India is having a joint family system, where three generations of family members used to live under one roof. Elderly people are strength to the family. They provide ethical and moral values to the grandchildren. In fact, the elderly loved the grandchildren. It is said that “Grandchildren are the crown of the aged, and the glory of children is their fathers”. The joint family system was the ideal family system for elderly, young and children.

Elderly People-Policy Measures

Entrepreneur Skills

1. In USA, 50 and older generates \$7.6 trillion economic activity. It is a huge financial force. The trend will grow more as the elderly becomes 20 per cent by 2050.
2. In India, the elderly people are huge economic source, although the data is not available of their contribution to the economic activity.
3. Providing Entrepreneur skills to the elderly will boost the economic activity. They can provide an employment to the family members and younger generations.
4. Japan has created a policy that elderly can work from home, with flexible timings.
5. The country has to adopt the work from home for the elderly people. They feel more comfort at homes, with flexible timings.

Elderly People-Policy Measures

Skills of Technology

1. Technology drives the development. At present, the technology plays an important in every activity.
2. The advance technology has created a revolution in communication, in transport, and in space.
3. The technology is touching everyone in development process i.e., from new born baby to the elderly. Further, during pandemic, the technology has played a vital role and driven the communication process and development.
4. The elders should be trained in new technologies. This will help in more contribution to the silver economy.

Elderly People-Policy Measures

Free/Subsidized Transport

Financially, elderly people are dependent on children, and pension schemes. As age progresses, the income of the elders dwindles. This makes them financially vulnerable. Access to public transport enables older adults to meet their essential needs (e.g., grocery shopping, attending health appointments). It helps them in improving health and quality of life through travel for getting essential needs, visits to the families and friends. Elderly travel to the hospitals frequently, transport to the elderly should be free/subsidised.

Government of Tamil Nadu has provided free bus passes to the senior citizens to travel in metro buses in Chennai. (The Hindu, 2-2-2022).

The Delhi government has offered free bus ride to senior citizens on the occasion of International Day of Older Persons from 1st October, 2021 onwards. The Delhi government has provided free rides to the women in State-run buses (Times of India, 3-2-2022).

Elderly People-Policy Measures

Creation of SHG

Self-Help is the best help.

An organization of SHGs of **elderly-helping themselves**. It provides them courage and dignity. Their togetherness helps unity, and they find themselves improving living conditions. They are self-governed. Their social and economic life is decided by themselves. They become economically independent. This will empower them to live social and community life. With economic activity, they can help themselves and in nation building.

Thanking you

Everyone will be ageing in the society. ‘Every senior citizen is a human’. Elderly has the same rights as every one of us have. Good healthcare is everyone’s right and as well as elders. The dignified living of elderly should be guaranteed.

As UN goals put it ‘**No Elderly Left Behind**’ and ‘**Society for All**’. To sum up, “**the elderly should be viewed as contributors to the society and not as a burden.**”

