

CHAPTER IX

RECOMMENDATION

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In India social and economic programmes are important to secure the life of increased number of aged in the country, i.e. for the better standard of living of the aged. So better standard of living, better nutritional care and overall protection of the aged is important. An elderly needs support from many types of welfare policies and programmes. These are:-

- Family Caring
- Social Support
- Nutritional Care
- Better Standard of living
- Post Retirement Job Facilities
- Social Engagements
- Medical Facilities
- Sufficient Retirement Benefits
- Introducing Geriatric Managements from School Level
- Providing Value education to Children and Adults
- Training Provisions for the Aged to Handle their Problems

The people who have the responsibility of taking care of their aged family members should have the awareness about the needs and requirements. These may be:-

- Spending time with the elderly is very important. Talking to them, watching television together, sharing feelings, accompanying them during a short walk, going for an outing, shopping, all these can give them joy and bring happiness.
- Health care is the most important requirement of the elderly people. When their health deteriorates, they become less efficient to do their daily activities. At that time they need regular medical checkups, medicine in time, proper food according to doctor's advice.

- With age people lose their digestive power gradually. So it is necessary to provide them proper diet. Their diet should be modified according to the need. Nutritious and balanced diet should be provided.
- Young generation should avoid a conflict situation with the elderly. This conflict can occur within family with the young generation who are struggling and the aged people do not accept their attitude towards outer world and even do not understand the challenges the young people are facing. This situation occurs due to old prejudice of the aged people. The duty for the younger generation is to make them understand about the present situations with love and care.
- It is very important to be patient while dealing with elderly.
- At this stage of life elderly people feel lonely. They lose their social contacts, lose their friends and after the death of the spouse they feel more lonely. It is necessary to encourage them to join any social group or in the groups specially meant for the senior citizens. In Indian custom remarriage for the elderly is still not common. But it should be kept in the mind that we all need company, a friend and comfort of love and it is better to accept the fact as early as possible.
- At this age elderly become financially weak and they need economic supports. So it is necessary to make them more skillful to do other jobs or take employment opportunities after retirements. It is also necessary to make them realize that there are many ways to earn money if they want to and encourage them to avail such options. So that they do not remain as a burden to their families.