

RETHINK AGEING

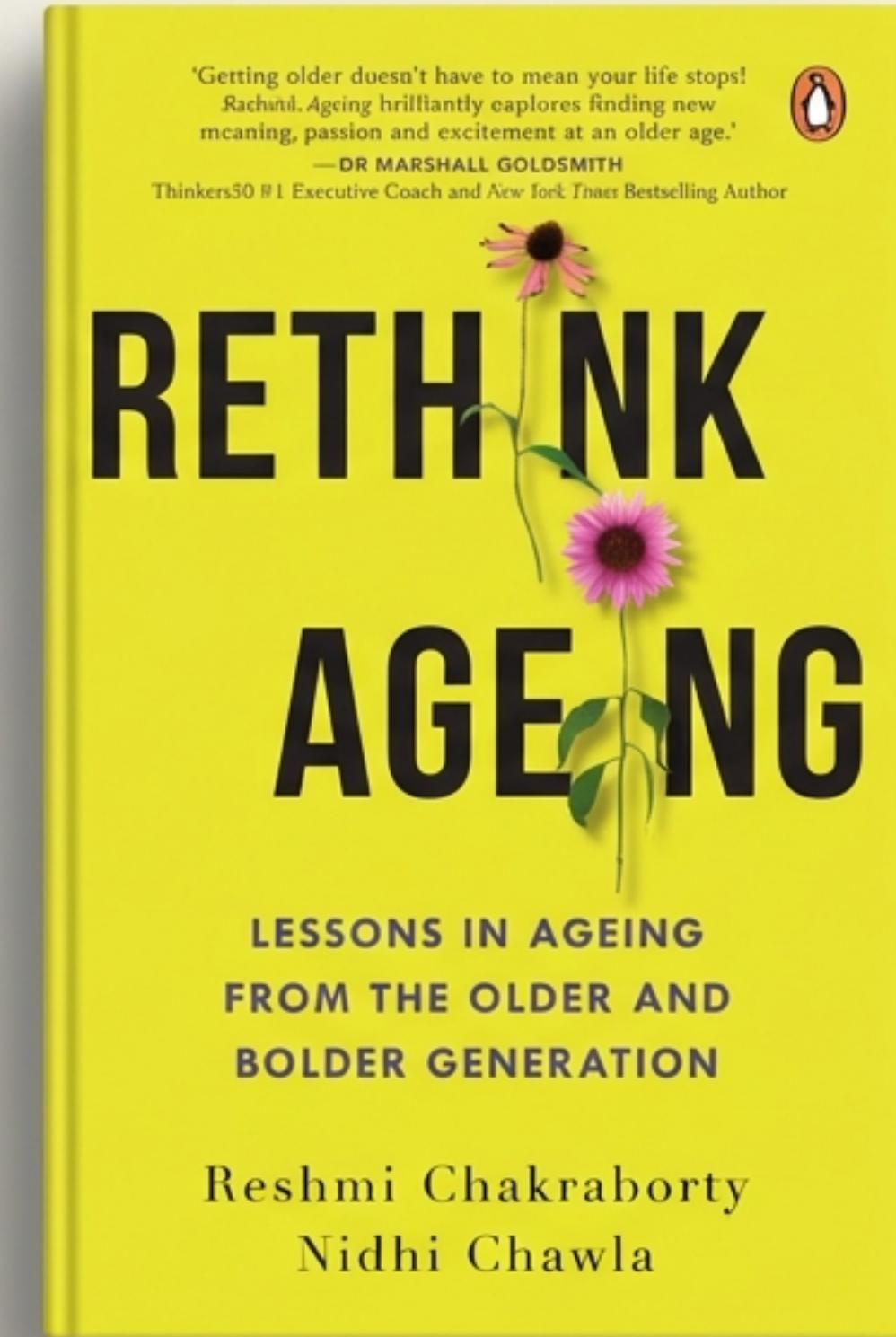
Lessons in Ageing from the Older and Bolder Generation.

The afternoon knows what the morning never suspected. — Robert Frost

Presented by Silver Talkies.

Authors: Reshma Chakraborty & Nidhi Chawla.

Mission: To challenge the stereotype of age as a decline and replace it with evidence-based possibilities of reinvention, fitness, and connection.



THE CHANGING FACE OF AGE IN INDIA



THE OLD SCRIPT

- 🚫 • Withdrawal & Frailty
- 🚫 • 'Sitting at home'
- 🚫 • Dependence on children
- 🚫 • Joint Family Structure

THE NEW NARRATIVE

- ▶ • Active Ageing (WHO Definition)
- ▶ • Functional ability & Well-being
- ▶ • Rise of the Nuclear Family
- ▶ • The 'Active Ager' Identity



**300 Million
Seniors by 2050**

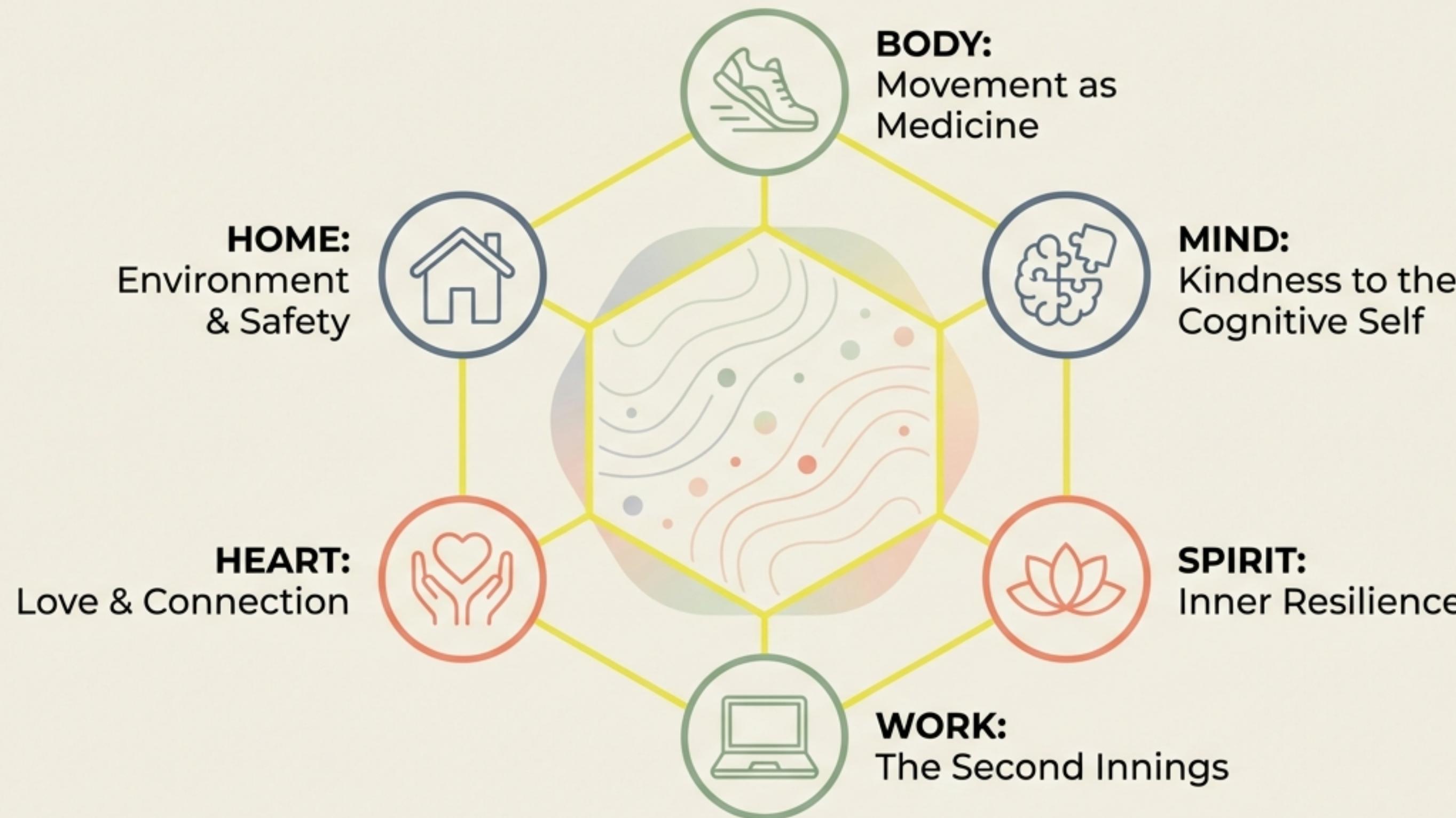


**Life Expectancy Rise:
56.2 (1970) → 70.8 (Today)**



Ageing is a transition, not a full stop. It is a time for exploring, empowering, and reinventing.

Six Dimensions of the New Ageing Narrative



Moving beyond the fear of decline to the joy of reinvention.

THE PHYSICAL RE-SCRIPT: MOVEMENT IS MEDICINE

THE OLD SCRIPT

Rest up. Don't exert yourself. Avoid strain.

THE NEW NARRATIVE

If you feel too old to do a thing, do it.

Science of Ageing

Movement triggers neuroplasticity, improves balance, and prevents muscle loss (sarcopenia).



HERO PROFILE:

Bylahalli Raghunath Janardan (87)

- Started running after 60.
- Completed 16 full marathons.
- Quote: "I am energized by the process... and I'm just getting started!"

Your Toolkit for Active Ageing

Movement Snacks



Break sedentary habits with bite-sized activity. Try standing on one leg while brushing your teeth to improve balance.

The Talk Test



Measure intensity simply. You should be able to hold a short conversation while exercising without huffing and puffing.

Everyday Action



Stop keeping water by the bedside. Walk to the kitchen to pour a glass 6 times a day.

Getting Started safely

✓ Start Slow: 10 mins → 30 mins.

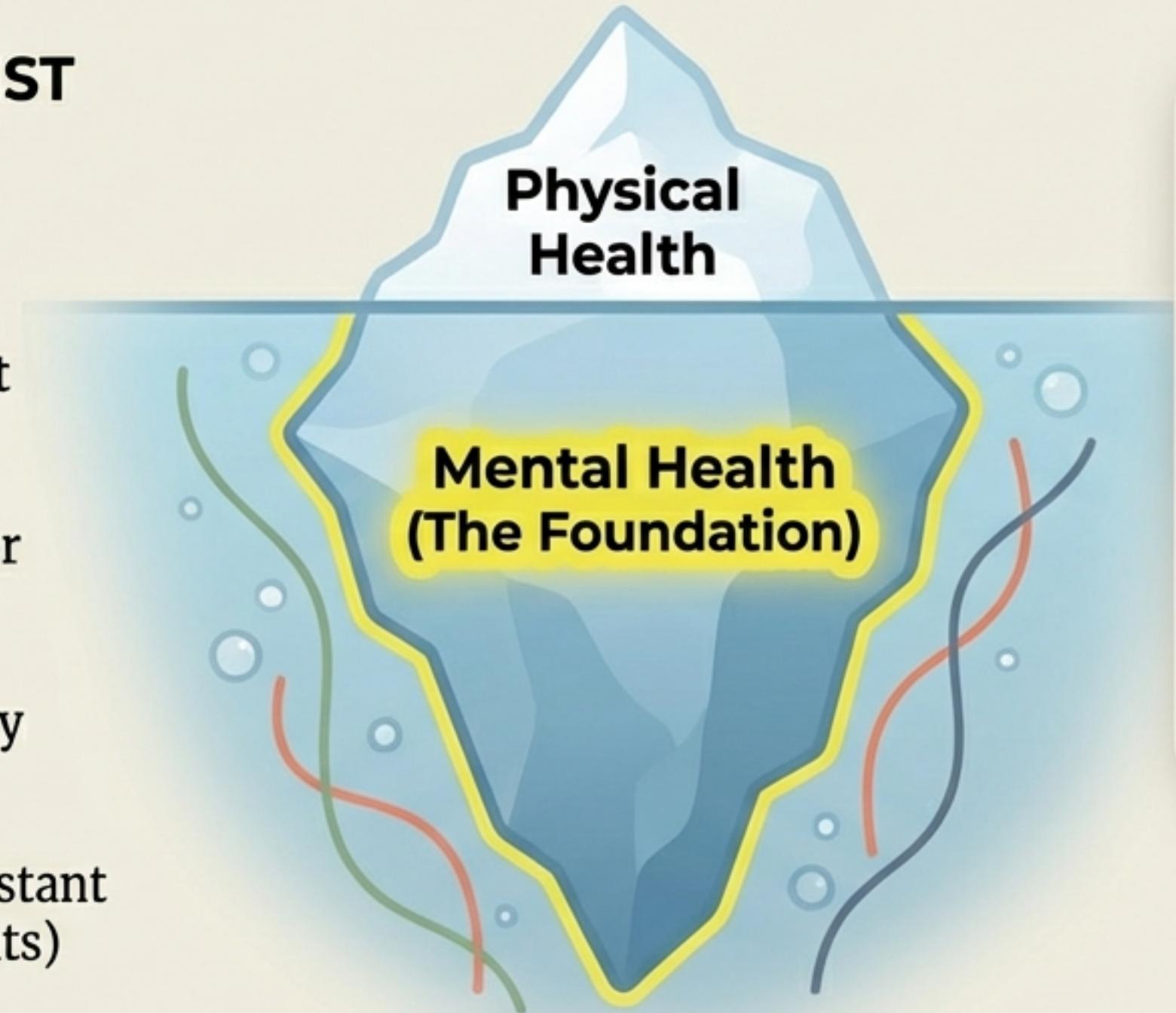
✓ Use Assistive Devices: Canes are safety tools, not symbols of weakness.

✓ Find a Buddy: Accountability improves consistency.

THE MENTAL RE-SCRIPT: KINDNESS TO THE MIND

RED FLAGS CHECKLIST

- ⚠ • Changed sleeping patterns
- ⚠ • Unexplained weight loss/gain
- ⚠ • Social withdrawal or apathy
- ⚠ • Short-term memory loss
- ⚠ • Hypochondria (constant worry about ailments)



THE REALITY VS. THE TABOO

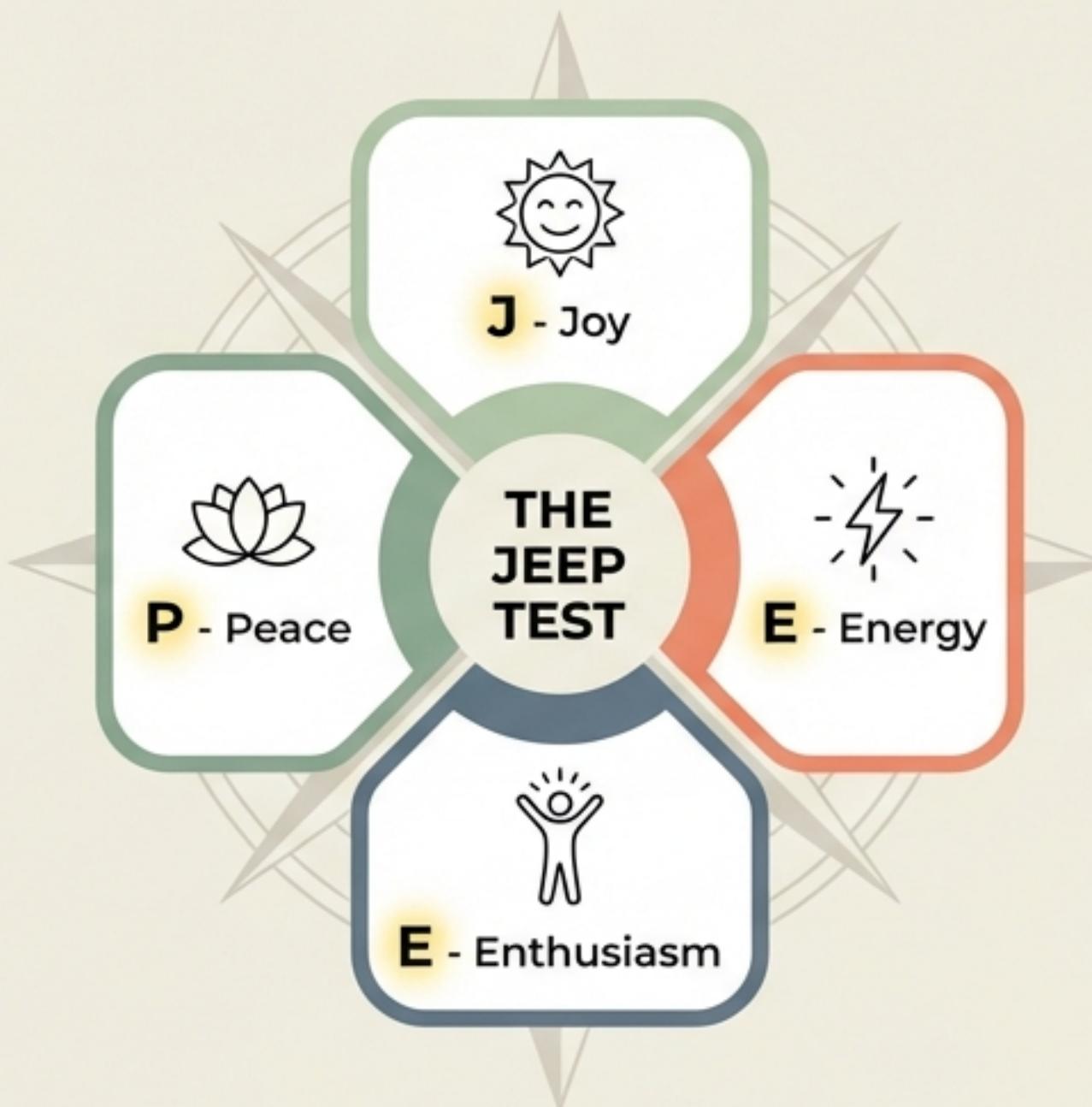
Taboo: Dismissing depression as 'old age quirks'.

Reality: 30% of Indians over 60 have symptoms of depression (LASI 2021).

Insight: If a senior at home doesn't seem well, don't dismiss it as age-related. Seek professional help.

THE SPIRITUAL RE-SCRIPT: ANCHORING THE SOUL

Moving from Religion (Fear/Dogma) to Spirituality (Inner Resilience).



ACTIONABLE PRACTICES

- 1. Gratitude Journaling:**
Count 10 things daily.
- 2. The Work (Byron Katie):**
Question stressful thoughts ("Is it true?").
- 3. Ikigai:** Find your sense of purpose.

THE VOCATIONAL RE-SCRIPT: THE SECOND INNINGS



From Retired to Rewired

CASE STUDY

Name: Harbhajan Kaur (95)

The Story: Expressed regret at 90 about never earning money. Started making 'barfis'. Now a pan-India entrepreneur.

The Quote: "Earlier I was just a wife and mother... Now I am Harbhajan Kaur, entrepreneur."

Insight: Ambition has no expiration date. Work provides purpose, empowerment, and connection.

DESIGNING YOUR PORTFOLIO CAREER



Hobby turned Venture

Monetizing skills like painting or cooking.



Upskilling

Learning digital skills to stay relevant.



Bridge Jobs

Consulting, gig economy, or translation.



Volunteering

Teaching (Tuition Uncle) or NGO work.



Silver Economy

Modelling and Acting.

Strategy: Be upfront about skills, bridge the tech gap, and leverage generational diversity.

THE EMOTIONAL RE-SCRIPT: LOVE & INTIMACY

The Taboo: Romance is for the young

The Reality: “*The race grows sweeter near its final lap.*” — Eve Pell



Asavari Kulkarni & Anil Yardi: The Choice

Met at a senior group. Decided to live together (live-in relationship) over marriage. Prioritized companionship, travel, and shared evenings over social approval.

Insight: *Companionship creates emotional security. It is a “matching of minds”.*

Social Networks: The Wellness Secret Sauce



The Solution: Building a Tribe



Moais: Social support
groups (Blue Zones concept).



**Intergenerational
Friendships:** Staying relevant
(e.g., Gaming with grandchildren).



Clubs & Technology:
Bridging distance via video
calls or hobby groups.

THE ENVIRONMENTAL RE-SCRIPT: AGEING IN PLACE VS. COMMUNITY LIVING



SENIOR LIVING COMMUNITIES

- Pros: 'Forever homes', medical infrastructure, community dining, freedom from chores.

Trend: Demographics shifting younger (buying at 48+).



AGEING IN PLACE

- Requirement: Home modifications (grab bars, anti-skid tiles) and building a local support network (JOY - Just Older Youth).



The Goal: A supportive ecosystem that allows independence.

The Senior Living Evaluation Checklist



The Manifesto: The Spirit of Chardi Kala

Body: Moved
Merriweather Regular



Mind: Kind
Merriweather Regular



Spirit: Resilient
Merriweather Regular



Rising Spirits

CHARDI KALA: Eternal Optimism & High Energy

Work: Rewired
Merriweather Regular

Heart: Connected
Merriweather Regular

“Ageing is growing... The fruit doesn’t worry about its age. As long as I am enjoying each day of my life, I am spiritual.” – Khem Lata Wakhlu (84)

RETHINK. RE-SCRIPT. REINVENT.