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Department: GENERAL MEDICINE

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TRANSCRIPT

Hello Everyone... This is Dr. BADRINATH talking about INTERNATIONAL DAY OF OLDER PEOPLE
INTERNATIONAL DAY OF OLDER PEOPLE:

On December 14th, 1990 United Nation's General Assembly designated October 1st as the International Day of Older People.
It is celebrated

- To create awareness regarding the issues affecting the elderly such as “process of becoming old” and “elderly abuse”.
- To monitor the well-being of the older people.
- To appreciate the contributions made by the older people to the society and most importantly
- To educate the society regarding the Rights and Special needs of the elderly people.

UNIDOP (UNITED NATIONS INTERNATIONAL DAY OF OLDER PEOPLE)

THEME FOR 2022 – “RESILIENCE OF OLDER PERSONS IN CHANGING THE WORLD”

RESILIENCE – is the process of successfully adapting oneself, to challenging life experiences, especially through mental, emotional, behavioral flexibility and adjustment to external and internal demands.

Life expectancy globally is expected to increase over the next couple of decades.

The number of people aged 60years and above, will outnumber children younger than 5 years. This is due to infertility in younger population and at the same time, improving life expectancy of the Elderly Population. This improved life expectancy is achieved by providing adequate health care facilities to tackle the medical needs of the elderly.

A longer life brings ,opportunitiesnot only for older people and their families ,but also for the Society as a whole.

The elderly contribute to the society in terms of loyalty , maintenance of organization, safety in workplace, experienced in

decision making in difficult times when compared to younger people.

Tapping into the talents of the older people can boost the goals of the organization.

This can be done by,Intergenerational interaction programmes, where the elder people interact with the younger people and share the experience.

Getting older is inevitable ,but unfortunately they face various discrimination such as

- Not having valuable contribution to the society
- Social exclusion to larger extent
- Both physical and mental abuse.

Challenges for the elderly people in our society are

- Physical and mental wellbeing
- Difficulty in mobility – due to disease
- Access to health care services.

Common health issues in elderly are

- Psychological problems
- Dementia/alzheimers/ parkinsons disease
- Osteoporosis leading to pathological fractures and immobilization
- Macular degeneration and cataract
- Ischemic heart disease, DM ,heart failure and other non-communicable disease
- Urinary incontinence

We can improve the quality of life and add quality life years to the elderly by

1. Making the living environment more comfortable
2. Positive social interaction and social activities
3. Regular medical checkup and disease prevention by life-style modification
4. Regular physical exercise
5. Providing safe transport
6. Providing separate services in the hospital and day care facilities.

THANK YOU.