

Old Age  
Is  
*A Natural Phenomenon*



Don't let your mind surrender to conditions  
of your body in old age because  
*a human mind always remains young*

**Agewell**

**G**rowing old is inevitable. With increasing life span and better facilitation, longevity has increased progressively over the years.

Old age is an unavoidable part of our life cycle and should be lived gracefully rather than grudgingly.

In today's fast paced world we only start noticing signs of old age much after the gradual process is well underway. After retirement, most of us develop a complex of becoming redundant and unimportant. This changing mindset is actual ageing.

On the other hand our physical capabilities also start diminishing gradually. As age sets in, it affects our body and many old age problems start setting in. It is only a question of coming to terms with this by adapting ourselves to these changes to make life easier and fulfilling.

There are certain ways of making our old age comfortable and meaningful. Here are some tips:

## **PERSONAL**

The glass is never half empty.  
It is always half full. Optimism makes all the difference.

- Admit and accept the disabilities that are associated with old age and try to arrest their growth:
- Through periodical check-ups
- Timely medications
- Proper exercise
- Morning and evening walks
- Yoga
- Diet control, etc.
- Try to be in step with modern lifestyle, technology and never say “never.”

# There are certain ways of making our old age comfortable and meaningful.

- Avoid interference in matters of no direct concern.
- Old age brings with it rich experience -guide and consult with family members on important matters.

## **SOCIAL**

Social interactions have no relation to age. Old age only makes inter personal skills more nuanced. Don't give up on:

- Meeting friends
- Going to clubs
- Reading books
- Watching TV
- Going to places of worship
- Attending religious discourses
- Participating in cultural programmes
- Being involved in extra-curricular activities, such as picnics, sports, etc.

## **FINANCIAL**

The key to graceful old age is being as financially independent as possible. For this:

- Plan finances well
- Take maximum care in investments
- Restrict wasteful expenditure

- Be economically active in whatever manner possible
- Make a WILL, so that the wealth goes to desired beneficiary. *(the format of a WILL can be obtained from Agewell Foundation)*

## EMOTIONAL

Strengthen bonds with family. After all, it is the one social formation that stays with an individual for life.

- Try to be less demanding and don't expect more from anybody, so that others don't feel that we are in their way.
- Touch base with spirituality through activities like as *satsangs*, pilgrimages etc.
- Understand the philosophy of life in a realistic manner. We were born alone and we will die alone. We did not bring anything with us, nor are we going to carry anything with us when we leave this world.

## MEDICAL

- Never ignore health problems. As the saying goes "a stitch in time saves nine". If proper medical treatment is sought in time it will save the agony and anxiety of family members and help in faster recovery.
- Keep proper medical records.
- Have regular check-ups and medicine on time.
- Stick to a balanced and nutritious diet.

## **Agewell's Initiative**

- **Agewell Helplines For Older Persons**
- **Agewell Eklavya- Employment Exchange For Older Persons**
- **Agewell Research & Advocacy Centre (*For Needs & Rights Of Older Persons*)**
- **Agewell Family Membership (*For Old People Who Live Alone*)**
- **Agewell Aadhar Nationwide Volunteer Action Network**
- **Agewell Share A Smile With Your Elders (*School Contact Programme*)**
- **Agewell Interaction Centre for Older Persons**
- **SURAKSHA - Older Persons And Threat Of HIV/AIDS**
- **SAHYOG - Old Age Psychological Trauma Center**
- **Agewell Monitoring & Evaluation Centre**
- **Old Age And Disability An Outreach Initiative**
- **Older Persons As Social Communicators**
- **Comfortable Old Age - Training Modules For Older Persons**
- **Care Giving Training Modules For Family Members Of Older Persons**
- **Older Persons In Prison And Asylums An Assessment Study**
- **Linkage Between Adolescents And Older Persons**



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