

Young Elderly - New Horizons

AVENUES FOR WELL BEING of DESERVING SENIORS



BORN AS AN ANGEL.... NOW MARCHING AHEAD FOR HOLY LIFE TRANSITION...

GIVE BACK BETTER

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February 22, 2025 (m) 8319723072



Excellencies steering....

Professionals fructifying humanity aspirations

Dignitaries on wealth empire

Economically sound / sunk



Emotionally sound / sunk

Urban

Multi coloured social fabric of senior citizens marching to holy life transition

Rural

Self care capacity

Needs home care

Earning livelihood lifetime

70+80+90+

Welfare recipients...

Living on charity in OAHs...

Filter choice

Living on charity under sky

Graceful...

Sun shining minds, sun rising intellects, springs of joy, encapsulated within an ageing bodies, fastest growing now set to outnumber youth worldwide by 2035... young elderly-in 60 to 75 act now...

Demanding

Categories of Elderly

Research reveals 12.5% of 80+ elderly are bedridden / immobile. This also establishes that 87.5 % are mobile who can pursue active ageing.....!!!

Working Elders

- Mobile
- Ability to Pursue Livelihoods
- Asset less or less assets
- No Problems with ADL & in good health

Working Elders
Livelihood & Social support through ESHGs

Assisted Elders

- Ordinarily Mobile but with some difficulty
- Ability to pursue Livelihoods
- No Problems with ADL
- Hypertensive and/or Diabetic and/or Arthritic
- Needs Medical Assistance for Control.

Assisted Elders
Livelihood & Social support through ESHGs
+ Health Care (NPHCE)

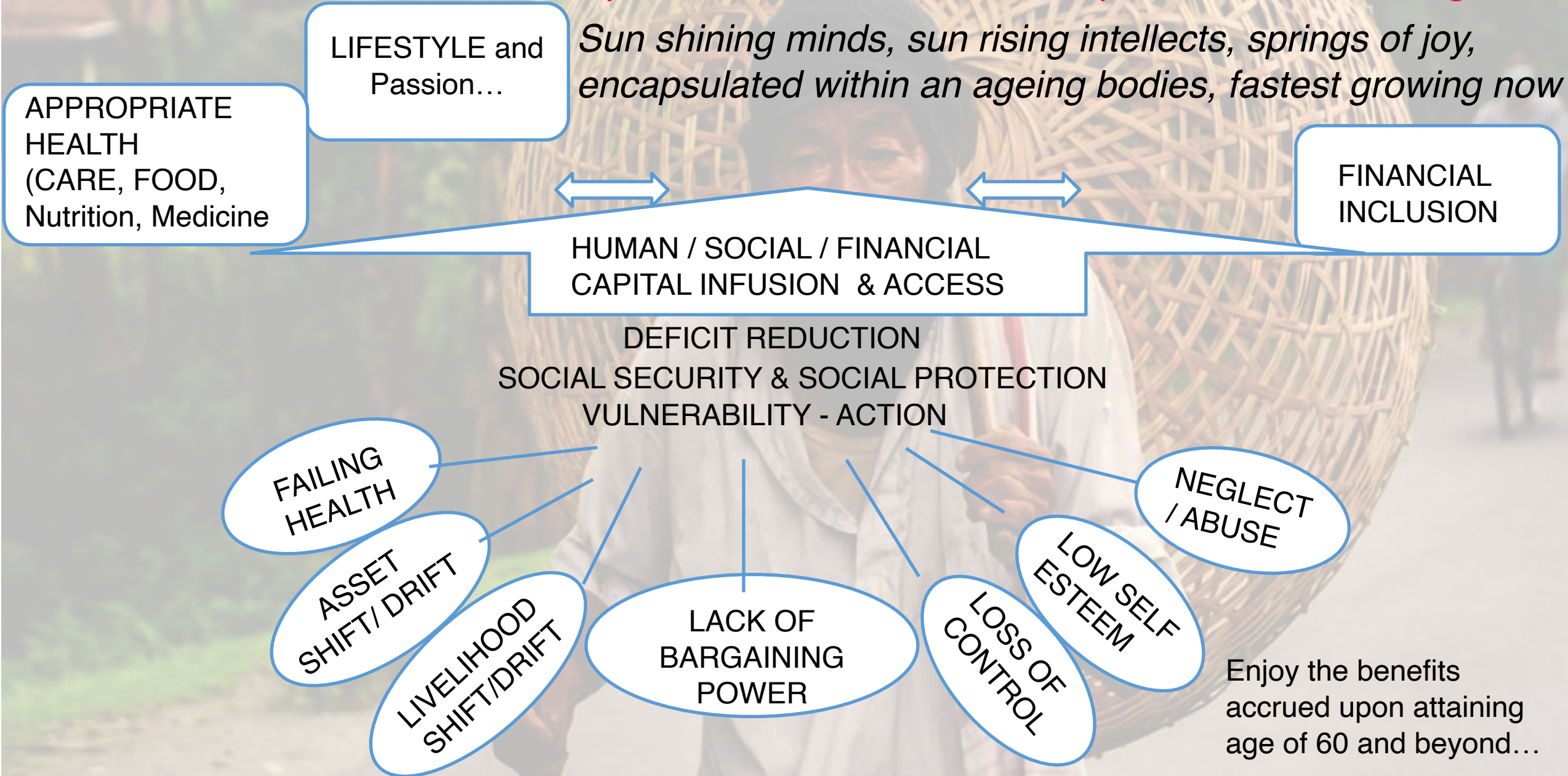
Destitute Elders

- Ordinarily immobile due to age or illness
- Need Assistance in Activities of Daily Living
- Need Medical and Subsistence Support

Destitute
Sustenance & Palliative Care Support



® Reborn as Senior Citizen - Acquired + Intellectulised + Experiential Knowledge

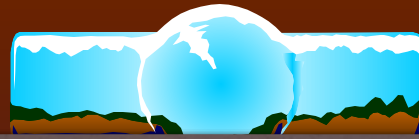


® Avenues for giving back better.... Voluntary, Donations, Services, Mentoring...

- unv.org,
- helppageindia.org, healthywrinkles.com, happy2age.com, silverinningsfoundation.org, inspiringseniors.org, adhatatrust.org, vivah-vikas.org, shehjaarhomes.in,
- HCL foundation, Infosys Foundation, SBI Foundation, Reliance Foundation, Adani Foundation, Vedanta and many more in the Corporate world of India.
- Melinda Gates Foundation, Clinton Foundation, Pure Earth & many more on global scale
- At local level also there are various openings for offering the voluntary / honorary services to the society through small associations - Neki kee Deewar, drinking water in summer for animals, birds and humanity...
- Mentoring on the platforms like Manodarpan of MoHRD and more...

® Avenues for financial gains Skill based jobs, Consulting, Services, Advocacy...

- wisdomcircle.com - Bengaluru based Private Sector publishing vacancies
- sacred.dosje.gov.in - Website of Ministry of Social Justice posting vacancies for seniors
- in.linkedin.com - Submit detailed bio-data and mark "Open to work" to get responses
- Atal Vayo Abhyuday Yojana (AVYAY) - Ministry of Social Justice - Look at the grants
- Elderly Self Help Groups (ESHG) Scheme of Ministry of Social Justice - Grants for livelihood projects / programs to be implemented by a group of seniors citizens
- csrxchange.gov.in - website of Ministry of Corporate Affairs - for placing the projects / programs that can attract the CSR funding from the Corporate Houses. One can also see the projects / programs opportunities for getting involved in the implementation process
- Browse through the websites of leading Corporate Houses - Impact Assessment of CSR projects (single valued Rs. 1 Crore or above / year) calls for impact assessment study by an independent agency. Senior Citizens could get involved in such openings.
- Standalone options like create YouTube channel to promote your unique skill / competence, undertake teaching / advisory paid roles, find options to be on Board of Governance of organisations like NIRD&PA, Social Justice Department Committees, NISD and becoming counsellors in IGNOU / ocean of organisations...seeking services...



Points to Ponder...how you analyse your own unique situation for 60+... re-born or waiting...

Can we coerce anyone with the fear of exploitation to obviate the merits of active ageing in serving life support & life style...evolution...

Is the seemingly affectionate behaviour of relations / care givers can obviate the next generation's right to evaluate our activities in real world of togetherness...

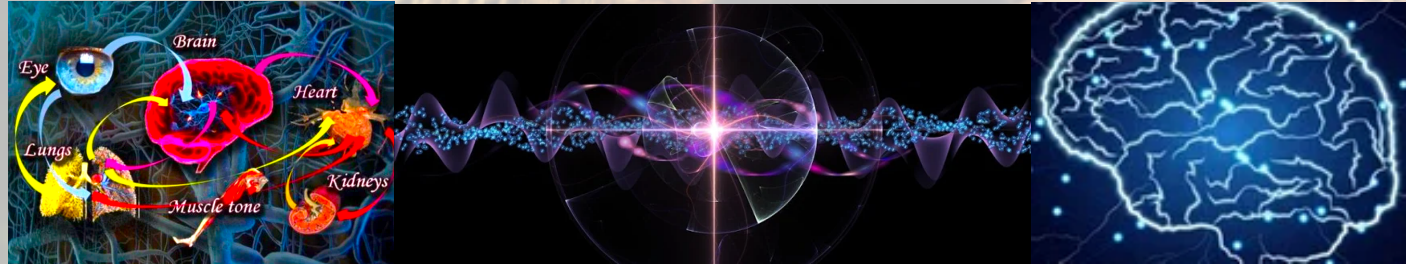
The world is watching us as much as we do...



Doors are open for consultative process to differentiate ...

The present is dynamic; let us continue to nurture our skills & competence aiming at an all round excellence in the life ahead ... 60+ does not offer a license to wait for the life transition...

® *Nurturing intergenerational relationships ... searching for an equity for all ages in an unequal world...*



Actions....

Thoughts.....

Emotions...

Lifestyle evolution for our joyful and productive living is through continual interactions of “Mind - Intellect - Body” ...

Brain is ultimate organ & Science is supreme, else tell how to measure the radius of sky...

The process of attaining grey hair stature is the transformation of youth energy into a knowledgeable think tank; with diverse experiences of life on personal and worklife / professional counts; that are unique to each person....fastest growing amongst 7 billion ...

Let us search the people having zero unmet wishes - until life their transition...

® *Nurturing intergenerational relationships ... searching for an equity for all ages in an unequal world...*

Childhood days...

- Childrens were fastest growing segment in those days – every parent having 5 to 14 kids
- For home care our elderly had 3-4 children waiting to get an opportunity to serve & get blessed
- Built high emotional quotient in childhood days...
- Elders surrounded by siblings at life transition....
- Enjoyed the fruits of togetherness in the society of all ages – built unconditional social unison ...
- Learnt prudence of efforts for holy life transition...
- Guided to serve and get conferred by the rewards
- Got treatment as a spring of joy...
- Elder regards a reality...both real & in action...
- Anxiety to watch the world around...to grow...

Current scenario...

- Those children now elderly are fastest growing segment – with an increasing life expectancy
- For home care we elderly need to employ caregiver & get instructions from children...
- Feeling acute pain of emotional distress...
- Elders surrounded by nursing staff in ICUs...
- Being compelled to live in isolation at senior living homes – learning conditional social fabric...
- Feeling fear of attaining the life transition...
- Getting services with negotiated charges...
- Being treated as unwanted welfare burden...
- Elder abuse a reality...both visible & invisible...
- Anxiety to watch the world around...to leave..
- ... and so on and so on....*the life moves on...*

® Nurturing intergenerational relationships ... searching for an equity for all ages in an unequal world...

- Earned money and allowed parents to have their say in the spendings...*
- Contributed financially for the family for life support needs and social obligations...*
- Nurtured children for building their foundations to grow much higher than we achieved...*
- Supported children on all walks of life – sportingly on likes / dislikes...*
- Performed on the professional fronts to the best of our ability...*
- Created assets for own security and then inheritance by the children...*
- Contributed to the society both on funded and non-funded avenues..*
- Maintained the learning drive for active ageing..*
- Enjoyed many laurels during productive age on personal and professional grounds...*
- Past developments of over 50 years in Infrastructure, urbanisation, industrialisation, IT, defence, outer space, health, aviation, & lifestyle are having contribution of today's senior citizens. But there are no tools to make society of all ages to appreciate...*

Then where we have gone wrong to encounter straineous intergenerational relations?...

Youth are welcome to come forward with their thoughts....

® *An endeavour for harnessing collective intelligence...*

learn from learned audience

Under the prevailing lifestyle evolution process possibly we need to appreciate:

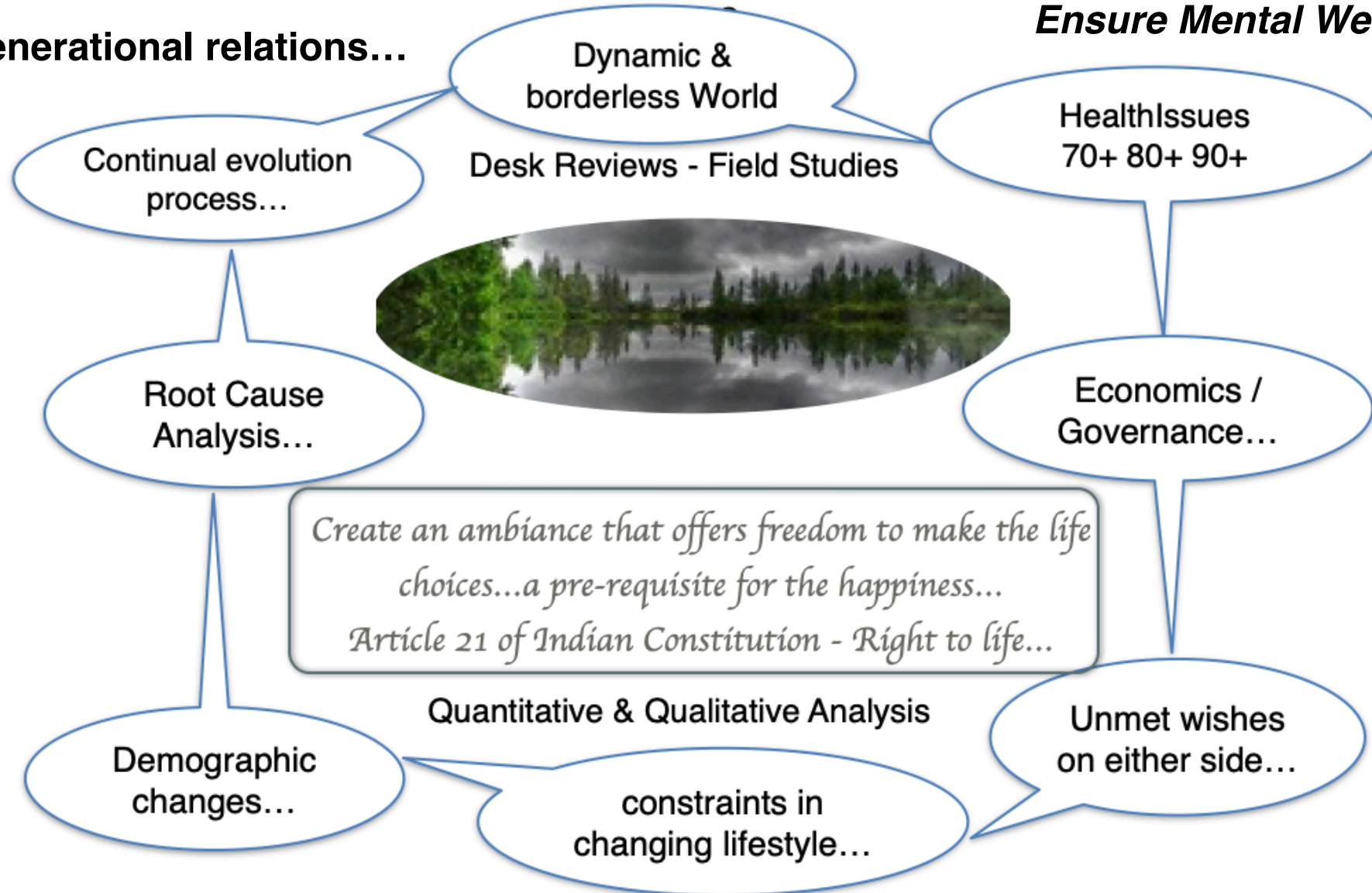
- *Impacts on social order by seniors outnumbering youth in a decade from now....*
- *Risks of unsolicited interventions in the freedom of choice of making life's decisions by youth*
- *Merits of respecting diversities or tolerating dislikes*
- *Being in pace with the social evolution process including technological advancements*
- *Being intelligently ignorant in well informed society emerging from IT & AI interventions...*
- *Choice is yours ... to adapt changes... else encounter being isolated from social fabric....*

There are severe consequences of isolation.... According to the findings of a major research, prolonged loneliness is associated with stress and anxiety, poor social support, neuroticism and introversion, its other effects are, eating disorders, sleep problems, depression and poor thoughts, besides risk of chronic diseases, especially cardiac and vascular. The research found that prolonged loneliness may raise the risk of heart attack by more than 40%. Actually, isolation leads to loneliness and loneliness leads to isolation. It is this vicious cycle which is required to be broken by societal efforts and involvement.

Research....Bridging the Gap...

Nurture intergenerational relations...

Ensure Mental Wellbeing...



All participants are requested to come up with their recommendation in the form provided in conference kit