Chapter -6

Suggestions and Recommendations

Researcher suggests following Measures

6.1 Psychological Initiatives

Free or subsidized Yoga Classes to be offered to senior citizens.

Psychologist/Psychiatrist should regularly visit persons in need and services must be made affordable by society.

Senior citizens must be brought within employable pool of persons to utilize their skill and experience.

Society should make community halls, clubs cinemas to find them interest in their lives.

Government and Non Governmental Organizations should hire Senior Citizens, organize some workshops and pay them for transferring their skills to younger generation.

Day Care Centres for Senior Citizens may be established.

Older person should have full access to the Educational, Cultural, Spiritual and Recreational activities.

6.2 Governmental Initiatives

It is suggested that a Study may be conducted for the whole of Gujarat. Sample size may be increased for the confirmation of validity.
There is always that group which is physically very weak and cannot manage their health and have no means to afford medical treatment. There should be special units in Government hospitals for such Senior Citizens if hospitalization is required.

Senior should have a Bank Account in nearby place to transact money. This way, seniors would be well served.

There should be an efficient system to pass old age benefits. This is necessary to protect the pensioners living on a fixed income with rising inflation.

The government and private hospitals should give substantial rebates in medical charges to Senior Citizens.

The Senior Citizens should have physical protection from Government when under threats.

Senior ladies face problems during illness especially if they have no lady relative to help them. Some NGOs may be kept at command for such an eventuality.

Attempts should be made, at the governmental level, to chalk out senior citizen scheme to provide jobs to physically fit Senior Citizens.

Government may come up with system to help casual workers who do not have any social security and no or little property in their names for sustenance.

Older persons should have access to subsidized Social and Legal services to enhance their autonomy, protection and care.

Fast track courts should be formed for faster decisions in cases involving Senior Citizens.
6.3 Societal Initiatives

Comparative Study of the different areas having different Socio-Economic patterns may be conducted for better generalization.

It is suggested that a Study may be conducted on the other problems existing in Old Age since only small work has been done on “Old Age”.

Technical education is to be provided to interested Senior Citizens to live with dignity in society. This may also help needy Senior Citizens economically.

Families of single Senior Citizens, whose spouses are not alive, be counselled for better understanding of their problems. Family members should be educated through booklets and other mass media.

To remove illiteracy in Senior Citizens, Government needs to come up with some education program.

The present Senior Citizens population is not happy with the current facilities being provided to them in Old Age Homes, new facilities are introduced in Old Age Home.

Senior Citizens face lack of transportation facilities or high physical demand for travel due to lack of proper facilities in boarding or alighting during journey.

Media use to create awareness dignity and respect for Senior Citizens in the society.

Community support like self-help Groups be explored by involving some parents, children and Non Governmental Organizations with assistance from government.
To establish the rehabilitation centres for needy elderly destitute, widows and lonely Senior Citizens.

Frequent Studies should be done for assessing the Economic, Social, Housing, Health needs of the Senior Citizens.

Older persons are able to pursue opportunities for the full development of their potential.

Older persons should be treated fairly regardless of Age, Gender, Disability or other status and be respected independently of their economic contribution.

Older persons should be able to enjoy human rights and fundamental freedom when residing in any shelter, care or treatment facility, including full respect for their dignity belief’s needs and privacy and for the right to make decisions about their care and the Quality of their lives.

Weak older persons should have access to adequate Food, Water, Shelter, Clothing, Health Care and provision of Income, Family and community support.

Older persons should have the opportunity to work or to have access to other income generating opportunities.

Older persons should have access to appropriate educational and training programs necessary to live dignified life.

Older persons should be able to live in environments that are sage and adaptable to personal preferences and changing physical capacities.

Older persons should be able to reside at home for as long as possible.
Helpline for Elders should be connected to Police/Ambulance for any accident.

6.4 Fiscal and Monetary Initiatives

Concessions to be given in Buses, Trains, Planes and public places like Cinemas,
Subsidized tickets to be made available to Senior Citizens.

Tax laws are changed to promote Donations and capital flow to develop infrastructure for
Senior Citizens.

Some Senior Citizens live in dilapidated houses their financial condition do not allow
them to make repairs therefore such program be started subsidizing such repairs.

Senior Citizens are to be given full rebate in Property Tax.
One of the many pleasures of old age is giving things up.

Malcolm Muggeridge