

2013 : What is Geriatrics? What are the problems associated with geriatric population?

or

2016 : Describe the regional pattern of life expectancy in world and bring out the challenges faced by developing countries due to increased life expectancy.

or

2017 : "There is considerable demographic similarities between West European nations and Japan". Explain

or

2019 : Assess the challenges for the countries with largest share of aged populations.

or

2021 : Aging population has adverse social-economic consequences. Explain with examples

Frame In all these questions geriatrics with e^o pattern, along with its challenges with aged population, in the country or region is required. Thus answer should include definition and characteristics of geriatrics, followed on by regional pattern of life expectancies, and finally the challenges with way forward.

Answer Geriatrics refers to branch of medicine that focuses on health care of elderly people. It is specialised field that deals with the prevention, diagnosis and treatment of diseases and conditions that commonly affects older adults. It includes -

- Multidisciplinary approach
- Health conditions
- Functional decline and Rehabilitation
- Medication management
- Preventive care
- Psychosocial Aspects
- Ethical considerations

Thus geriatrics plays crucial role in meeting the unique health care needs of older adults, aiming to enhance their health outcomes and overall wellbeing

⇒ Distribution of old age population

- Population ageing is a global phenomena. Virtually every country in world is experiencing growth in both size and proportion of older persons in population.
- Globally the share of population aged 65 years & above have increased from 6% in 1990 to 9% in 2019 and is projected @ 16% in 2050
- The pace of ageing has been fastest in Eastern S & Asia, Latin America. The percentage of pop'n

aged 65 years and above have almost doubled in these regions.

- Between 2019-2050, the share of older persons is projected at least to double in four regions -
 No Africa with West Asia
 Central & Southern Asia
 Latin America (with Caribbean)
 Eastern & SE Asia.

- At global level e^0 @ birth has reached 72.3 years with women on average living 5 years longer than men.

⇒ Population ageing is human success story, reflecting advancement of public health, medicine and socio-economic development.

The extension of human longevity and subsequent decrease in levels of fertility leads inevitably to a shift in population age distribution from young to old age.

Population ageing as essential constitute to achievement of SDGs is one of four mega trends of demography other 3 being - growth, urbanisation & migration

⇒ Asia and Europe are home of some of world's oldest populations. Japan (28%) Italy (23%) Finland, Portugal and Greece (under 21%) Southern Europe with 21%. USA (16%) China (12%) India (6%) shows regional variations

⇒ Old age presents several challenges, that needs to be addressed through proactive planning.

a) Health care needs - complex health needs ranging from chronic, mobility, cognitive impairment needs access to affordable and quality health services.

Decentralised healthcare centres especially in developing countries there is crucial.

b) Financial security - protection against financial exploitation by ensuring social security benefits forms additional challenge.

Pension plan, diversification of investments, insurance to cover potential healthcare cost becomes significant again in developing countries, where informal sector involves maximum economic engagement

c) Social isolation - as community engagement is vital for mental & emotional well being, social isolation creates geriatrics challenge. It increases potentiality of elder abuse, neglect. Generation of community participation, recreation program and technology to stay connected is must.

d) Housing and accessibility - to meet needs of older adults, supporting living environment, aging in place strategies and urban planning are essential

Effects of ageing population (social-economic)

The changes in demographic cohort do have socio-economic impacts. Smaller numbers of working age people -vely affects labour markets, slow capital investments and GDP growth. Collective these effects includes

- a) increasing demand for health care and elderly services
- b) greater pension costs
- c) increasing dependency ratio so greater tax burden on working population
- d) older people - stay in job - decreases job opportunities for young.
- e) increased requirement of social care services

⇒ Demographic changes are inevitable and progressive planning must take into consideration - +ve aspects of ageing - that includes -

→ consumer electronics, anti-ageing products, regenerative medicines, telemedicine are immensely growing market.

→ older population are financially and experience wise "on hand" for economy, society and family with assets, savings and knowledge

thus they must be regarded as resources.