



EXPECTATIONS OF ELDERLY AND MEETING THEIR DAILY NEEDS

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Abstract

As the ageing population is increasing, they require assistance to meet their needs from their family, neighbors or the community they belong. Therefore, an exploratory survey was carried out to assess the expectations of elderly and meeting their daily needs. The sample for the study was 100 elderly residing in Urban Mumbai. The tool comprised of Semi-structured questionnaire and the technique used to collect the data was self-reporting. The samples were contacted through mutually known people who helped to contact elderly who resided in their locality. Findings revealed 53% lived with their spouse and 11% lived alone where as 15 % lived with their children. When financial needs of the elderly were assessed it was observed that only 28% received pension and 72% were not pensioners. In relation to health needs 22% had no health problems where as 78% had health problems, they suffered from one or more health problems like hypertension, diabetes's ,asthma, cirrhosis, renal stones joint pain, heart problems, indigestion, arthritis, osteomyelitis, cataract, high cholesterol etc. for which only 32% had made arrangements for meeting their medical expense either through health/medical insurance or mediclaim ,and other depended on their pension, fixed deposits savings and fixed deposits. 77% reported their mobility had become limited due to ageing and 44% required assistance in their daily routine and 80% of the elderly felt they were able to manage their own affairs and make appropriate decisions with past, present and future in perspective. 87% of the elderly stated they felt free to express their views, needs and desires in a manner understood by most people and 70% of the elderly said they had established sleep/rest pattern that rarely altered according to external or internal stimuli. Often the elderly do not voice out their problems as they do not want to burden their children. At the same time, the younger generation fails to perceive their needs, needs that are essential for the elderly individual's quality of life.

Key words: Elderly, Expectation of elderly, Daily needs

Introduction

Today's aging population differs greatly from the ageing population of the past. Today's nuclear families are no longer the traditional families neither are the extended families. Increasing divorce, single parenthood and nontraditional unions have led to new images of family. Due to the lengthening life span, these single parents may be responsible for the care of their ageing parents or family members. Some of these elderly live alone as their children are abroad or they may be childless or perhaps are unmarried. These elderly may require assistance in meeting needs from their neighbors or the community they belong. Hence, it becomes more important to understand the expectation of these elderly living in

different types of family environment and as to how their needs require to be met, or what assistance they require in meeting their needs. It is also important to understand the expectations of the elderly and get the view from their family members such as their expectations and from those living around them, so that they can live a dignified life.

The review of literature brought out the needs of elderly, many of the research scholars have looked at different aspect of the needs of the elderly. **Alsnih, R., & Hensher, D.A. (2003)¹**, Studied on "The mobility and accessibility expectations of seniors in an aging population". They noted that with a growing number of people living well into their 80s and maintaining active lives, the transportation