What could be done to improve the lives of the elderly?

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1 Introduction

For many elderly people the latter part of their life is not a time to relax and enjoy retirement, but rather a difficult and unhappy period, owning to financial worries, failing health and loneliness. As life expectancy increases, the average person lives well beyond the age of retirement. As a result, the elderly make up an ever-increasing percentage of society, which makes it more important than ever for a real effort to be made in improving the lives of senior citizens.

2 How to deal with it?

One way to deal with the situation would be to ensure that the elderly have enough money on which to live. Obviously, when a person stops working, they still require a source of income to cover their basic needs such as food, accommodation and heating. A clear situation to the problem is for the government to make sure that the state pension is adequate for these needs. Furthermore, free financial advice should be made available to retired people so that the stress of worrying about money could be reduced as far as possible.

Steps should also be taken to overcome problems the elderly face as result of deteriorating health due to age, and inadequate health-care provisions. Again, the responsibility should fall to the government to provide access to the best health care available, which may necessitate playing for residential homes where the elderly can have round-the-clock nursing, or, at the very least, providing medication free of charge to all people over a certain age. As a result, old people would enjoy not only better health, but also peace of mind from the knowledge that they need not fear falling ill and being unable to pay for treatment.

3 Summary

To sum up, there are several measures which could be taken to improve the lives of old people. If the government and individuals alike where to help, it would make retirement and old age a time to look forward to, rather that dread.


4 Rate of natural increase

“It is rate that equals to the population increase or decrease, without factoring in migration.” That words we can read in each kind of dictionray. What is more, we are able to calculate the rate of natural increase using formula, which is showed below:

\[ x = \frac{B - D}{T_p} \]

where: x - rate of natural increase  
B - births  
D - deaths  
\( T_p \) - total population

Nowadays, in most MEDCs the population is high, but not growing. Some countries have a declining population and however most MEDCs have a very low rate of natural increase. To its advantage, the average life expectancy in MEDCs is rising, because of improvements in healthy care and medicine. Living standards, quality of live are also improved. The knowledge of balanced diet and regular exercises is shared widely among people. We should pay attention too to the fact, known as an ageing population. It’s process in which the proportions of adults and elderly increase in a population, while the proportions of children and adolescents decrease. This process results in a rise in the median age of the population. Aging occurs when fertility rates decline while life expectancy remains constant or improves at the older ages.

Average Senior Care Cost - The table below provides the latest data

<table>
<thead>
<tr>
<th>Type of Senior Care</th>
<th>Day</th>
<th>Month</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-home basic care aide cost [non-medical]</td>
<td>$152</td>
<td>$3,334</td>
<td>$38,000</td>
</tr>
<tr>
<td>In-home health aide cost [medical]</td>
<td>$168</td>
<td>$3,696</td>
<td>$42,000</td>
</tr>
<tr>
<td>Adult day care cost [non-medical]</td>
<td>$70</td>
<td>$1,540</td>
<td>$17,500</td>
</tr>
<tr>
<td>Adult day health care cost [medical]</td>
<td>$79</td>
<td>$1,738</td>
<td>$19,750</td>
</tr>
<tr>
<td>Assisted living cost</td>
<td>$116</td>
<td>$3,477</td>
<td>$41,724</td>
</tr>
<tr>
<td>Skilled nursing home cost</td>
<td>$239</td>
<td>$7,170</td>
<td>$86,040</td>
</tr>
</tbody>
</table>
% of Seniors (65+) Living with Relatives
(unadjusted and adjusted for demographic shifts)

Unadjusted  Adjusted