

Senior Citizen's Living

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Abstract:- Ageing is a phase of adaptation and transformation. Planning for the future housing requirements is an important aspect to navigate peacefully through that phase of life and ensure that you continue to bloom as you get older. The main idea is to focus on housing with the emerging trend of lifestyle, health, and financial needs. This may help in adapting to the spatial requirements of living standards to make it safer and more comfortable, with more sustenance and social options available away from the loved ones.

I. INTRODUCTION

In India, Modernization and industrialization have in their wake, brought new challenges to the social structures and systems that existed till then. Till about three decade's back, joint family system was very common both in urban and rural areas. Agricultural necessities and preliminary business entities encouraged families that are both parents and children to live together. It was economically desirable to have such arrangement. Simultaneously such system ensured that the elder generation (now called senior citizen) had its own role in the family set up. They used to enjoy respect and also were taking part by advising the younger generation on economic and other aspects. It was a mutually comfortable arrangement.

In such a system the economic, social, emotional and health needs of senior citizens were taken care of automatically. But the changing socio-economic scenario, demands a new outlook towards the emerging needs of the senior citizens.

II. WHOM ARE WE SPEAKING ABOUT

Before we go into a detailed attempt the above mentioned issue, we need to understand who are the senior citizens we are talking about? The answer is simple. They are the foundation stones on which we are building structures. They have contributed their life, energy, time and relentless effort to bring up the next generation. They may be professionals like engineers, doctors, bank employees, government employees or might have pursued any line of activity during the last three decades.

It may include business men too. They are responsible for the society we are in today.

Their contributions-big or small have gone into the making of the social structure. They have been tax payers, wealth creators and the wheels of social progress for more than three decades of their life.

After all that they have contributed to the family, society and the system at an age when they are starting to

grow old they are faced with new issues. Demographics of population aging in India

In India, the proportion of the population aged 60 years and above was 7 per cent in 2009 (88 million) and is expected to increase to 20 per cent (315 million) by the year 2050. In absolute numbers, the elderly population in 2009 was approximately 88 million and is expected to sharply increase to more than 315 million by 2050. The life expectancy at birth is projected to increase to 69.8 years for males by 2021-25 (from 61.6 years in 1996) and 72.3 years for females (from 62.2 years in 1996).

While the shift from a young to an older age structure reflects a successful record in health improvements in the country, the fact that individuals are reaching the older ages in unprecedented numbers and with varying needs and resources is likely to pose many policy challenges arising out of increasing proportions of elderly and decreasing proportions of children. This trend leads to a decreasing support base combined with higher levels of old age dependency.

III. NEED FOR CREATION OF SENIOR CITIZEN FACILITIES

As already said modernization and industrialization have brought major structural changes in social ethos. Joint families have given way for nuclear families due to various reasons like employment compulsions and changing attitudes among younger generation. It has become common for children to stay away separately from their parents.

Sometimes the working places may be far off and in some other cases the generation gap with its attitudinal aspects are making it necessary for the nuclear families to come up.

These changing situations in turn are triggering the need for creation of senior citizen facilities.

IV. PRACTICAL DIFFICULTIES FACED BY SENIOR CITIZENS

At an age where they are starting to grow old they are faced with new issues. Monetarily most of them are sound and many have a steady source of income like pensions etc.. They have built up a reasonable economic status for themselves. They have enjoyed a certain position and self-respect. When they start getting older and children set up their own nuclear families, these elderly people are left in a new and peculiar situation, they have money but no support, income, but no company. They look forward to people to share their feelings emotions and psychological needs. This

is natural and essential too. An elderly couple will be immensely glad to interact with people of their age group. In addition to the emotional and psychological need for company, other issues begin to surface. As they grow older, maintenance of their spacious accommodation becomes difficult. Domestic help will be difficult to find, even if they spend money. The number of instances of atrocity on old people by their own domestic servants and guards are plenty. They have a luxurious car but cannot take care of the same or drive it. Such day to day examples will be numerous. To sum up it will become a herculean task for them to maintain all this. Thus they are faced with a situation where in though they can afford facilities economically, in practical reality they are helpless. All the dollars their children send would be of no help to them. It is in this context that the senior citizen living facilities become relevant and an immediate requirement.

V. ENVIRONMENT REQUIRED FOR THEIR LIVING

We need to remember the primary requirement is to create comfortable, easy to maintain, common facilities provided environment.

- *Major factors that influence the selection of location for senior citizen living are:*
- *Connectivity*
It is important to have an easy access to, major city nodes, health care facilities, employment destinations and activity hubs.
- *Social scenario*
It is desirable to locate the proposal amidst the nature with less traffic congestion and serene environment, yet maintains easy access to public arenas such as religious centres, entertainment centres and recreational facilities.

VI. BASED ON THE ABOVE MENTIONED CRITERIA THERE CAN BE THREE MODELS GENERATED. THEY ARE

- *Urban or city centre model*
This model is to suite the requirements of the land available within city limit. They are inclined towards vertical growth. All the amenities are stacked one above the other vertically to reduce the ground coverage.
- *Peri-urban model*
This model addresses the design required in the periphery of the city limits. A mixed approach of both horizontal and vertical design options caters to the need.
- *Sub-urban model*
These are typically, the individual unit system addressing horizontal growth on huge expanses of land in the outskirts of the city. This situation demands the presence of all amenities within the site boundaries making it a self-sufficient model.

VII. UNIT DESIGN

Scaling down to the individual unit design, the place of stay or a flat may just be a two room one with attached small kitchen and two wash rooms. Approximately about 850 sq.ft of accommodation would be adequate with one bedroom with balcony, small dressing space and a comfortable wash room.

There can be a second room of similar type in case an attendant or a relative is also living. A small prayer space would be desirable. One sit out or lounge to meet guests would be desirable. It is reiterated that the kitchen will be a small place only for occasional use. Otherwise the inmates will be encouraged to use common dining and kitchen facilities meant for all.

VIII. FINANCIAL IMPLICATION

We need to remember that these Centres are financially self-sustaining without depending on any charity. Of course if any individual or industrial Centre comes forward to support common facilities it is different. But essentially the inmates have capacity to pay for the capital as well as recurring cost.

Common facilities can be funded by large companies as part of their corporate social responsibilities. This segment is in a position to pay immediately.

- *Land value*
To ensure affordability, location in the specified corridors with lower land value is essential.
- *Maintenance issues*
Inmates as an association along with help of voluntary organization can address the maintenance issues, generating various employment opportunities as well.
- *Government initiatives*
Since this is unique concept government can be approached to provide land at a reasonable price similarly banks can be approached to adopt the Centre's and extend necessary financial help.

IX. CONCLUSION

Understanding the socio demographic changes, it can be said that the growing needs of the elderly people marks a huge potential of the senior citizen living sector in the Indian design industry. This scenario also provides wide range of opportunity to service industry in enhancing the housing and product needs adapting to varied lifestyles.

REFERENCES

- [1] Anonymous, "Senior living sector in India: An idea whose time has arrived! (Periodical style—Jones Lang Lasalle)," www.joneslanglasalle.co.in."