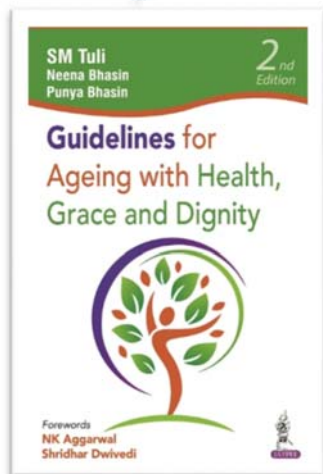




# NEW RELEASE



## Guidelines for Ageing with Health, Grace and Dignity

Authors: SM Tuli

Single Color | Paper Back | 2/e, 2022 | 144 Pages | 4.5" x 7"

9789354656200 | Rs. 495 | Discount Cat: A

### ABOUT THE BOOK

Indian-subcontinent is a home for 100 million elderly people above the age of 60 years at present. A dramatic change in demographic profile is expected in the next three decades. It is easier to recognise the expected social problems than to find practical solutions. An attempt is suggested through this book so that we can take care of the senior population with grace and dignity. This write up has been compiled by collating the observations made by the three authors belonging to three different generations. SM Tuli is an octogenarian having worked in government hospitals dealing with the medical issues of the senior citizens and their families. Neena Bhasin is mature in age, a medical doctor working in a charity health providing organisation. Punya Bhasin belongs to the growing generation and is a teacher of psychology for senior classes in a school. All the contributors have lived their life in generational families (four or three generations) living together under the same roof. SM Tuli has collated the observations regarding the problems and possible solutions while taking care of the seniors in the families.

### KEY FEATURES

- This write-up aims to suggest simple and practical guidelines for all of us to thrive during youth and reach senior age with health, security, grace and dignity.
- It gives well researched, comprehensive information in a chapter wise manner for the sixty-plus citizens, and for those taking care of them.
- Many new initiatives by the government have found a place in the book.

### READERSHIP

- This book will not only be valuable companion for lay people, but also for students interested in geriatric care who wish to understand the dynamics of ageing, its familial, social and biological aspects.