" A Study on Critical Elder Issues in India and Technology Which Can Prevent It "

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Abstract—**There are little things which have been done for our senior citizens since the time of independence(1947). Most theories suggest that technology have not played a big role in shrinking down the challenges faced by the population above 60 years of age. According to Population Census 2011 there are nearly 104 million elderly persons (aged 60 years or above) in India.With India still a developing country there is little done for the trauma undergone by thousands of elders across India. Problem is, no one talks about it, no one reports it, and naturally no one stops it. Let us understand it to try and prevent it.With the help of easily accessible and evolving technology challenges faced by senior citizens can be effectively eradicated.**

I INTRODUCTION

With the growing world we stop caring about our senior citizens ignoring what help they may need and what they may give us be it experience or wisdom.This study is thus made to analyse the use of technologies by our elderly and also about the technologies which can actually help them with their old age.

II CRITICAL ISSUES

Seniority is seen as an unavoidable, undesirable and issue ridden period of life. Issues of aging normally show up after the age of 65 years.These issues might be partitioned under 5 classes.

Physical : Old age is a time of physical decay. Regardless of the possibility that one doesn't move toward becoming sans eyes, sans teeth, sans everything, immediately, one begins to back off physically. The physical condition depends incompletely upon inherited constitution, the way of living and ecological components. Changes of living, defective eating routine, lack of healthy sustenance, irresistible, inebriations, greedy, insufficient rest, passionate anxiety, exhaust, endocrine issue and ecological conditions like warmth and chilly are a portion of the normal optional reasons for physical decay.

Psychological : Mental issue are especially connected with aging. More older individuals are powerless to psychotic disorders. The two noteworthy maniacal issue of older individuals are senile dementia (related with cerebral decay and degeneration) and psychosis with cerebral supply route sclerosis (related with either blocking or bursts in the cerebral corridors). It has been watched that these two issue represent roughly 80% of the psychotic disorders among more older individuals in the edified social orders.

Social : Older individuals endure social misfortunes extraordinarily with age. Their social life is limited by loss of work associated, death of relatives, companions and mate and frail well being which confines their cooperation in social exercises. The home turns into the focal point of their social life which gets restricted to the relational association with the relatives. Because of loss of the greater part of the social parts they once performed, they are probably going to be forlorn and segregated by serious chronic medical issue enable them to become socially isolated which results in loneliness and depression

Emotional : Decline in mental capacity makes them subordinate. They no longer have confidence in their own capacity or judgements yet at the same time they need to tighten their hold over the more youthful ones.Because of era hole the youths don't focus on their recommendation and advice. Rather than building up a thoughtful state of mind towards the old, they begin asserting their rights and power. This may create sentimental hardship for their pride and significance.

Money related : Retirement from service generally brings about loss of pay and the annuities that the elderly get are typically inadequate to meet the average cost for basic items which is always on the rise. With the diminished pay they are turned around from the state of "Chief bread winner to a mere dependent" however they spend their provident funds on marriages , getting new property, education of children and family bolster.The diagnosis and treatment of their diseases is major reason behind money related issue for seniority.

III TECHNOLOGICAL ISSUES

Older adults face several unique barriers and challenges when it comes to adopting new technologies.
These include:
Physical difficulties to utilizing innovation: Many seniors have physical conditions or medical problems that make it hard to utilize new advancements. Around two in five seniors demonstrate that they have a "physical or well being condition that makes reading troublesome" or an "inability, debilitate, or ceaseless illness that keeps them from completely taking an interest in numerous regular day by day exercises". This gathering is fundamentally more outlandish than seniors who don't confront these physical difficulties to go on the web (49% versus 66%), to have broad-band at home (38% versus 53%), and to possess most major computerized gadgets.
Troubles figuring out how to use new technology: A

significant majority of grown-ups say they require help with regards to utilizing new advanced gadgets. Only 18% would feel good figuring out how to utilize another innovation gadget, for example, a cell phone or tablet all alone, while 77% show they would require somebody to help walk them through the procedure. What's more, among seniors who go on the web however don't at present utilize long range informal communication locales, for example, Facebook or Twitter, 56% would require help in the event that they needed to utilize these sites to connect with family or companions.

Skeptical attitudes about the benefits of technology: Older grown-ups who don't presently utilize the web are separated on the topic of whether that lack of access hurts them or not. Half of these non-clients (49%) agree that "individuals lacking web access are at a genuine risk on account of all the data they may miss," with 25% agreeing firmly. In any case, 35% of these more older non-web clients differ that they are passing up a major opportunity for vital data—and 18% of them firmly oppose this idea.

IV DIGITAL LIVING FOR ELDERLY

Senior citizens and innovation can be challenging for some - well being conditions and disabilities can impede a senior from technological engagement. For instance, about a fourth of the senior populace has a physical condition that makes reading challenging. Psychological hindrance, alongside physical restrictions, can keep a senior from perusing the little screen of a cell phone or taking care of the touchscreen. Likewise, seniors simply don't know how to utilize the Internet or a tablet.Teaching skills and giving help give seniors technological capabilities and confidence. As a caregiver, enhance the well being of your cherished one by assisting with the accompanying advancements.

- Tablets (iPad) are sizeable enough to see and manage for everyday matters. Seniors can access an electronic health record, monitor bank accounts and investments and even research insurance quotes.
- 2.Medication dispensing system (TabSafe) reminds users to take medication and sends alerts if missed.
- Medical emergency response system (PERS) calls for help during an emergency by pushing a button.
- Touchscreen computer (Telikin) simplifies the computer experience with a big button menu and displayed feature functions
- .Health tracking tool (Health Vault) manages health online, from storing and organising health information to discovering apps and devices.
- Wearable health monitoring sensor (Metria by Avery Dennison) sticks to the body as an adhesive and collects health data such as heart rate and blood pressure

V CONCLUSION

Technology is going to be crucial if we're to create a kind of environment whereby elderly people can maintain their independence whilst loved ones are confident that they are safe and sound .With growing economy of India more funds should be allotted for elderly helping technology and more technological awareness programs for elderly should be started with government policies in the same direction.

VI REFERENCES

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VII ACKNOWLEDGEMENTS