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WORLD ANTHROPOLOGY CONGRESS-2023

BHUBANESWAR, INDIA | 9-14 AUGUST 2023

ROUND TABLE TITLE:

CRD5: BIO-CULTURAL APPROACHES AND STUDIES OF POPULATION, AGING AND REPRODUCTIVE AND CHILD HEALTH

EXPLORING THE PERSPECTIVES ON AGING WELL: CHALLENGES AND ISSUES

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CHAIR/MODERATOR: PROF SUBHO RAY

CO-CHAIR: PROF ROUMI DEB

ABSTRACT

As the global population of older adults continues to rise, prioritizing the promotion of health and well-being has become crucial for successful aging. The well-being of individuals, encompassing both physical, social, and mental health, is closely intertwined, and its significance becomes even more pronounced in older age, as it influences the process of aging well. Well-being, a complex concept, refers to the subjective feelings of an individual, and investigating the perspectives of older adults on aging well has emerged as a significant research area. Numerous pressing issues are emerging that demand immediate attention concerning the well-being of older individuals. These include addressing social and health challenges, specific to aging women, tackling retirement-related concerns, and addressing the needs of aging populations. Challenge of responding to the needs of aging populations in remote areas inhabited by tribal people is a critical concern. Provisions for care need specific inputs for conflict zones. Poverty and aging and tackling it in slum areas requires different strategies because of socioeconomic obstacles.

Additionally, there is urgent need to anticipate upcoming epidemiological problems associated with aging, such as dementia, mental health, silent sufferings relating to sexual health matters because of cultural barriers, and importantly, promoting physical activities in accordance with their endurance levels. It is essential to establish a robust network of geriatric professionals, psychiatrists, and social service providers. The concept of institutional care practises prevalent in the west must be seriously reviewed within the social settings prevailing in the country. Age-specific policies and programs must be developed to safeguard the rights of older people and laws promulgated to prevent elder abuse. It is crucial to recognize and plan budgeting to take care of health, social, emotional, and psychological needs of senior citizens.

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The increased longevity of the population introduces various socioeconomic challenges, alongside demographic shifts like the feminization of aging, changes in family structures, intergenerational dynamics, and the need for robust family and community support systems. Migration patterns, urbanization, and the emergence of chronic health issues further complicate the landscape of aging. While these factors pose numerous problems, they also present opportunities to address aging concerns from a sustainable perspective. Hence, the objective of this round table is to examine the various viewpoints on effective transitions that aging demands and needs to be reviewed in a global perspective.

Objectives:

- To investigate the perspectives held by older adults regarding the concept of aging gracefully.
- To obtain a deeper understanding of older individuals' self-perceptions and societal attitudes toward aging.
- To tackle health and well-being concerns among the elderly population.
- To debate contextual and social relevance of numerous intervention strategies implemented worldwide to safeguard and improve the physical and cognitive abilities of the older individuals.

Questions for discussion: The following questions will guide the discussion:

- What are the most effective practices and policies that can support the well-being of the elderly population?
- What actions can the international community take to ensure the elderly population leads a healthy life?

Format of the Roundtable:

After a brief introduction by the chair, distinguished participants will present their initial interventions (lasting 5-7 minutes). Subsequently, the chair will facilitate an interactive discussion involving all participants, including those in the audience.

Keywords: Aging, elderly, Population, health, challenges

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