Ageing Scenario:
Ageing is the process of growing old where our body stops growing and a decline starts. While talking about ageing the focus is mostly on the physiological part, however, ageing also occurs on a psychosocial and cultural basis. Population ageing is one of the significant changes in the demographic transition. It is an inevitable and irreversible demographic change where the older population is increasing significantly at a global level as compared to the rest of the population

Facts and Stats:

- India has nearly 104 elderly people which accounts for 8.6%of the total population (Census 2011)
- In India, one in every two elderly suffers from loneliness and every fifth elderly in the country is in the need of some form of psychological counselling (Agewell Foundation).
- Loneliness can cause a number of health-related issues among the elderly with depression and dementia being the most common.
- As of 2015, 4.4 million people are living with Dementia in India and this number is expected to double by 2030(ARDSI, 2018).
- Dementia family caregivers(often known as “Invisible patients”) are found to be significantly more stressed than non-dementia caregivers and to suffer more serious depressive symptoms and physical problems.

Issues among elderly: There are often dramatic changes in psychological and social functioning in the elderly. Some of the common issues are:

Depression
Anxiety
Loss of loved ones
Memory Loss
Language Problems
Decreased Reasoning
Disoriented with time and place
Sleep Disorder
Loss of Balance
Mood or Behaviour Changes
Poor Judgement
Personality Disorders

Challenges faced by family members :

Understanding common health issues for seniors
Feeling overwhelmed
Feeling tired
Managing their time
Lack of Privacy
Physical and Emotional stress
Burnout
Lack of privacy
Financial Limitations
Loss of Sleep
Depression and Isolation

Graceful Ageing:
Ageing gracefully is not about trying to look perfect according to given beauty standards. It’s about living your best life and having the physical and mental health to enjoy it.

Graceful Ageing starts with

- Exercising to ensure physical fitness,
- Follow mental fitness regime
- Practise stress relaxation techniques
- Get enough sleep
- Find new hobbies

About Us:

Aakuali Care is a homecare service provider to help people practice mental fitness and improved lifestyle regimen irrespective of one’s age.

Our Services: Presently, Aakuali concentrates on Elder care services and Dementia care services.

Elder Care	Dementia Care	Medical Emergency Care (Add on)
Psycho-social support	Cognitive Assessment	Ambulatory assistance
Assistance in health maintenance	Management of the condition	Initial hospitalisation
Errand management.	Caregiver Support	Hospital discharge assistance
Mind stimulation	Cognitive stimulation therapy	
Counselling	Assistance in health and errand management	
Companionship		

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