

Our elders deserve as much care as any other person, so building an emotional bond and spending time with them, while looking after their health is very important.



Do's

- Our elders need some kind of physical activity every day.
- Make sure they go for regular medical check-ups. All medicines should be taken on time.
- Pay attention to body parts and foot care.
- A healthy balanced diet is a must for the elderly. It may be advisable to shift to vegetarian food.
- Let recreation and entertainment be part of life. The elderly must take part in social activities.
- Make sure the elderly sleep well and observe hygienic practices.

Don'ts

- Ignore mild pains. Take timely medical help.
- Physical inactivity
- Self-medication
- Unhealthy diet, use of tobacco and smoking
- Excessive use of tea and coffee
- Exposure to environmental hazards