

Living for long with health, happiness, and independence is wish of every one.

Some thoughts for a happy and healthy post-retirement life.

1. Always carry your ID (address) , health details and important contacts. This is important for all ages.
2. Eat what suits you, and chew slowly.
3. Exercise according to your capacity and health. Avoid excessive exercise or walking or reading, mobile use or watching TV.
4. Accept health issues coming with age. Stay positive and avoid excessive emotions. Live a stress-free life with a smile.
5. Avoid overmedication. Go for Periodic checkups and take medications regularly.
6. As far as possible, travel with your spouse or some one. No need to travel during peak hours.
7. Avoid property dealings and complex assets investment after retirement.
8. Avoid excessive discussions on financial situation, property and assets with others. Make a will.
9. Forget the past and don't worry much about the future.
10. Do not force ideas on next or younger generation. Have your own space and respect others' privacy.
11. Avoid smoking and drinking and all unhealthy habits.
12. Join like minded groups for support, but avoid conflicts. Accept differing opinions.

Age classification:

Global life expectancy is 73.8 years for women versus 68.4 years for men. Many are expected to live longer. Considering above age classification can be:

Upto 65 Working population

65 to 80 Seniors

80 to 90 Old

Above 90 Old Old

Five things trying to do after 70

IT is lucky to cross 70 and still going. Thanks almighty and every one around. Nothing will be same or stay for ever. Accept limitations, knowing your current limits.

- 1) Take care of your body, with exercises, walking, food and medicines.
- 2) Curious
- 3) Connected

- 4) Finding joy in simple things. Make life simple and try to be a minimalist. Enough is enough
- 5) Independence

Who will look after when we age?

வயசானா நம்மை யார் பாத்துப்பாங்க?

New Zealand, 926,000 people or 17.3% aged 65 and above out of 5,330,600 people in 2025, there are approximately 103,800 people or 1.9% aged 85 and above. More than 33,660 people are aged 90+. Aging issue in New Zealand is less critical than countries like Japan with 29.56% aged 65 and over in 2023.

In India comparatively less aged people. (7% of the total population are aged 65 and above and 1.1% are aged 80 and above). There are people available to serve aging sector.

There is no off the shelf solution. Only thing that can be done, is accepting reality and providing reasonable and customized healthcare and supportive living environments, suited to aging population. It is just constant evolution from hunter gather society to agrarian - industrial and service societies. People can not go back to hunter gather living style.

*Businesses see great opportunity from aging sector. Many Politicians, Religious and community leaders and Orators, like to talk on this popular topic.
