

## How to combat these issues and “To be healthy”

- ◆ Planning your elderly life in advance
- ◆ Engage in household activities.
- ◆ Keep away from your sedentary life by engage in recommended regular daily exercises.
- ◆ Be aware of healthy suitable food habits.
- ◆ If you are suffering from any illness, follow medical advices properly.
- ◆ Avoid alcohol, substance and smoking.
- ◆ Minimize disabilities during old age though regular medical check ups , awareness and using recommended assistive devices.
- ◆ Minimize accidents having an elderly friendly home environment
- ◆ Ensure active, flexible and collaborative relationship with the family and society.
- ◆ Improve spiritual status by engage in religious and social activities for better mental wellbeing.



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## Towards Healthy Elderly Life



A Message From

Directorate of  
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Disability

## Let's be healthy During our adult life

Being in your retired life, it is essential to take care of your own health.

A few ideas are to be happy, relaxed and active during your elderly and retirement life.

### Be prepared to accept your retirement life...

One should start planning his/her elderly life since young age. Stronger family bonding, savings, retirement plan, regular exercises and hobbies may help on this.

If you haven't thought about it yet, start today itself ; you are not late.



### What diseases may affect your health in elderly life ?

- ◆ Heart diseases and vascular diseases.
- ◆ Diabetes and associated conditions
- ◆ Strokes, paralysis and other neurological diseases.
- ◆ Asthma and other respiratory diseases.
- ◆ Joint diseases and other mobility problems.
- ◆ Cancers
- ◆ Poor eye sight and hearing
- ◆ Communication problems
- ◆ Stress and other mental problems
- ◆ Urinary, genital and gynaecological problems of women
- ◆ Sexual problems

### Why these conditions occur ?

- ◆ Non preparedness for elderly life
- ◆ Lack of awareness.
- ◆ Sedentary life style
- ◆ Unhealthy food habits and nutritional problems
- ◆ Loneliness and mental problems
- ◆ Alcohol, substance abuse and smoking
- ◆ Ignoring health issues and medical advices
- ◆ Domestic and other accidents

