



Kerala HEALTH

SOLUTION EXCHANGE

MAKING HEALTH SERVICE ELDERLY FRIENDLY

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Increased longevity is a triumph for public health and the result of social and economic development. Kerala state has the highest life expectancy in India, with an average of 74.9 years. People aged 60 and above in the state of Kerala account for about 16–17%, making it the state with the highest proportion of older persons in India. In the past six decades, the share of persons aged 60 years and above has risen from 5.1% in 1961 to about 16.5% in 2021. Projections suggest this will reach 20.9% by 2031 and 22.8% by 2036.

With ageing comes an increased risk of developing chronic diseases and disability. Older adults represent a large service population, many with multimorbidity and functional limitations, thereby placing steady demand on hospital and home-based services, including preventive services, screening, chronic care, rehabilitation, and long-term care. The state's success in improving life expectancy has created a new challenge: ensuring that its health system remains accessible, responsive, and respectful to the needs of older adults. With the growing prevalence of chronic diseases, frailty, and social isolation, **making health services elderly friendly** is now a public health imperative. An elderly-friendly health system directly contributes to the Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being), SDG 10 (Reduced Inequalities), and SDG 11 (Sustainable Cities and Communities). Kerala's progress toward Universal Health Coverage (SDG 3.8) provides a strong foundation, but ensuring equitable access for older adults remains a challenge.



We request the health experts, institutions, and individuals to give your valuable suggestions and practical solutions on

- How do the health care services need to better adapt to the needs of older persons?
- How do health facilities need to be made more 'old age' friendly?

We will keep this topic open for 1 month. After receiving feedback, we will compile the responses and upload them to the site.

We thank you for your suggestions.