**Synopsis**

Longevity in India is increasing, with the proportion of elderly population, from 8.6% in 2011 has reached to around 10% and this is likely to increase exponentially in next decade. With Ageing, comes health related problems, sensory deprivation, mobility issues, multiple visits to hospitals, multiple medications, memory problems in additional to social problems such as lack of regular income, dependency issues and increasing care needs.

The World Health Organisation declared this decade (2021-30) as Decade of Healthy Ageing in January this year, with a motive to increase awareness. With a need to enhance public awareness about healthy ageing, that includes physical health, mental health and social care, I liaised with experts in each of different areas of health such as Neurology, Nephrology, Dermatology, Women’s Health, Diabetes, Hypertension, Infections, depression, dementia in addition to social issues such as grief, loneliness, use of technology so the relevant common issues about these specialties are covered and bring about a book, that is an easy read for general public. So, there are around 30 chapters (below is the list at this moment in time, there could be minor alterations). Already 22 chapters have been completed, with each chapter has around 3-4 pages A4 size, font size 12, with no references. This is written for general public exclusively about senior citizens in Indian context. This is going to be a handy book to refer to for basic health and social issues, and believe that the information may guide them to seek help appropriately.

**About Me**

I have experience of writing in newspapers, with my medical, Psychiatrist for 20 year’s experience, both in UK (for 12 years) and India for remaining time, with experience as Faculty in Geriatric Psychiatry in NIMHANS, Bangalore. I have also been Assistant Editor, reviewer and Guest Editor for the Indian Journal of Psychological Medicine.

**Editor: Dr Vijaykumar Harbishettar**

**Chapters**

**1. Concept of Healthy Ageing from WHO - Dr Nithin K**

**2. Neurology - Cerebrovascular Diseases – Dr Mahendra Javali**

**3. Dementia, Parkinson's & other common degenerative disorders – Dr Mahendra Javali and Dr Vijaykumar**

**4. Cardiovascular health – Dr Vikram K**

**5. Delirium including Infections – Dr Lorraine**

**6. Diabetes – Dr Ashwini Sarode**

**7. Hypertension – Dr Shreni**

**8. Renal health (including prostate) – Dr Rajiva IG**

**9. Eye care/ vision – Dr Balakrishna BN**

**10. Speech, Language and Swallowing – Prof Goswami team**

**11. Hearing - Prof SP Goswami team**

**12. Oral (& Dental) Health & Hygiene – Dr Shruthi**

**13. Elder Womens' Health – Dr Chandrika Anand**

**14. Sexual Health – Dr Sandip Despande**

**15. Joints/ Bone health/ Orthopaedics – Dr Vijay Kulkarni**

**16. Gait, Balance & Falls – Prof Pearlson**

**17. Diet in Elderly – Ms Prutha Handigol**

**18. Mental Health (depression, anxiety & grief) - Dr Preeti Sinha**

**19. Sleep - Dr Vijay H**

**20. Elderly person as caregiver & Caregivers' perspective of elders - Dr T Shivakumar**

**21. Drug abuse - Dr Anand Jayaraman**

**22. Overcoming Loneliness - Dr Jayashree Dasgupta**

**23. Retirement planning (Health) - Dr Shiva Shanker Reddy**

**24. Maintaining Cognitive Health - Dr Gopu Kumar**

**25. Spirituality - Dr Saraswathi**

**26. Catching up with Technology – Dr Swarna Buddha Nayok**

**27. Stress in elderly people – Dr Vasudha Rao**

**28. Elders’ Helpline – Swati B**

**29. Covid in Elderly - Dr Aparna**

**30. Skin health - Dr B S Chandrashekar**