

Outline

Growing aging population: challenges and Remedies.

1. Introduction

Thesis statement: The old people are the asset of any country, but they faces a lot of challenges including social, economic, and cultural. A strong and collective effort to overcome these challenges from government and community is helpful.

2. What is growing aging population and causes of growing aging.

3. Challenges of a Growing Aging Population.

- a. Increased demand for health care services and rising cost of medicinal care for the elderly.
- b. More pressure on pension systems and social security.
- c. The issue of social isolation and loneliness among the elderly.
- d. Infrastructure and Accessibility Challenges.
- e. Increases international migration patterns.

4. Remedies for addressing the challenges

- a. Community and social programs to reduce social isolation
- b. Awareness about old-home infrastructure and promote old-home idea
- c. Pension reforms and sustainable social security system programs
- d. Reskilling and job placement initiatives.
- e. Gerontechnology integration for aging population
- f. Promote cultural and recreational initiatives

5. Conclusion.

Muhammad Ali, an English-language country citizen, UK, has earned a lot of wealth and build its bussiness empire. Gradually, he becomes old and his sons take over the bussiness. Besides billions of pounds in Muhammad Ali's company account, he still depends on his sons because he is no more the president of company and also no membership in board of goveres. After five years, the company declared default because of heavy loans and continuously declined in share market. Muhammad Ali's son left him in the old-age home and never meet again till Muhammad Ali death. During staying at old-age home, Muhammad Ali realized that once he criticise the old-age home ideas and now it is provide food and shelter. Similarly, people in their young always opposes such ideas and in last age criticise itself because of overdependent on ^{its} family. The challenges that the aging population is facing are increased demand in the health care budget and pension problems. Similarly, lack of infrastructure like old-homes and lack of transports facility are also the challenges that aging people face. The issue of social isolation and loneliness among the elderly include in these challenges. A country having more number of old people faces labour problems and required number of migrants to fulfill the industry needs. The old people are the asset of any country, but they face of a lot.

of challenges including social, economic and cultural. A collective effort to overcome these challenges from government and community is helpful. The remedies are; the community and social programs to reduce the social isolation. Similarly, awareness about more old-age home infrastructure and promote old home idea. The government should provide comprehensive ref policy for pension and social security. Use of modern technology for the welfare of old-population and promotion of cultural and recreational initiatives is helpful to overcome these challenges

A growing aging population refers to an increasing population of elderly individuals within a society or demographic group. The demographic shift is characterized by a rising median age, longer life expectancies, and a declining birth rate. One side, these aged people give their whole life for the welfare of their family and development of society. But, in their last day, they faces hardships and becomes burden on the system. Mostly countries already promote the old-homes but in Pakistan this idea is not accepting at social and cultural level. Resultantly, old people face numerous challenges and no one plans to counter these challenges.

Growing aging population faces a lot of challenges among which increased demand for healthcare services and rising cost of medicine for elderly is one. Pakistan has faced number of challenges because of its catastrophic economic conditions. The country where millions of children are facing food issue will not in position to provide full healthcare services to its elder citizens. Number of aged people faced deadly diseases and government health budget doesn't fulfill the needs of aged people. Similarly, aging population faces social security in society. These demands are increasing on daily bases but from government ends, not effective response. Aging people faces number of challenges among which increased demand of healthcare and social security are one.

More pressure on social security and pension system are big challenges that aging population face. The country responsibility to provide pension and social security to its aged people and it is increasing day by day. Unfortunately, Pakistan economic conditions not allow the state to provide pension and social security on truly manner. Although government has increased the pensions by 17.5 percent in 2023-2024 budget, it will not

not fully compensate the economic issue of aging population. To fulfill the aging population economic problem, Japan takes billions of dollar loan from IMF and World Bank. In Pakistan, too many aging people are economy depend on their family. Problems in pension system and security system are one of the challenges that aging people face.

The issue of social isolation and loneliness among the elderly is also one of the hurdle that aging population is facing. The human are socially linked with other members of society. With increases in age, the people feel loneliness because society promotes youth and neglect the old people. Similarly, aged people demand noise-free atmosphere. That's why, society isolate themselves from old-aged people. Such isolation becomes challenges when aged people are halted. As, in Pakistan, only few private old-age homes, so in cities and villages, the aged people face this problem. Social isolation and loneliness among the elderly are also challenges to growing aged population.

Infrastructure and accessibility challenges to aged people are common in these day. Pakistan has very less old-aged homes because of social and cultural restrains. One side people opposed

the establishment of old-homes and on the other side, they do not provide basic needs to the aged people. Similarly, lack of transport facilities show that Pakistan has do a lot of work to provide basic and sustainable transport to its elderly people.

Only few places have special area for aged people especially in National Bank of Pakistan and some other institutions where special officers are hired for aged people. Lack of infrastructure and transport facility for aging people are also challenges that old-people are facing in Pakistan.

Growing aging population increases the international migration patterns. Country's economy is totally depends on labour availability. Mostly, European countries like Germany faces labour problem because its population has more aged people than youth. Aged people are suitable for office work not for labour work. But, due to increasing number of aged people most country offers scholarships to attract the youth from other countries. Such process build pressure on country economy because with increase in time the pension increases and also needs of old people increased.

There are many challenges that growing aging population face among which increases interational migration patterns is one.

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The first remedie to overcome the challenges that aging population face is community and social programs to reduce the social isolation. Government of Pakistan and civil society need to promote and organized such social and community programs in which youth directly interact with the aged people. In this way, the isolation of aged people ends and youth also get handfull tips from aged people. The aged people have spend their life and they have full with experiences. During these programs, the youth grips those experiences and techniques that old people learns throughout their whole life. Community and social programs to reduce social isolation is helpful in mitigating the challenges that aging people faces

Awariness about the old-home infrastructure and promote old-home culture will be useful in removing the challenges that aging people face. Pakistan has rich cultural and traditional identities. People not only respect the elder but ^{also} declare these old people as their asset. On the other hand, they do not fullfil their basic needs because of economic conditions. To overcome such challenges, the state and civil society promote the old-age home because this will be helpful in mitigating the economic crises

as in old-aged home, the government contributes financially and put less burden on family. The government and civil society needs to build old-aged homes and also start awareness campaigns in this regards. To build old-aged home and promote its idea is helpful in reducing the challenges that aging population face.

Pension reforms and sustainable social security system is helpful and provide conducive atmosphere for aging people in current challenges of growing aging population. The government needs to reforms the pension system. In Pakistan, old people, get their pension through banks where they face a number of hurdle and also facing disrespecting, during bank visit. The government needs to money gram the pension of old person at its home address. Similarly, the government must provide social security to the aged people by providing good healthcare and other facilities. Pension reforms and ^{social} security can be helpful in reducing the current challenges that aging people face.

The government must reskilling the old persons and job placement where it suits. The old people have full of experience because they spend their entire life in one field. The government required to set that person in that field at a position where they suit. This will reduce the

burden of government in employment sector and also old people experience will be utilized. Similarly uses new technologies for the care of old people like smart healthcare system etc. Reskilling and gerontechnology integration for aging population will be useful in mitigating the challenges that aged people face.

Promote cultural and recreational initiatives will be helpful in mitigating the challenges that you old people faced. People in their old age required peace and on the other hand, they demand attention from society. To provide attention, society needs to promote cultural and recreational initiatives. Through these initiatives, the old people interact with the youth and also with each other. In this way, the isolation from society challenge will be solve. On such occational and cultural programs, old people remembers their old-days and share experience with youth that play an important role in youth healthy development. The cultural and recreational initiatives promotion will be helpful in mitigating challenges.

In conclusion, old people are the asset of any state. They contribute in country development through their experiences and provide

emotional support to the youth. Although, old people face number of challenges like healthcare problem, financial problems etc. These challenges can be mitigate easily by working collectively. The government and civil society works together to overcome these challenges. Japan gets loan for old people because Japan becomes technology hubs due to the experiences of these old people. Pakistan needs to build more old-aged home and provide full social security to its old people.