

## **Development of a Key Kit For the Problems Faced By Aged**

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The present study was undertaken in Bengaluru city with the objective of identifying the different problems of the aged, in order to develop a solution kit to deal with these problems. The main purpose was to orient the aged towards their problems and change their outlook, so that they can cope with problems of different types. The sample comprised 120 elderly people, 65 to 70 years of age, out of which 60 were male and 60 female. Healthy male and female subjects belonging to middle socio-economic status, presently unemployed, and living in joint families were selected. The sample was selected through convenience sampling. A wellbeing questionnaire was administered to all the subjects, and a self-designed interview schedule was used in the present study.

During the investigation, it was found that there were many different problems faced by old people, such as physical problems, family problems, isolation problems, economic problems, post-retirement problems and social problems. On the basis of the problems identified, a kit was developed for the solution of these problems, as an aid to strengthening the elderly physically, mentally, socially and economically. Counseling was given with the help of an expert, using charts, posters, leaflets, pamphlets and power point presentations.