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THURSDAY, JANUARY 25, 2007

Change in Lifestyle and Environment The Secret to a Happy Retired Life

Change is inevitable. That is the law of nature. The natural process of aging is gradual and those who are near and dear to you seldom notice the changes.

The fact remains that you are growing old. With advancing years your lifestyle too should be re-oriented in such a manner that you do not put unnecessary strain on the diminishing reserves of your body.

Moderation in everything that you do is the key-word. You may continue with your activities but do it in moderation. Health plays a major part in the lives of the elderly but unfortunately another aspect that is often overlooked is the "Environment". If due importance is given to this aspect then, many other problems such as Accidents, Loneliness, Health etc. could be easily managed.

Some major environmental problems that should be high priority when you retire are:

1. Finding a suitable place to live after retirement should be priority No.1 Larger cities are good for the younger people but the Retirees should consider moving out to a pollution free town or village in the outskirts of the city.
2. Choose a place not too far from your friends and relatives so that they could be of assistance whenever needed.
3. Ground floor is the best for the elderly. Split level houses should be avoided. If there are steps, good hand rails should be provided.
4. The house should be well ventilated and provide plenty of sunlight.
5. The floors should be well carpeted. Worn out carpets are dangerous since you could trip and fall.
6. Electric wiring should be permanent and all electrical gadgets should be in good working order.
7. Avoid loose and long clothing. Many accidents are caused by tripping and falling. Fractures and injuries during old age could take a longer time to heal and be a source of worry and agony.

8. Clothing should always be appropriate to the season. Inappropriate clothing can lead to health conditions such as, body pain arthritis, chest cold etc

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