

Aging Well: Enhancing Elder-Friendly Environments



Welcome to our latest bulletin, curated on the theme of Elder-Friendly Infrastructure. As we recognize the importance of creating elder-friendly spaces, we focus on advancements that support and include our senior citizens. This edition focuses on initiatives that enhance the well-being and inclusivity of the elder community, showcasing our commitment to building environments where they can thrive.



Creating an elder-friendly environment

“To support elderly independence, our societal ecosystem must ensure safe and accessible environments. Key improvements include safer public spaces, elder-friendly home designs, and support for digital transitions. Elders need decluttered homes, anti-skid tiles, grab bars, and easy-to-recognize dining setups. Empathy and sensitivity are essential, echoing Gandhi's belief that society's measure lies in its treatment of vulnerable members.”... (Contd.)

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THE TIMES OF INDIA



Lifestyle tips for promoting mental wellness among seniors and their children

Kochi city joins WHO's global network of age-friendly cities

"Kochi has been recognized as South Asia's first WHO 'age-friendly city.' Efforts include age-friendly public places, health services, advanced technology training, special taxi services, and the Vayomithram scheme benefiting 4,000 elderly. Additionally, 45 clinics, old age homes, and senior citizen clubs offer various activities and support."... (Contd.)

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Walking in their shoes: How cities can include senior citizens in planning

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"IIT-Bombay and Dig-Design have created an 'age empathy suit' to simulate the challenges of aging, aiming to influence city planning for senior citizens. The Voluntary Ageing Device (VAD) helps policymakers experience common age-related ailments, fostering empathy and better urban design."...(Contd.)

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An empirical study on the collaborative usability of age-appropriate smart home interface design

"The paper presents a design framework for improving smart home systems for the elderly, validated by a user study with 32 participants. Findings indicate the prototype is generally user-friendly but suggest adjustments for better usability, such as repositioning function bars and adding clearer labels. Recommended design elements include 18 mm buttons, a minimalist style, and green as the theme color. These enhancements aim to make smart homes more operable and visually appealing for seniors."...(Contd.)

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Play with colors at Epoch Gustav House

At Epoch Elder Care, we honor the legacy of renowned artists not only by naming our homes after them but by nurturing the artistic spirit within our team.

Our 'Play with Colors' 🎨 activity was a testament to the creativity and passion that define our care. This vibrant celebration brought joy and inspiration, painting a vivid picture full of colors at Epoch Gustav House 🌟

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