

# Challenges in Senior Citizen Healthcare

Senior citizens in India face a unique set of healthcare challenges, including:

- **Accessibility:** Limited access to healthcare facilities, especially in rural areas, coupled with mobility issues, makes it difficult for seniors to receive timely medical attention.
- **Affordability:** Healthcare costs can be a significant burden for seniors, many of whom rely on pensions or have limited savings.
- **Chronic Diseases:** The prevalence of chronic diseases like diabetes, hypertension, and cardiovascular disease is high among elderly Indians, requiring ongoing management and monitoring.
- **Lack of Awareness:** Many seniors lack awareness about preventive healthcare measures and available resources.
- **Social Isolation:** Social isolation and loneliness can negatively impact mental and physical health.
- **Geriatric Care Shortage:** There is a shortage of healthcare professionals specializing in geriatric care.