

ENDOCRINOLOGY, DIABETES AND METABOLISM

April 08-09, 2019 Wellington, New Zealand

Ageing population challenges and its stress on the patient and society: How the medic, society, government and advanced country can resolve?**Ling Sien Ngan**

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Statement of the Problem: People who are retired early at 58-65 year old depending on country brings more harm than good the patient, society and nation. They are difficult to get re-employment, couldn't meet the rising living expenses in the inflationary world, also doubled up with many illnesses that require more budget for the hospital visit and medication. This is compounded with higher longevity with expected life expectancy of around 80+ years. These 20 over extra years of living post-retirement incurred a lot of financial burden challenges personally, on the society and national economic level with inadequate worker leaving the workforce or skill mismatch. This problem faces mankind for the first time never seen before.

Methodology & Theoretical Orientation: Utilizing a subjective analysis reviewing books, articles, clinical history taking, charity function observation, interview and focus group to gather data. It is used for the security framework of the social sciences to understand the interaction between the ageing patient and the socio-economic factor relationship and context.

Findings: The post-retirement patient group were actively seeking new employment despite skill mismatches to find their personal worth, meeting financial obligation, relieving physical, social, mental and spiritual boredom. Those left unemployed faces mental stress, judgment and memory deterioration faster, physical body regression, withdrawn and ages faster. One interesting finding is that more would like to do charity work and attend religious prayer. Society tends to face GDP decline without government policy interventional help.

Conclusion & Significance: Retired patient faces tremendous burden on financial, stress and ages faster with less priority given to health consequently. Therefore, they end up with severe medical complication. Timely and adequate support from the medical, socio and government intervention will improve their employment, health and economic security. All need to start early with financial planning to allow adequate buffer zone cushioning the impact after retirement. They need to be health savvy to maintain healthy body or comply with medication to avoid complication insuring higher cost. Social welfare and geriatric support and peer group support are essential.

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