



# 2nd International Conference on Pharma & Nutrition, Health and Aging

August 1-2, 2019 Valencia, Spain

## “Ageing Well in Nepal? Exploring the Health and Social Care Needs of Older People in Dhading District”

Laxmi Timalisina\*, Padam Simkhada and Rose Khatri  
Liverpool John Moores University, UK

The purpose of this qualitative research study was to explore the ageing experience along with health and social care needs of older people residing in Dhading district of Nepal. Participants recruited purposively from 2 municipalities in Dhading district participated in semi-structured interview and focus group discussion. Questions structured within conceptual framework and the subsequent probes were appropriate guided participants to share their past and present life experience, including education, work, family life, health where experienced and economic status. Findings revealed that, older people place greater emphasis on the fulfilment of basic needs without any hardship along with good and positive relationship with family and good physical health as being the key to ageing well. Furthermore, finding also suggests that there is a need of having quality of data and information about older people's need and experiences for developing policies and programmes in local level to maintain wellbeing and healthy ageing.

Each individual experienced old age differently. Meaning of ageing well and the components associated with older peoples wellbeing differed from each other as per their individual necessities.

### Biography:

Laxmi Timalisina is a PhD student at the Public Health Institute, Liverpool John Moore's University. Interested in ageing, elderly care and health system in LMICs. Her PhD focuses on exploring the ageing experience of older people and identify any possible gaps in local service provision in Nepal. Most recently, Laxmi was a part of research team for capturing the key discussions around Primary Health Care (PHC) and the role of the Private Sector during the 5th Global Symposium on Health Systems Research 2018.