

# Community Engagement and Successful Aging Among Older People

*Opinion*

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**Abstract**

Community engagement for older people is aimed to maintain older people social integration and involvement within their communities. Community engagement for older people gives themselves sense of belonging to their homeland and decrease sense of social withdrawal after their retirement age. Community engagement has a significant role in maintaining successful aging through community activities participation.

**Keywords:** Community Engagement, Older People, Successful Aging

**Opinion**

Being community oriented older adults is act as a key of effective, positive and active aging through maintaining their maximum level of independence, health and wellness. To effectively engage older people in their communities, there are different strategies for community engagement program as Volunteering. Being Volunteer and get involved in work without paid is highly ranked motivated work among older people themselves. It offers opportunities for meaningful life, reducing social withdrawal and decrease depressed status. Moreover, volunteer work, increase sense of life satisfaction among older people.

Inter-generational program is another strategic activity which plays a crucial role in community engagement. These programs provide connection between child, youth and older people in certain planned activities. These activities may include exchange ideas, different experiences or even learn a new skill. Inter-generational program has varieties of advantages specifically it reduces gap between the different generations and connect with each other more easily. Inter-generational program decrease social ageism & discrimination, improve physical, social and psychological status among older people. There are different types of activities of inter-generational program in such as art creating, civil work, community services in different public and private organizations, painting, event's organizers and many others.

Gerotechnology is another strategy that maintains community engagement among older people. Gerotechnology enhance successful and positive aging by keep older people in touch with their communities in easily and safely manner. Gerotechnology maintain

older people sense of being independent, autonomy and promote social contact which reflects the meaning of life between themselves. Gerotechnology promote community engagement and social participation in effective way by using different technological devices in their own home to share exchange and participate in varieties of activities through using smart phones, iPad, laptop and many other devices which are affordable to all. Also, they can communicate with loved one through video conversation which helps in building strong family and caregivers bonds. Gerotechnology improve older people cognition function, learning new skills by handling different technology method. By leveraging technology, older people can easily access health care, involve in different celebration like virtual national festivals, or other community engagement activities.

Environment friendly aging plays a significant role in community engagement by participating in social activities, reducing barriers to engagement and promoting social inclusion. Suitable infrastructures with appropriate assistive devices for older people help them to actively engage in different activities safely. Access to transportation enhances social connections and overcome mobility challenges and enables them to connect with others in their communities.

To conclude, engaging with the community has a positive impact on physical, mental, and social wellness among older people. Community engagement has different strategic programs that can enhance and improve older people meaning, purpose of life and enhance successful aging.