

# *Caring for the elderly*

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**Caring for the elderly**

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The world's population is aging at an accelerated pace. International organizations estimate that by 2050 one out of every six people on the planet will be over 65 years old.

Cuba is no exception to this phenomenon. According to the Ministry of Public Health, in 2020 the number of people over 60 years of age increased in the country, reporting that 21.3% of the national demographic register corresponds to the so-called third age group.

Villa Clara, Havana and Santi-Spiritus are the three provinces that show a greater aging on the Caribbean island.

Reaching these ages with well-being and quality of life is therefore an objective of Cuban society, which works to prioritize the needs of this population segment, while promoting their inclusion in the socioeconomic and political life of the country.

Although COVID-19 came to change the dynamics of the world and the country and the tightening of the U.S. blockade increased the obstacles, the actions in favor of the elderly did not stop. Two new homes for the elderly were opened, one in Matanzas and the other in Pinar del Río, bringing the total to 157 in the whole national territory.

In these centers, the required hygienic and sanitary measures were adopted to reduce the impact of the pandemic on this age group, which is highly vulnerable due to the presence of certain chronic diseases.

New grandparents' homes were also opened. Today the Cuban archipelago has 300 of these facilities, where the elderly are guaranteed medical, nursing and physiotherapy services, in addition to participating in multiple physical, recreational and social activities.

These institutions also represent a peace of mind for family members who, due to work, could not provide these people with the necessary care during the day.

However, the pandemic led to their temporary closure in order to prevent the spread of the disease. Nevertheless, food was maintained for those who requested it.

To protect this age group, Biomodulin T, a Cuban drug of proven efficacy, was also applied, which better prepares the immune system to face the disease caused by the new coronavirus.

Throughout these decades, the authorities have also launched other initiatives, such as the Senior Citizen Chair, which has helped to promote active and healthy aging.

Founded 21 years ago, this program has obtained important results in terms of well-being and quality of life.

Since 1996, Cuba has also had a National Program for the Comprehensive Care of the Elderly, whose purpose is to guarantee health care tailored to the needs of these people.

Cuba is committed to stimulating and maintaining the functional capacity of the elderly, who have contributed so much to the development of the nation.

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