NATIONAL SALIENT FINDINGS
Women & Ageing: Invisible or Empowered?
A HelpAge India Report 2023

Status of Older Women
- 81% older women live with their families
- 54% older women in India were illiterate (59% Urban, 66% - Rural)
- 54% older women were married
- 44% older women were widowed

Elder Abuse
- 50% older women consider elder abuse to be prevalent
- 16% older women have faced elder abuse, mostly in the form of disrespect (46%) followed by physical abuse (43%) and emotional/psychological abuse (40%).
- Main Perpetrators of Abuse: Son (40%), followed by other relatives (31%) and daughter-in-law (27%).
- Of those abused, only 16% older women reported the abuse to police/helplines.

Barriers & Challenges for reporting Elder Abuse
- 18% fear retaliation or further abuse
- 16% have no awareness of available resources
- 13% think their concerns are not taken seriously

Top 3 Suggestions to Prevent or Reduce occurrence of Elder Abuse
- Raising awareness on elder abuse through education campaigns (59%)
- Strengthening laws and penalties for elder abuse (51%)
- Providing training to caregivers to recognize and address elder abuse (43%)

Awareness & Impact
- 60% older women lack awareness on redressal mechanisms available for abuse
- 80% older women are not aware of government welfare schemes
- 16% are aware of the Maintenance & Welfare of Parents & Senior Citizens Act

Vulnerabilities
- 17% of elderly women have faced discrimination due to gender (pg.48)
- 60% of elderly women have faced social discrimination due to the marital status i.e. Widowed
- 71% older women can’t take decisions for themselves

Healthcare
- 48% older women have at least one chronic condition
- 65% older women have reported not having health insurance
Economic & Financial Security
- 69% older women in India don’t own any assets (such as vehicle, immovable / immovable property)
- 51% of the older women have reported being ‘never’ employed
- 74% are Not Working
- 32% older women want work till as long as possible
- 47% of the older women who are working, said that they do not find their environment at home friendly towards work.
- 36% of the older women who are working, say the same for their environment at their workplace.
- Nearly 70% of the older women have reported a lack of adequate and accessible employment opportunities.
- 53% of the older women do not feel financially secure. Of the 47% who do feel secure, 80% are dependent on their children for finances.
- 73% older women do not have any savings.

Caregiving
- 67% older women are in caregiving roles.
- 31% older women are not able to manage the burden of their care taking role (10% stated decline in wellbeing & 21% stated improved wellbeing but burdensome)

Safety & Security
- 43% Elderly women worry of getting physically hurt.
- 76% saying its due to ‘fear of falling’ and 46% stating due to weak eyesight.

Digital/Social Inclusion
- 24% older women consider time spent by their children as not enough.
- 60% older women have never used digital devices.
- 59% older women do not own smartphones.
- 60% older women are not familiar with social media platforms.