

7th International Conference on**GERIATRICS GERONTOLOGY & PALLIATIVE NURSING**

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From the time we are born, we are aging. Aging is a natural phenomenon of a living cycle. Humans age genetically, socially, psychologically, spiritually and more, yet they are vulnerable to so many external factors. Where the basic three needs are to be met in terms of – food, clothing and shelter, aging is close as fourth! From the universal right to grow and age, comes the reality of where we are as of NOW. We cannot stop aging and we cannot stop aging services as well. Aging has its own significance or stigma around the world. The services for aging and the aged are or are not quite so. Basic requirements are not met, despite the staggering growth of economy, finance and the knowledge based on research! Here comes the real dilemma, how does one get that started? What goes into the consideration? Where are the keys and locks to those answers and questions? Which equations are essential to aging with dignity and which can wait? What can we learn and grow from and about? If these are some of the questions we share, then as a collective action in individualized countries and coming together globally, we can make the move, change the dynamics and create a wise and encouraging world for the aging! Brainstorming, collaborations, targeting, strategic planning involving the various aspects of ‘Geriatrics’ we can birth the movement for Geriatric Services, solutions and sojourns. Inviting the entire portfolio of humankind- from culture to society to needs and wants, we together in our nations and universally create something for the next generations to grow upon. Mind not the hardships we may face, standing today, I personally agree for each of you to begin a dialogue with yourself, in the communities you live and serve!

Biography

Purnima Sreenivasan is passionate about aging and aging services and has served as CEO of Health Aim Inc, which she founded in 2004 serving the seniors in the San Francisco Bay Area, CA, and USA. She has helped seniors, health professionals, facilities with resources, mentoring, consulting and also serving as medical director for home health, hospice, skilled nursing facility in nursing home and as a member of the Board of Directors of Meals on Wheels in the past. She now provides Aging Life care Services, Public Health consultations, a career in writing and public speaking locally and globally! Health Aim Inc believes in education, empowerment, enrichment, encouragement, inspiring and making a genuine difference in people's lives, a legacy for the future.

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