

**PRESERVING THE HEALTH OF THE ELDERLY AS A FACTOR IN
ENSURING INTERGENERATIONAL CONTINUITY**

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RESUME: *This article examines that maintaining the health of older people is one of the decisive factors in ensuring their active participation in public life and the transfer of cultural and spiritual heritage to future generations, and human health is measured not only by its medical or physical condition, but also by its social activity, psychological stability and spiritual satisfaction. Intergenerational continuity is the process of transferring knowledge, experience, traditions and spiritual values of the older generation to the next generation, the role of society, namely the state, society, civil society institutions and the general public, in maintaining the health of the older generation is analyzed.*

Keywords: *older people, health, society, social protection, active ageing, civil society, neighbourhood, intergenerational continuity, older people.*

Global demographic changes today have led to a growing proportion of elderly people in the population. This situation imposes new tasks not only on the social protection and healthcare systems but also plays an important role in ensuring the stability of intergenerational relations. Preserving the health of the elderly is one of the decisive factors in enabling their active participation in social life and transmitting cultural and spiritual heritage to future generations.

The health of an elderly person is measured not only by their medical or physical condition but also by their social activity, psychological stability, and spiritual satisfaction. Intergenerational continuity is the process of transferring knowledge, experience, traditions, and moral values from the older generation to the younger one. For this process to be successful, the elderly must remain satisfied with life, active, and healthy. If they feel unnecessary, suffer from poor health, or face social exclusion, the chain of continuity may be disrupted. Thus, health is not only a personal blessing but also a fundamental factor in preserving social heritage.

Promoting health equity in old age is also recognized as an important goal of healthcare. Many health disparities observed among the elderly are the result of “social determinants,” such as socio-economic conditions, living and working environments, education, and others. A person’s birth, upbringing, education, nutrition, sleep, lifestyle, work, health, and social

care all have a lasting impact on their well-being in old age. Targeting healthcare initiatives toward the current younger population is essential, as inequalities experienced throughout life should not become an additional burden in old age.

In this regard, Uzbekistan pays special attention to preserving the health of the elderly as a means of ensuring intergenerational continuity. Firstly, in reproductive health centers, systematic medical check-ups for the elderly are organized. Secondly, at the “Nuroni” sanatorium established under the Nuroni Foundation of the Republic of Uzbekistan, elderly people have the opportunity to receive planned preventive medical treatments free of charge.

The effectiveness of systematic preventive measures aimed at preserving the health of the elderly in Uzbekistan has also been studied through sociological surveys. Out of 609 respondents, 131 rated their health as excellent, 217 as good, 143 as satisfactory, 61 as unsatisfactory, and 57 as very poor. When asked what measures they take to maintain their health, 113 respondents indicated regular medical check-ups, 78 mentioned regular doctor visits, 47 reported engaging in physical exercise, 89 said they undergo preventive treatment in sanatoriums, 51 stated they had no health complaints, while 3 respondents admitted they had no opportunity to take care of their health.

In the New Uzbekistan, although the main direction of efforts in the field of healthcare for the elderly has shifted towards healthy aging and reducing inequalities in health and aging, the goal of increasing life expectancy must not be forgotten. Indeed, healthcare statistics usually focus on achievements in extending life expectancy, and the recent emphasis on well-being in later life is partly the result of such achievements.

The health of the elderly depends not only on medical care but also on attention, love, and compassion. These factors, above all, are formed within the family environment.

In ensuring the health of the elderly, modern medicine and gerontology propose a biopsychosocial approach (physical, psychological, and social). This approach takes into account the following:

- **Physical factors:** the elderly person’s bodily condition, chronic illnesses, dietary habits.
- **Psychological factors:** not feeling lonely, mental stability, worldview.
- **Social factors:** relationships with family members, active lifestyle, sense of belonging to society.

The family serves as the point of convergence of all three of these factors.

An elderly person needs kindness, conversation, and someone to listen to them. Such attention restores their interest in life, stabilizes their psychological state, and prevents depression and loneliness.

Family members' help in delivering medicines, preparing food, assisting with household chores, and accompanying the elderly to the doctor is crucial practical support for maintaining their health. Likewise, communication between the young and the elderly in the family creates a sense of being needed and provides an opportunity to share experience. This, in turn, stimulates an active lifestyle.

A healthy family environment reduces emotional stress in the elderly. Scientific research shows that elderly people with strong family relationships are less likely to suffer from cardiovascular diseases, diabetes, and Alzheimer's disease.

In Uzbekistan, society is actively involved in providing social protection and healthcare for the elderly through the following forms:

- Constant communication with elderly citizens via community activists and “Advice of Elders” groups.
- Support through the Nuroniy Foundation, including health improvement, material assistance, and moral encouragement.
- Training sessions, counseling courses, and medical check-ups for the elderly organized by civil society institutions (NGOs, trade unions).
- Intergenerational dialogue events with youth to ensure the social activity of elderly people.

The Constitution of the Republic of Uzbekistan (Article 46) guarantees every person's right to healthcare and social assistance.

The “New Uzbekistan Development Strategy” defines the health, social protection, and cultivation of respect for the elderly within the family as one of the main tasks.

The UN “Active Aging” concept also highlights the family institution as the key link in supporting the elderly.

In conclusion, the healthy life of the elderly is ensured not only through medical treatment but also through emotional support and affection within the family environment, respect for the older generation in society, and the creation of an atmosphere of care and closeness. These factors significantly improve their health and quality of life.

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