



**ADL AND IADL AMONG OLDER PEOPLE AND ITS IMPACT ON LONGEVITY:
GENDER DIMENSIONS**

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ABSTRACT

Functional status of elderly is one of the key issues of health and well-being of the elderly and it determines their quality of life. Measures of functional status focus on two areas of activities viz ADL (activities of daily living) and IADL (Instrumental activation of daily living). The present study concentrated on old-old elderly (69-70 years) who are residing in semi-urban set up. The study intends to know the ADL and IADL and how social support helps perform these activities effectively. Gender dimensions of ADL and IADL and its impact on longevity yet another unexplored issue forms the focus in the present study.

Feminization of ageing, widowhood and illiteracy were glaring in the study. Majority of the respondents were residing in joint households. Overwhelming majority of the respondents not depended on anybody for self-care activities. However, men were more dependent on household activities. Due to historical, structural discrimination women are lagging behind in shopping, handling the finance, ability to use telephone, whereas men are more alert in these activities. Though elderly receives support during crisis and emergency, only six respondents from joint household responded that they were very satisfied. Structure of the family is an important aspect which plays a key role and an excellent source of social support in Indian society. Men were not able to accomplish essential daily living activities. Present study proved that, men were more dependent on women for ADL and IADL activities. Women folk in particular and core family members in general extended support to the elderly during crisis. Structure of the family (Joint household) still plays an important role in the social support system in Indian society.

Key words: ADL, IADL, Social support, performance orientation