

Daily Mains Practice Answer 14-10-2026

Q. "India must transform elderly care from an informal family responsibility into a professional, accessible and gender-equitable care economy." Discuss the need, challenges and policy measures required to achieve this transition. (15 marks, 250 words)

Direction: Intro----- Need, challenges and policy measures required-----Conclusion.

Introduction:

Brief about India's ageing population.

Main Body

Need for transforming elderly care

- Demographic transition - Increase in the elderly population will raise demand for long-term care, rehabilitation and geriatric healthcare.
- Changing family structures - Nuclear households, migration and smaller families.
- Professional care requirements - Age-related illnesses, dementia, mobility limitations, etc require specialised skills beyond informal experience.
- Gender equality - According to the NSO figures, women spend an average of 299 minutes daily on unpaid domestic work and caregiving.
- Employment generation - Professional caregiving can create formal employment opportunities.

Challenges

- Inadequate trained workforce
- Gendered burden of unpaid care
- Affordability and accessibility
- Institutional and regulatory gaps
- Limited recognition and standardisation.

Measures required for transition

- Professionalize caregiving
- Establish national framework for caregiving
- Recognize informal caregiving
- Make caregiving gender-equitable
- Build accessible care infrastructure.

Conclusion:

Give a positive and balanced conclusion.

India must move from a family-only model to a shared-care model involving families, the state, communities and professional service providers.

