

An artistic illustration on a dark background. A staircase is built from red rectangular blocks. Three people are climbing: an older man in a pink shirt and green pants on the left, a woman in a light blue shirt and dark pants in the middle, and an older woman in a yellow sari on the right. Four hands reach out towards the staircase: a brown hand with a yellow bangle at the top left, a brown hand with white nail polish at the bottom right, a blue hand at the bottom left, and a green hand at the bottom right. The text 'Longevity' is in large white font, and 'A New Way of Understanding Ageing' is in smaller white font below it.

# Longevity

A New Way of  
Understanding Ageing



## KEY QUESTIONS

1. How can India reframe ageing from a challenge to an opportunity?
2. What are the primary needs of older adults in India today?
3. What systemic gaps exist in India's approach to longevity?
4. What strategic actions are recommended to support India's ageing population?

Today, **40%** of older adults in India live close to or below the poverty line, and **17%** of their budgets go toward healthcare; yet fewer than **20%** are insured.



By 2045, an estimated **81 million** older adults will be living alone or only with their spouse – raising concerns of a social isolation epidemic.

## The report underscores the socio-economic impact of older adults in India:

- In 2023-24, the elderly contributed. **USD 68 billion in labor income, over 3% of India's GDP.**
- Annually, they dedicate approximately **14 billion hours to family caregiving and 2.6 billion hours** to community-building activities.
- If more older adults re-enter the workforce, **India's GDP could potentially rise by 1.5%.**

**By 2047, India will have 300 million older adults,**  
and we will need much better structures for  
providing care and support to millions of people.

Yet, older adults are not a homogenous, frail  
group. The elderly are also a seat of value. Can  
India take the lead in redefining what it means to  
be an older adult? Can we do it in time for the  
seismic shift in our demographics?

It's my hope that this report will spur deeper  
public discourse on an issue that concerns us all.

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**ROHINI NILEKANI**  
**CHAIRPERSON, RNPF**



# LONGEVITY:

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