

For Healthy Ageing there are six basic principles to follow, namely proper nutrition, a good social support system, regular physical activity, stress management, cognitive training and the practice of spirituality. However, whether the deficiencies are visible or not, they inevitably exist. Ill health and the complications of chronic diseases can lead to disability and total dependency, needing the care of another person for carrying out the activities of daily living. Mauritius has put in place a panoply of services to support family members and older persons to age healthily and without any resultant disability.

In 1950, Mauritius had a total population of 438,997. As at December 2013 the population was 1,257,121 of whom 172,229 were 60 years and above, including 16,031 who were severely disabled and dependent. It is projected that the population in 2025 will be 1,320,210, of whom 258,560 will be over 60 years. The number of dependent elderly persons will be 28,000.

Mauritius has already initiated preventive, promotive and curative care services to cater for an ageing population. Financial security and the dignity of the person is maintained by the provision of a Basic Retirement Pension from 60 years of age. Dependent elderly persons can receive a carer's allowance. Informal family caregivers are being trained in the basics of the care for elderly persons so that they can improve the well-being of those cared for at home. Formal Health care is available in health centres and hospitals freely, for all the population. However, the bedridden over 75 years and those over 90 years, are entitled to a monthly medical visits for the provision of routine medication. Formal carers are also being trained for families who would wish to hire them.

Emphasis is laid on Preventive Health Care at the level of health Clubs and Senior Citizens Associations. It is also intended to train voluntary persons in the community to provide social and palliative care to the elderly in need. Both formal and informal carers are focused on the improved proved quality of life of the individual elderly person.