       Elders are one of the most important segments of society that need care and attention. As we know, during the normal human life cycle, a person reaches a stage where his physical and mental strength decreases, his immunity weakens, and his level of physical and psychological activity declines. This is exactly what happens to our parents, grandparents, and all those who reach that age. They announce many health, psychological and social problems that we may not pay attention to or notice. This article will address some of the most prominent problems faced by the elderly and provide appropriate solutions for.

       First, in terms of health, the immunity of the elderly begins to decline significantly, as their body and all their organs and senses weaken, which causes them to have many health problems and possibly chronic diseases. One of the most prominent problems that target the elderly group is diabetes, cancer, heart and kidney diseases If proper treatment and care are not provided, they will die. Therefore, it is our duty as a society that preserves human values ​​to help this kind segment and provide them with free treatment and health care, including medicines, medical follow-up, centers and equipment.

       Second, in terms of social, elders often become a socially marginalized group  
This is due to weakness, introversion, declining health and intellectual level. Most of their time is spent in homes or nursing centers without any communication or interaction with people and external stitches, actually this causes them to withdraw and affect their psyche, also making them more susceptible to depression. The most appropriate solution lies in integrating them with community activities such as competitions, dialogue sessions, cultural debates and games. It is also possible to talk to them and give them a lot of our time, interact with them, consult them. They are a wide, experienced and rational in life, this leads to raise their morale, improve their psychological state, and bring happiness to their hearts.

        In conclude, elders are our parents and grandparents, so it is our duty to take care of them and give them our full attention. They have never neglected us and devoted their lives making us happy also making us productive people in society. We must realize that we will pass through this stage and will need someone to take care of us. It is our responsibility to provide comprehensive health, social and psychological follow-up for this category, free of charge. So, we must do good to receive the same.