



**QUIET INDIA**

Healthier India

# Senior Wellness Pack

## A Practical Guide to Peaceful Living for Seniors

### 1. Why Noise-Free Living Matters for Seniors

- Peace of Mind: Reduces stress, irritability, and anxiety.
- Hearing Health: Protects against hearing loss and auditory strain.
- Better Health: Supports cardiovascular health and lowers blood pressure.
- Restful Sleep: Ensures uninterrupted rest and recovery.

### 2. Common Noise Challenges for Seniors

- External Sources: Traffic, markets, loudspeakers, neighbourhood construction.
- Internal Sources: TV, loud appliances, plumbing sounds, door slams.
- Community Sources: Festivals, loudspeakers, neighbourhood activities.

### 3. Home Adjustments for Senior Wellness

#### Quick Fixes (Low-Cost):

- Use thick curtains, carpets, and cushions to absorb noise.
- Install soft-closing hinges on doors and cabinets.
- Add rubber pads under furniture and walking aids.
- Place TVs and appliances away from bedrooms.

#### Long-Term Investments:

- Double-glazed windows to block traffic noise.
- Soundproofing senior bedrooms for restful sleep.
- Dedicated "Quiet Corners" for reading, meditation, or prayer.
- Green walls or potted plants to buffer outside noise



#### 4. Lifestyle & Wellness Adjustments

- Introduce Quiet Hours after lunch and in the evening.
- Encourage seniors to practice meditation or gentle yoga.
- Use headphones for TV/music to reduce background noise.
- Plan calm social activities (reading clubs, board games, soft music sessions).

#### 5. Toolkit for Seniors

##### Do-It-Yourself Tools:

- Noise Meter App: Check if home sound levels are senior-friendly.
- Daily Quiet Log: Record quiet/rest times for better routines.
- Checklist: Inspect home appliances and furniture for unnecessary noise.

##### Community Tools:

- Senior clubs can introduce “Calm Evenings” with low-noise gatherings.
- Housing societies can designate Quiet Zones for senior wellness.
- Encourage respectful sound practices during festivals near senior homes.

#### 6. When to Seek Professional Help

- If seniors struggle with sleep due to noise.
  - If homes are located near heavy traffic, markets, or loud neighbourhoods.
  - If hearing aids or medical equipment are affected by background noise.
- Professional acoustic consultants can design senior-specific noise solutions.

