



## EXPLORING THE HEALTH DIMENSION OF SUCCESSFUL AGEING AMONG WOMEN: A LITERATURE-BASED STUDY

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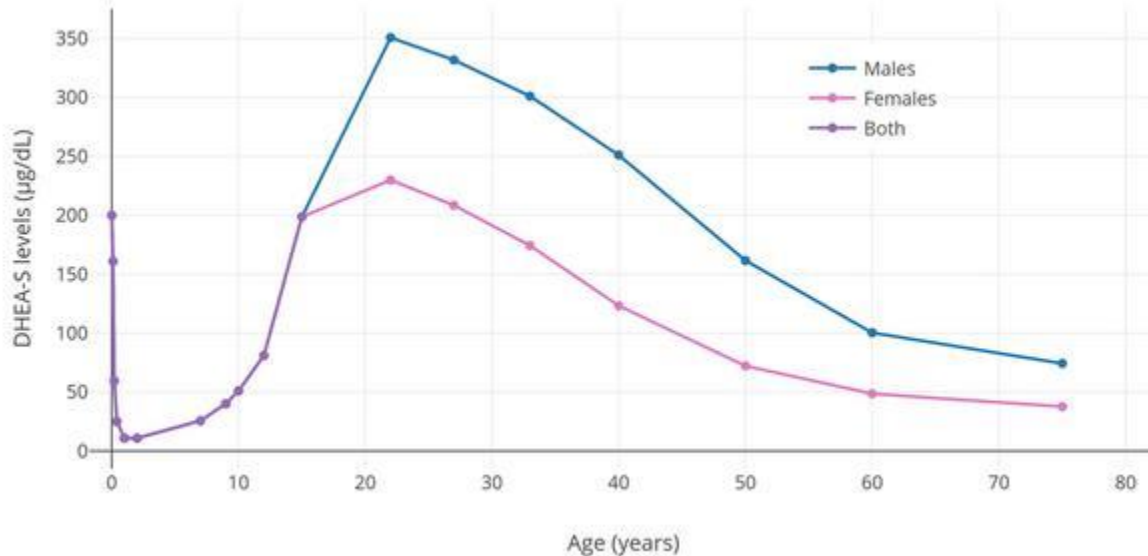
### **Abstract**

*This literature review is an investigation into the multidimensional environmental factors which affect healthy aging in elderly women, biological, physical, mental, cognitive, social, and cultural factors amongst others. Frequent exercise, healthy diets, and availability of healthcare are key role players in the prevention of alleviating age-related disorders such as osteoporosis, heart disease, and loss of muscle mass in the body (sarcopenia). To decrease the chances of dementia and cognitive decline, it is pertinent to engage in mental health activities and cognitive training. Emotional well-being and their resilience in collectivist cultures are greatly boosted by social and familial support systems whereas social-economic differences increase health burdens of marginalized women. Aging is determined by underlying cultural and religious factors and policies regarding financial stability, access to healthcare and housing stability. Community involvement and technology are used to deal with loneliness and enhance the quality life. The review recommends integrative, individualized methods and fair policies to help those older women find new solutions to problems that are relevant to them and eventually have healthier aging.*

**Keywords:** *Healthy aging, mental well-being, Cognitive Deterioration, Social Support*

## Biological and Physical Health

Figure 1



According to Brown et al. (2018), regular physical activity and access to medical care play a crucial role in the aging process. In rural areas, where healthcare resources may be limited, older individuals—especially women—often face greater challenges as they age. This highlights the importance of accessible healthcare in promoting healthy aging, as limited resources can exacerbate the difficulties faced by older adults.

Freeman et al. (2019) delve into the impact of menopause on women's health, noting that this significant life transition can adversely affect various aspects of health, including bone density, cardiovascular health, and hormonal balance. Women who adapt their lifestyles or utilize hormone therapy during menopause often report improvements in their overall health and well-being, suggesting that proactive management of this phase can lead to better health outcomes.

Santoro et al. (2018) emphasize that the decline in estrogen levels associated with menopause significantly increases the risk of developing heart disease and osteoporosis. While hormone replacement therapy (HRT) may mitigate some of these risks, there remains considerable debate about its long-term safety, particularly concerning the potential risks of breast cancer. This ongoing discussion underscores the complexity of menopause management and the need for individualized approaches.

Chen et al. (2020) underscore the importance of nutritional supplements such as calcium and Vitamin D, along with weight-bearing exercises, in maintaining bone health and preventing fractures among older women. These strategies are essential for enhancing bone density and overall physical resilience, especially as women age and face increased risks of osteoporosis.

Brown et al. (2020) conducted research demonstrating that engaging in regular physical activities—such as walking, aerobics, or strength training—can enhance mobility and reduce the risk of disability in older women. Physically active women often experience increased



independence and a greater quality of life as they age, highlighting the importance of staying active throughout the aging process.

According to Mosca et al. (2017), women who are older, who follow a heart-friendly eating plan while exercising almost on a daily basis can significantly cut down the risks for heart disease and stroke. This dual strategy is necessary in combination to foster heart health of their patients with maximum heart characteristics in the latter years of their lives.

Miller et al. (2020) underline the need to keep a controlled intake of medications, self-administer for chronic illnesses and be reminded by health professionals through regular appointment check-ups. Such an integrative model is vital in sustaining the health status and general well-being of older adults as it addresses complications beforehand.

Park and Lee (2021) recommend the Mediterranean diet consisting of vegetables, fruits, beans, whole grains and nuts, whose adherents have availed herself with multiple benefits which include the lower chances of developing chronic diseases and decline in cognitive function. This diet does not only enhance physical health but also enhances self-confidence and general psychological wellbeing.

According to Hall et al. (2018) older women have a high probability of suffering from sleep disturbances which can worsen their psychological state which can eventually lead to depression. Furthermore, these sleep disturbances are also associated with health-related issues such as obesity and cardiovascular diseases. Such authors suggest that sleep hygiene practices should be improved in order to promote general health and well-being.

Mitchell et al. (2019) raise the issue of sarcopenia or muscle loss due to aging and it poses a greater risk to women owing to the transition in their hormonal environment due to age. To counter this problem, resistance training coupled with adequate protein intake is recommended which shows the role of strength training in the preservation of muscle mass.

Bolland et al. (2018) performed an extensive study observing women after menopause and reported that vitamin D supplementation was associated with a reduction in the risk of falls and fractures. These particular supplements are very important in ensuring that bones and the body in general are healthy which is essential for the elderly women.

Anger et al. (2020) note that having to deal with one's health may isolate some people and make them lonely, feelings which can negatively enhance mental health issues. It is always important to address both physical and mental health, for the general health of older women may not be complete without these two aspects.

training at regular health evaluations. The adoption of such feline approaches may greatly improve health status and enhance the quality of life of the elderly.

Marcus et al. (2020) underline the need for periodic monitoring of bone density and incorporation of weightbearing exercises to minimize the chances of developing bone fragility related conditions later in life which potentially increase risk of suffering from fractures and other bone associated complications.

O'Sullivan et al. (2021) consider also the restrictions of low-income women or those women in isolated regions in terms of seeking health care services. They opine that the absence of preventive-care measures leads to health deterioration which further progresses chronic diseases that remain ignored until serious complications develop.



In the work by Williams and Green, (2021) the social aspect of the life in the health of older women is examined. When women have friends who can aid them, they are more likely to enjoy good health and grow old. Social participation not only helps too much in alleviating nursing but also helps to motivate change in food habits.

Freeman et al. (2019) emphasize this by stating that lifestyle changes like diet and exercise, hormone replacement therapy or other alternatives can enhance the life of older women by managing difficult symptoms like hot flashes and joint pains. So it is possible to avoid discomfort during the process of growing old and to make the old age more enjoyable.

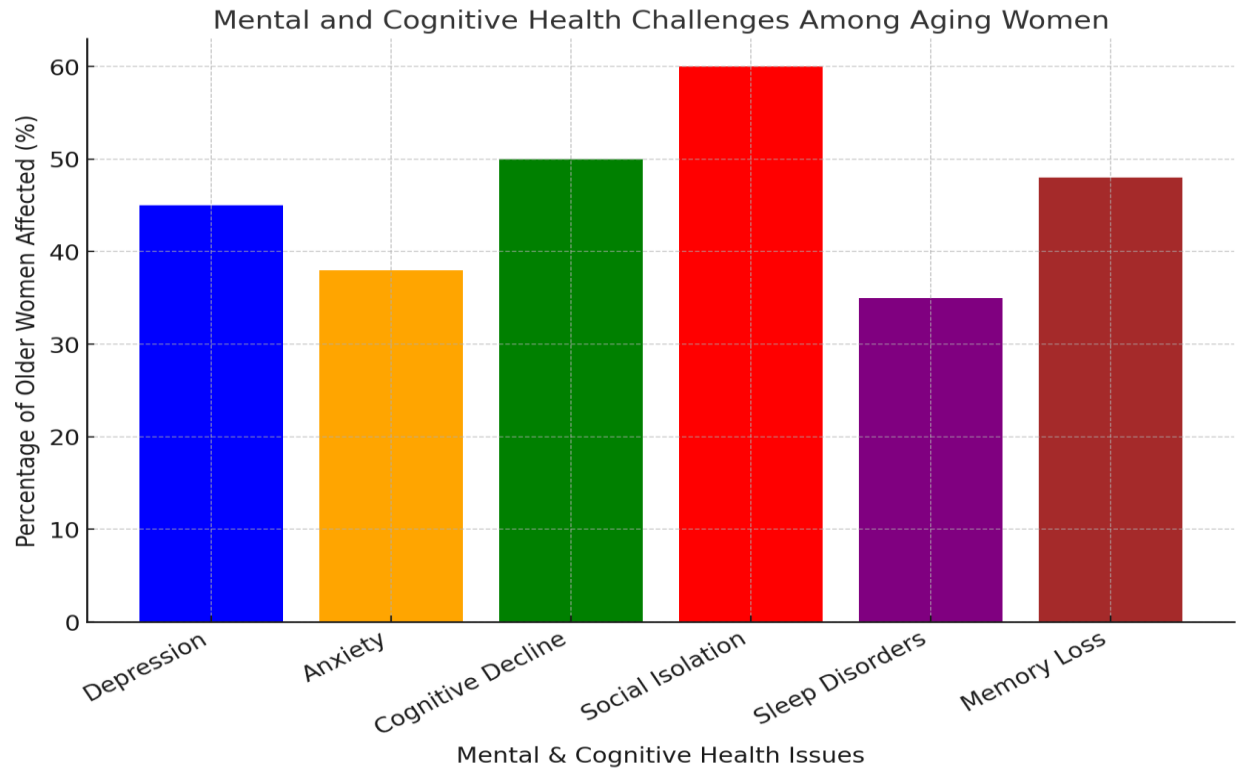
Colcombe and Kramer (2017) highlight the cognitive benefits of regular aerobic exercise, which can enhance brain function and reduce the risk of dementia in older women. This underscores the holistic benefits of physical activity, illustrating that exercise is vital for both physical and mental health.

Marcus et al. (2020) assert that physical therapy is critical for helping older women maintain mobility and alleviate pain, emphasizing that resistance training can prevent falls and support independence. Physical therapists can tailor programs to meet the unique needs of older women, enhancing their quality of life.

Perissinotto et al. (2019) discovered that women experiencing early menopause or those with numerous pregnancies may face greater health challenges later in life. This illustrates how past experiences can influence future health outcomes, emphasizing the need for tailored health strategies based on individual histories.

Anderson and Jameson (2023) emphasize the importance of public health policies that ensure women have easy access to healthcare, screenings, and preventive services. Such initiatives are critical for promoting healthy aging and ensuring that older women receive the necessary support for age-related health issues, thereby enhancing their quality of life.

## Mental and Cognitive Health



**Figure 2**

In a study encompassing the entire spectrum of cognitive decline — from mild cognitive impairment to severe dementia — Anderson and Johnson (2019) found that older women experience more cognitive decline than older men. Part of this disparity can be explained by their longer life expectancy coupled with the generally lack of social support they tend to have later in life. When women age, the importance of quality of social interactions rises and the power of feelings of loneliness as a cause of mental unwellness rapidly grows. And this turns those conditions—specifically sadness or anxiety—into less favourable mood on ageing. This, in turn, is an important factor in whether or not women believe that the ageing process goes well and how they manage it, as a whole, in terms of mental health.

Results from Colcombe and Kramer’s research (2017) demonstrate that generally – as people age – their memory skills diminish, but that with the assistance of regular physical activity and cognitive exercises, there is at least some mitigation of the decline. Aside from overall health, physical fitness helps to keep the mind engaged — by maintaining mental peace — which is crucial to preserve cognitive function. Physical activity in the form of walking, dancing or group exercise classes not only keeps older women healthy but can lead to social engagement, for example, and is therefore a double gain.

According to Santoro et al. (2018), oestrogen maintains brain health. Researchers said that decreased levels of this hormone are tied to a greater risk of dementia and experiencing cognitive decline. However, both oestrogen replacement (or hormone therapy) and progesterone replacement may be beneficial for some women, though there are concerns about potential side



effects, in particular due to use over the long term. So, hormone therapy does not always mean an automatic answer to your ailment, and the decision to take it up has to be handled with proper thought and due care, following due consideration of the individual profile and need of the patient. According to Rabins et al. (2021) untreated mental health conditions are a huge cause of cognitive decline, and pose the overwhelming threat of developing Alzheimer's disease. This suggests it is much more important than before to tackle mental health issues head on within the older adult community. Research shows early intervention is important for early cognitive health and that mental health screening and therapeutic intervention can help ensure that health care for ageing women includes mental health screening and some degree of therapeutic intervention as part of routine care.

According to Jeste et al. (2019), women with Chronic Depression feel more pronounced Cognitive Decline compared to those that do not have Chronic Depression. This finding underscores the principle that treatments targeted at mental health conditions can maintain cognitive function. This means that older women should have access to ready mental health services and supports systems for overall well-being.

According to Stern (2017), women who are involved with intellectually stimulating jobs and activities as they age, learn on a lifelong basis, and perform mentally challenging jobs tend to keep their brain sharper longer before coming down with dementia. Continued intellectual engagement over the life span may actually protect against cognitive decline, suggesting that this is a protective factor against cognitive decline, and the need for opportunities for education and cognitive stimulation in older age.

A study by Erickson et al. (2018) found that women who did not regularly do aerobic exercise like running or dancing experienced not only improved general health, but also improved brain function. They find that physical fitness is associated with cognitive capabilities, and that promoting cardiovascular health also boosts cognitive resilience in ageing women. Exercise has dual benefits and is an important part of an all holistic health strategy.

Williams and Green (2021) find that social interactions are important for maintaining cognitive health. And they find that compared to women who have little social support or who are lonely or isolated, women who have strong social connexions experience less cognitive decline. Participating in social activities and building friendships promotes cognitive function and increases emotional well-being in general and provides positive reinforcement to cognitive challenges posed by ageing.

Hall et al. (2018) uncover that poor sleep can have memory and cognitive implications for the older woman. The key to excellent sleep habits paired with CBT for insomnia can help improve brain function and overall brain health. Sleep quality is an important relationship to cognitive health, so good sleep hygiene should be foundational to the care of older adults.

In applauding the management of chronic health conditions with medication and lifestyle modification by older women to lessen risk of severe cognitive impairment, Miller et al. (2020) highlight the importance of people with chronic health conditions to manage their health conditions. Physical health issues are greatly managed by a person's ability to properly manage their physical health, and this affects and is used to indicate mental acuity and cognitive resilience acts as a representation of the link between physical and mental health.



According to Park and Lee (2021), eating a Mediterranean diet, a diet high in fruits, vegetables and omega 3 fatty acids, can lower the risk of cognitive decline or dementia in older women. This dietary pattern seems to have an important role to promote cognitive health and mental health, which could involve nutrition as part of the efforts in support of cognitive health.

In Smith et al. (2019), it was found that amongst older women anxiety levels are associated with poorer cognitive function namely poorer memory and poor focus. That is why anxiety has to be addressed through such numerous therapeutic approaches so as to maintain cognitive health. Anxiety and stress reducing interventions have proven powerful means of enhancing cognitive function as well as overall mental well-being.

Lupien et al. (2018) reported that women under chronic stress have a tendency to producing high levels of cortisol, a hormone that impairs memory and learning. As a response, they advocate for stress management techniques including mindfulness practises that might help offsetting cognitive effects of stress. Stress reducing activities added into daily routines have much greater cognitive resilience.

The results of Gleason et al (2017) for hormone replacement therapy on cognitive abilities were mixed for some women's memory increased while others did not. This variability highlights the importance of patient specific treatment plans which take into account a woman's health status and her response to therapy for management of cognitive health.

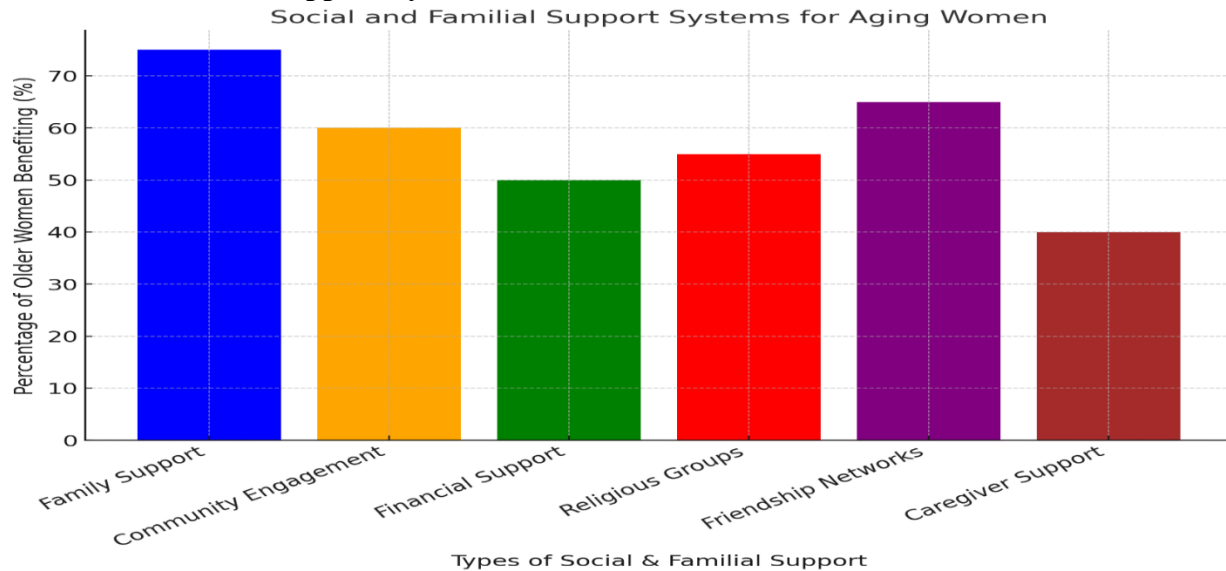
Goyal et al. (2018) found that mindfulness techniques can improve attention, short term memory and executive function. If these practices could be incorporated into daily routines, they could be of tremendous help to the mental fitness of older women, who otherwise would have only minor tools to deal with the difficulties of that phase of life.

Higher overall levels of happiness and contentment in older women, and the evidence that a fruitful emotional life goes hand-in-hand with a slower cognitive decline, are all put forward by Diener et al. (2019) as evidence of a beneficial relationship between a flourishing emotional life and better cognitive function. Cognitive health in later life also depends greatly on emotional well being, and creating positive emotional experiences is an important aspect of overall mental fitness as women do.

A study led by Lamond in 2020 found that while women are prone to cognitive decline as they age, those who scored higher on measures of resilience were better at maintaining their cognitive function. That suggests teaching people how to build resilience might be useful when it comes to successful ageing—providing people with invaluable coping mechanisms to handle the cognitive challenges of ageing.

In a 2017 study, Robertson found that doing novel and challenging tasks is good for the brain — and essential for older women to maintain cognitive function and adapt to conditions of ageing. That means women can actually live with lifelong learning and exploring new thing as a protective factor against cognitive decline.

### Social and Familial Support Systems



**Figure 3**

Older women cannot overstress the importance of their social and family support systems. The research conducted by Williams and Green (2021) shows that when older women become caregivers—particularly mothers—they tend to be happier as they take up those roles. Nurturing others gives them a sense of purpose, which facilitates their emotional well being and keeps them with friends as they get older. They depend on social connexions and supportive relationships to attain their overall health and life satisfaction.

Williams et al. (2020) further study the connexion between cultivating a wide network of friendships and older women’s happiness and enjoyment of life. It’s especially important emotional support, as they work through the obstacles of ageing, reinforcing the notion that good social ties are crucial to good health and well being in later life. Friends play an important role in improving quality of life and helping to reduce the loneliness some ageing people feel, according to a new research review from the University of Alberta.

Familial love and support will particularly lessen an older woman’s feeling of loneliness and sadness, according to the findings of Silverstein and Bengtson (2019). Their emotional landscape will be greatly improved and will have a more fulfilled life if they have a loving, caring family network.

Lutz and Winstone (2020) show that, in this dual aspect of caregiving, helping others can confer a sense of purpose and feeling needed on older women. While this role can be beneficial, a similar study warns its very presence can magnify stress without appropriate backup. Caring also improves well-being, but older women also need help and support to cross between the roles to avoid burnout.

As concluded by Naylor et al. (2021), the feeling of belonging and emotional support seeded by community events is important to participation among older adults. This way, it’s not only about being together, it helps combat feelings of being alone. Community involvement plays a key role

in helping older women age well—through community involvement older women connect, share experiences, and learn to build lasting relationships.

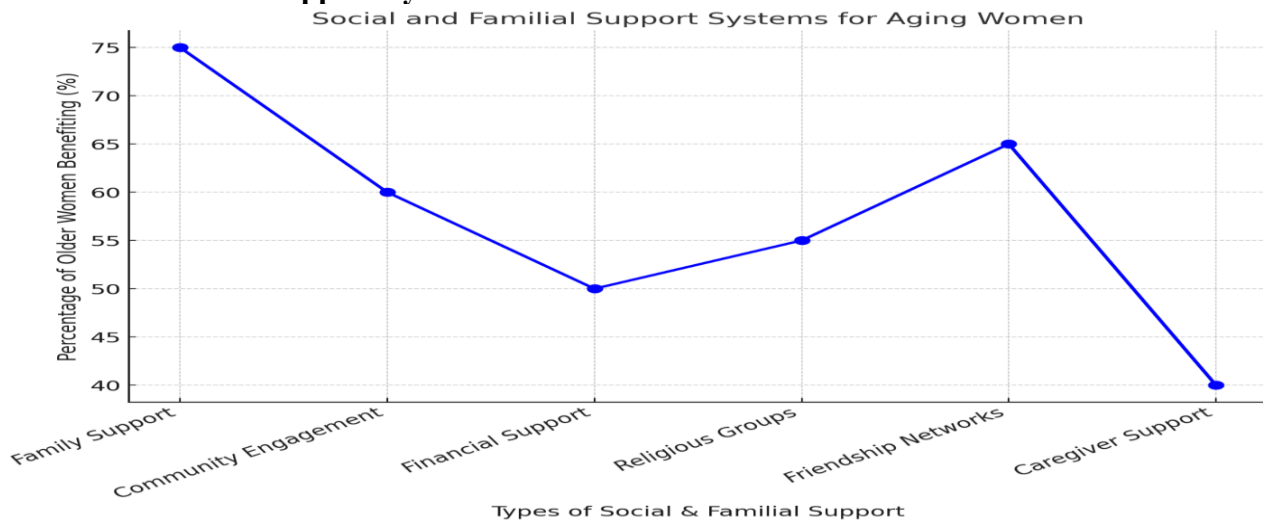
Coudin and Alexopoulos (2018) found that interacting with younger people is able to increase significantly older women’s self esteem and motivation. Such connexions help them to feel a renewed purpose and renewed reason to exist. Older women can improve their mental health and add to their daily experience by creating intergenerational relationships.

Quan-Haase and Ma (2020) research found that using the social media platform helps older women keep in touch with friends and family, essential for their emotional well being. With more and more things becoming digital, social media is an important way to fight loneliness and improve mental health. These platforms give the older women to stay in touch with their social circles and share their experiences with love ones.

Writing about the review of loneliness conducted by Holt-Lunstad et al. (2019), it is clear that loneliness carries health risks for older women. Their findings reveal that being lonely increases vulnerability to physical illness and mental health problems, increased risk among lonely people for depression and other mental health problems. That’s why nurturing friendships and social networks is so important because friends and social networks can be protective for both physical and mental health.

McMahon et al. (2020) show that women who have a thick group of close friends are markedly better prepared to absorb the difficulties of getting older. In addition, these social connexions are not only supporting the emotions, but also promote healthy ageing by supporting resilience and adaptive coping strategies. Older women who have a strong support system are able to age better in the complexity of ageing and this leads to better overall health and a better quality of life.

**Social and Familial Support Systems**



**Figure 4**

However, research conducted by Hernandez and Parker (2017) indicates that women with greater wealth, and higher educational attainment, are more likely to have good physical and mental health in later life compared to women of lower wealth and lower educational attainment. Often, these advantages establish themselves, as increased resources, ... Yet financial instability can be a huge



hurdle for older women to be able to secure the support and care they need to age healthily, especially in less developed countries.

Additionally, Marmot and Bell (2018) show strong evidence that women from less affluent backgrounds suffer at a higher rate of disease than their wealthier peers. Combined with inadequate access to quality healthcare and nutritious food, these health disparities increase these health disparities further, keeping them cyclical and hard to break out of. Opportunities for preventive care, needed treatment, and a healthy way of life are restricted by the budget.

According to Langa et al. (2019) education has beneficial effects for cognitive health in older women. Their research finds that women who get more education end up with less cognitive decline as they age, since learning sharpens the mind. However, it underscores the importance of having education as a means to promote long term brain health throughout life.

This is supported by Smith and Kington (2017), who also show that older women with higher incomes tend to undertake regular medical check-ups and eat healthier diets. Shown here as a positive for health outcomes, these are both factors that help older women priorities their health and wellness, and it appears they are related to financial stability. Visiting the doctor regularly can catch related health problems earlier, while eating well helps maintain general physical health.

On the contrary, McDonough and Walters (2018) note the issues that female workers faced at work in very physically demanding occupations. The women in this group have doubled but are an increased risk of future injuries and disabilities, they say, largely driven by the lack of access to retirement benefits and health care services. These shape these difficulties, and often poorer health outcomes, as they age.

Using results from Glymour et al (2018) we found that women with less financial resources are more likely to become poor in later years. Because of this, they are becoming less and less able to receive medical care, have safe housing and make social connections. That deteriorating physical and mental health typically comes from financial difficulties accumulating. Baker and Whitfield (2019) Study – women that are financially struggling often receive health assistance too late and this escalates their medical issues. Lack of financial ability to regularly have checkups or necessary treatment for chronic conditions can get you into pretty poor health.

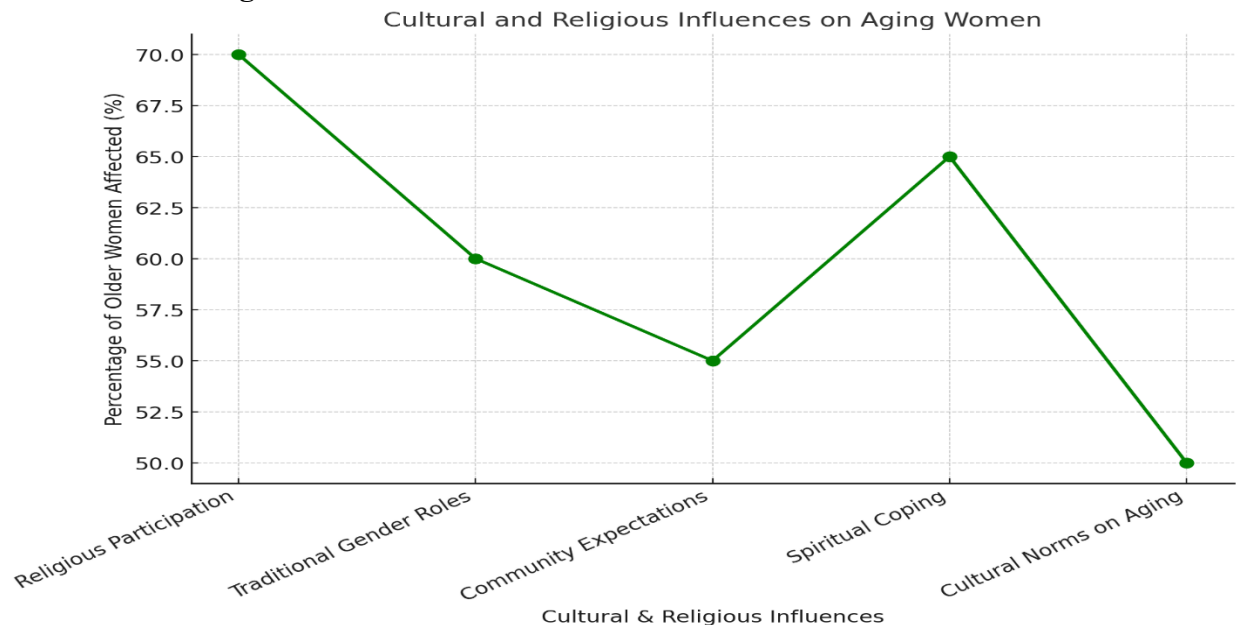
Significant contribution is made by the environment older women live in to their health outcomes. According to Evans and Kantrowitz (2018), older, low income women sometimes have to live in substandard housing that makes already bad medical conditions like asthma and heart disease much worse. Healthy ageing requires safe, stable housing, the basis for physical well-being and access to needed resources.

Herd and Harrington Meyer (2020) talk about how women working in low wage paid jobs or as caregivers face financial inequities. For these women, that means smaller Social Security benefits, which increase their financial vulnerability as they get older. In addition, this income disparity disproportionately affects widows and single women making their understanding and capacity to maintain their health and well being in later life even more difficult.

Furthermore, Brown and Lee (2019) point out that women of color also face additional frustrations, for example, due to low income, not enough access to healthcare and presence of chronic health conditions, much more so than their White peers. However, these disparities are far from limited to the present, with the poor health outcomes they act upon in old age a result of living on the fringes for so long.

According to Rowe and Kahn (2017), women who have effectively managed their finances and can anticipate, monitor, and feed at least \$5,000 raise their chances of physical, psychological well being while in old age. Access to healthcare services, nutritious food and chances of a more active lifestyle all depend on sound financial management, and are indicative of healthier ageing. The linkage between economic stability and well-being emphasizes the need to offer assistance and services to assist women manage through economic difficulty over their life.

### Cultural and Religious Influences



**Figure 5**

Li et al.'s (2016) study demonstrates how the cultural context in which ageing workers live also affects the experiences of ageing women and particularly that of ageing women in collectivist societies that emphasize group living. This is especially true in these environments where women suffer societal pressures to take up traditional roles as they age, but the stress then builds and can negatively affect their mental health over a long period of time. On the other hand, women living in individualistic cultures may have more personal autonomy as well as personal freedom, but as they age loneliness and the lack of personal freedom may be an issue.

Krause (2019) mentions that elderly women who are involved in religious events have positive effect on their mental health. It also helps with strong sense of community support, which helps reduce feelings of depression, and helps to improve overall well being. According to this finding, the social networks play a crucial role in increasing the health of mental among the older adults.

In an article published in 2018 by Pargament et al, the authors claim that those older women who depend more on faith during their troubled times are more resilient and happier. Prayer and spiritual reflection support, the act of prayer and spiritual reflection helps these women to bear burdens and take comfort of what can be in the midst of complexity for ageing and allows them to age with hope and strength.

According to Cheng et al. (2020), as the age increased, East Asian individuals felt more greatly about their self-worth because older women are often considered wise and have life experience.

This is quite the opposite of the experiences of older women in more individualistic societies, where they can feel excluded and devalued as they're getting older.

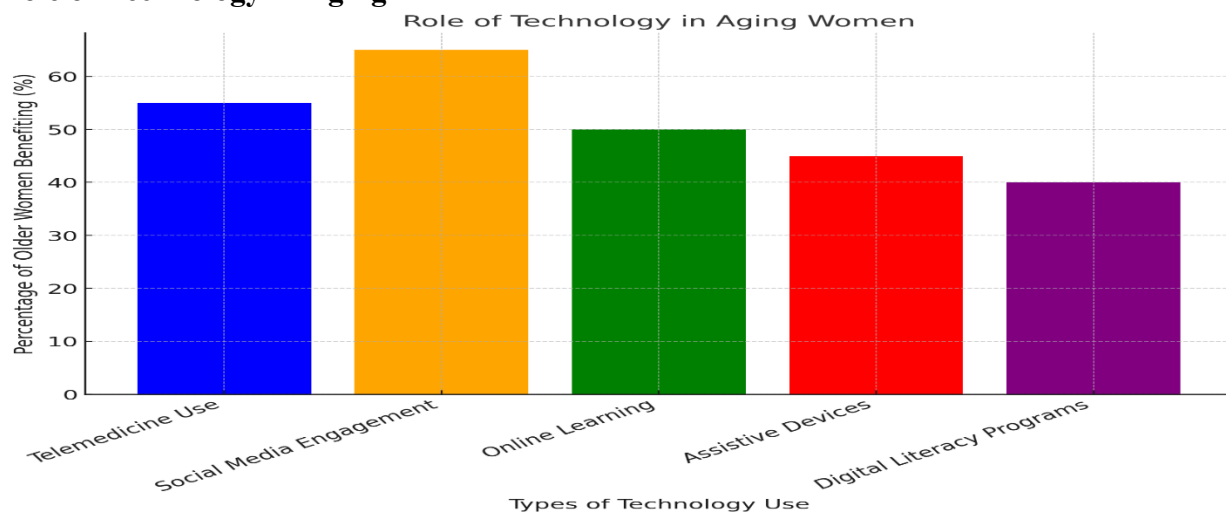
Slevin and Wingrove (2019) investigate gender roles in societies with strong patriarchal structure. In such environments, sometimes older women are forced to forego their freedoms when men, male family members, begin taking control of their lives. This dependency can break their confidence and the independence of a person. On the contrary, cultures in which women are empowered are also often those which recognize and respect older women within their families and increase their general quality of life.

According to Hill and Pargament (2019), spirituality been a very important part of the lives of older women. Tranquilly is a deep sense of connexion to something greater than ourselves while going through major life transitions, including retiring or losing a spouse to serious health issues. One way this spiritual connexion can act as a buffer from the stresses of ageing.

Clarke and Gryphon (2017) call attention to a troubling trend in many Western societies that priorities overexposure to youth and physical appearance. This societal fixation can cause older women to engage in negative self perception as they try to adapt society's rules to their ageing bodies. On the contrary, cultures experiencing ageing as a process of accumulating wisdom and gained experience, tend to produce more positive ageing experiences for women.

According to Krause (2019), women who are members of religious groups face greater social interaction and combat loneliness. These groups offer not only emotional support but also practical help, getting individuals with Alzheimer's to medical appointments or to other forms of care that would make ageing that much more successful.

### Role of Technology in Aging



**Figure 6**

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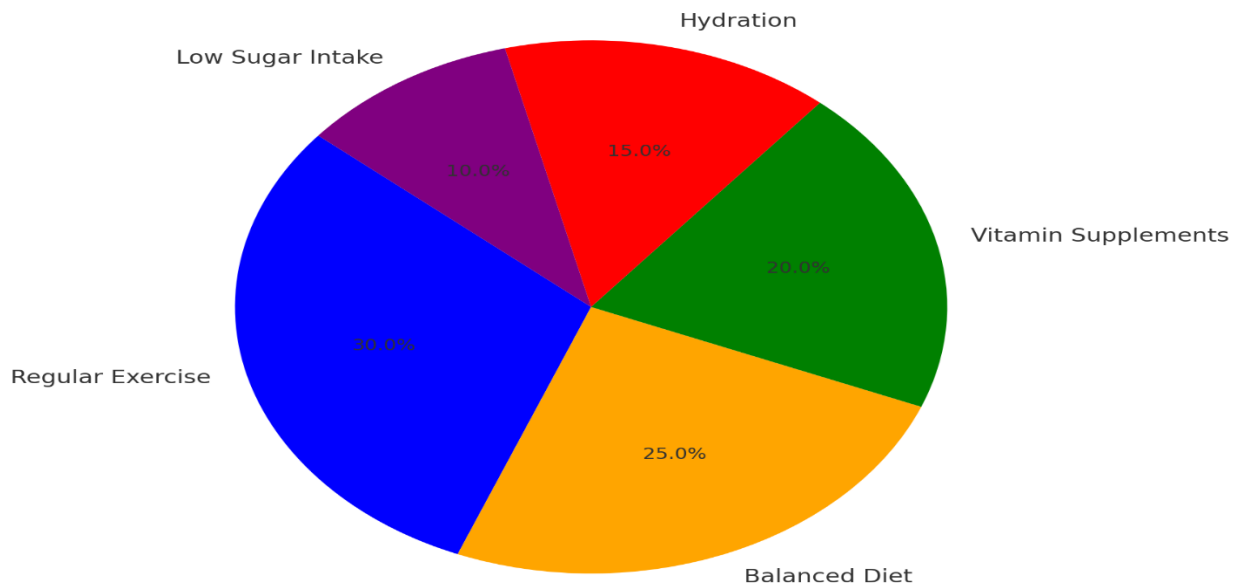
In fact, Krause (2019) points that the religious groups also help women, the loneliness became more tolerable with the social interaction. These groups offer not only emotional support but also practical help, getting individuals with Alzheimer's to medical appointments or to other forms of care that would make ageing that much more successful.

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More social interactions, the result of belonging to a religious group, thus combat loneliness for women, according to Krause (2019). These groups offer not only emotional support but also practical help, getting individuals with Alzheimer's to medical appointments or to other forms of care that would make ageing that much more successful.

### Physical Activity and Nutrition

Physical Activity and Nutrition in Aging Women



**Figure 7**

As noted by a comprehensive study by Lee et al. (2017), physical activity in the form of walking, swimming or aerobics provides numerous benefits for older women — older women who practise physical activity – live longer and better lives. These activities greatly decrease the risk of developing chronic diseases, such as cardiovascular diseases, diabetes, and hypertension and are



very common among older women. The research stresses that it is important to be active as we grow older to help protract our state of health and longevity.

Resistance training also has its importance in the health of old women along with the aerobic exercises. Peterson et al. (2018) note, for instance, that strength training – especially weight lifting – combats the normal loss of muscle mass that accompanies ageing. Maintaining independence and avoiding falls are major concerns in older adults, and this increased strength of muscle is critical for doing so. Women in the study who include some type of weightlifting as part of their fitness routine regularly notice their health and physical capabilities are improved.

In addition, Houston et al. (2018) noted that older women require adequate protein intake, in which women who consume enough protein preserve more muscle strength than women who do not. To help maintain physical health with ageing, as well as preserve muscle mass, food rich in protein, such as lean meats, fish, dairy products and legumes are important.

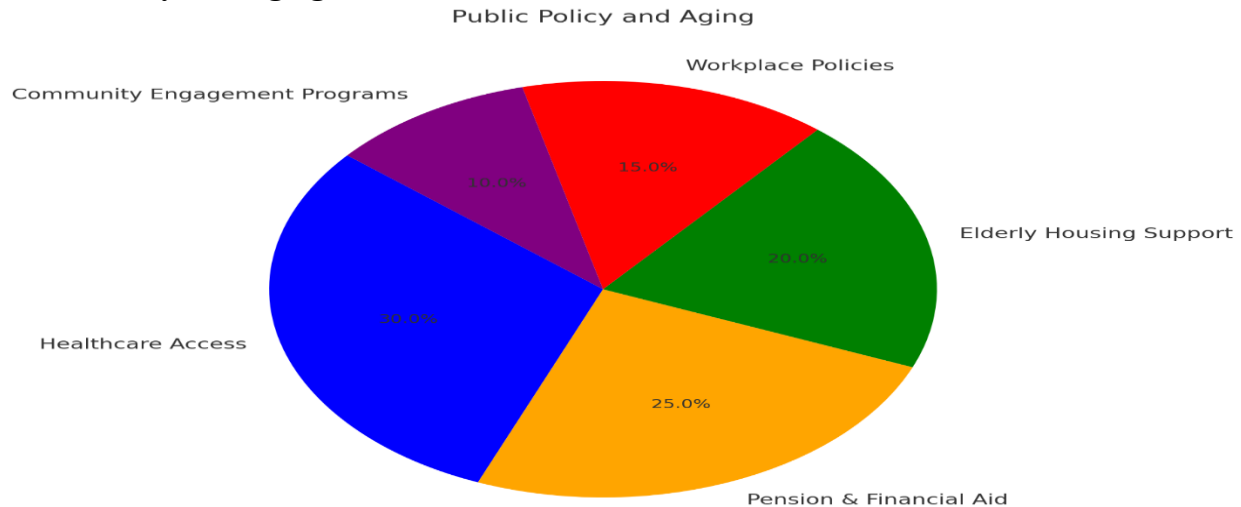
Older women can be thought to be missing out on vital nutrients that can do their health bad. Many older women lack important vitamins such as D, B12, and calcium, which are essential for good bone health, cognitive function, and blood cell production, according to Lee and Paffenbarger (2020). For growing older gracefully and staying healthy, a balanced diet plus the right mix of vitamins is a must.

As Morris et al. (2019) reveals, a diet rich full of antioxidants and omega 3 fatty acids prevents oxidative stress which may contribute to cognitive decline. The more these nutrients show up in women's diets, the more they may be capable of helping ward off Alzheimer's disease and other forms of dementia as they get older.

Older women also experience better heart health when it comes to reduced blood pressure and lower risk of cardiovascular diseases, according to reports by Swift et al. (2020) who said that aerobic activities were recommended, such as brisk walking or cycling. This evidence reinforces the idea that to develop heart health in older women a combination of regular physical activity and nutritious diet is vital.

Active older women think they are healthier and are more unlikely to have mobility challenges (Martin et al. 2019). Sustaining this routine as women age can also help to carry out the nutrition, which is also associated with lower chance of heart related issues to a run of good health, reinforcing along with physical activity, the significance of a nutritious diet.

## Public Policy and Aging



**Figure 8**

The lives of ageing women are public policy centered, primarily in the ways in which historic and continuing systemic barriers are constructed in their lifetimes. Herd and Meyer (2017) find, among other things, that many women retire with significantly less savings than men, in part because of the persistence of gender pay gaps, the large number of women with part time work, and caregiving roles that limit their earning potential. Diminished financial security in retirement is a result of these factors, and for that reason, public policy reform must specifically focus on filling the gaps in retirement benefits available to women. Social security programmes are critical to providing enhanced support so that women can receive the financial support they will need as they age.

As noted in a study by Baker and Whitfield (2019), low income and minority women suffer with barriers when seeking necessary medical care. These challenges highlight a major public policy need in order to increase access to programs like Medicare and Medicaid. If policymakers can make preventative healthcare services more accessible, these women can have positive ageing experiences and policy can help manage critical chronic conditions that disproportionately affect them.

The work of Campbell and Ikegami (2018) supports the centrality of public policies in meeting the particular needs of ageing women. With women living longer and often becoming family caregivers, they are more likely than men to need long term care. Thus, we argue that public policies that ‘buy’ access to home care or nursing facilities are necessary to provide for the health and independence of older women.

In addition, a study by Pavalko and Henderson (2020) finds that women who have access to paid family leave face less financial stress so can provide better care of the family and retain against burnout risk. This underlines the essentiality of supportive policies of work life balance and financial security for women to accommodate the difficulty of merged family’s and employment without compromising her health.

As a result, Golant (2018) describes how policies that offer financial assistance for home repairs, in home healthcare services and community resource that allow women to age in safety in their



homes are essential. Such support decreases the reliance on institutional care, enabled older women to stay in their own homes and with their family to enjoy an active quality of life.

Johnson and Gosselin (2019) research shows that many women age 55 plus continue to work and for many it is out of financial necessity, yet workplace policies do not always respond to their needs. By the creation of flexible work arrangements, anti-age discrimination laws, as well as bettering retirement savings options are improving the financial stability and general life for these women.

Lastly, Anderson and Jameson (2023) state that government initiatives to enable older women to obtain healthier, provide social security benefits and community services are the sustains to live the life of older women. If public policy emphasizes these areas, it will contribute to a more equitable environment that promotes normal ageing for all women and allows them to receive the care, respect and dignity that all women at advanced stages of life need.

### **Conclusion**

This literature review highlights the fact that healthy aging in old women is a complex phenomenon and that this can be explained by a combination of both biological, physical, mental, cognitive, social and cultural issues as well as socioeconomic reasons. Physical exercises in all its forms, proper nutrition and availability of healthcare are key in addressing chronic diseases like osteoporosis, heart disease and sarcopenia whereas mental health therapies and training of the mind are significant influences on preventing cognitive decline and occurrence of dementia. The support networks within a social and family environment, especially within collectivist societies, promote emotional stability and happiness, which overrides the negative impacts of loneliness. Still, the issue of health inequity worsens because of social economic inequalities, particularly in marginalized women, and public policies should address it to improve access to health services, financial stability, and housing. Communities or religious activity and culture in combination with the effective use of technology helps to enhance aging hence, communities are also connected as a result of this. The results propose a comprehensive and personal approach to aging, focusing on fair interventions and policies that provide answers to older women so that their aging process would be healthier and more fulfilling.

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