

Publication**The Bridge from Then to Now: Tibetan Elders Living in Diaspora****JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)****ID** 1011870**Author(s)** Wangmo, Tenzin; Teaster, Pamela**Author(s) at UniBasel** [Wangmo, Tenzin](#) ;**Year** 2010**Title** The Bridge from Then to Now: Tibetan Elders Living in Diaspora**Journal** Journal of Applied Gerontology**Volume** 29**Number** 4**Pages / Article-Number** 434-454

This study presents how older Tibetan refugees have adapted to changing social and economic conditions in India. Participant observation and open-ended interview questions were used to explore life experiences of 14 older Tibetans living in India who participated in this study. Findings revealed that, after having to abandon familiar environments, these participants underwent harsh times in India but have adapted well. They have secured meaningful lives for themselves. Availability of children and institutional resources has proved beneficial at old age. Participants with children perceived that they were well cared for, which added to their satisfaction with present circumstances. However, those without children did not have any source of support and were dissatisfied. Religious activity was important for these participants. The ability to freely practice religion contributed to their satisfaction in exile. These findings are instructive for the treatment and acceptance of refugees throughout the world by contributing to the field of refugee aging and adaptation.

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