1. Sociality can be seen as the ways in which people associate with others and form, keep, break, experience, in short live and give meaning to their different social ties. Most research into older persons focuses on mapping, counting and describing their social relations instead of on sociality. While such descriptions of social relations can be informative, the study of sociality adds a meaning that is closer to the meaning held by older persons themselves.

2. Through various forms of physical self-discipline older persons in Kerala attempted to live a mentally balanced life and deal with changes, including those in their social life.

3. The importance of duty makes communicating about personal preferences and talents irrelevant.

4. Dowry in Kerala is particularly harmful for the most vulnerable, including the most vulnerable of older persons.

5. Older persons’ lives are by definition more interesting than younger persons’. That is, if one’s view of a person’s life is cumulative rather than temporary.

6. In social relations, which is what care-relations are, independency is an ideal rather than a possibility.

7. Whereas most academics try to avoid sexist and racist ideas from influencing their work, ageist ideas are often explicitly and unapologetically professed.

8. For a more complete understanding of migrations, research should include individual and familial histories.

9. The complexity of our social world should not be blamed on those who are most eager to study it.

10. If uncritically used ethical codes, such as informed consent or truthfulness, can have unethical consequences.

11. Empathy and engagement enable rather than restrict social researchers in their objectivity.