Hilla University College

Nursing Department

Family and Community Health Nursing

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Lecture – 12 –

Care of the Elderly

Aging is a natural process that affects all living organisms (The prejudice and discrimination on the basis of age). The concept of aging is most often defined chronologically. Chronological age refers to the number of years a person has lived or the process of growing old.

Elderly classified as :-

It's a person who 65 years or more as this categorization of elderly population:-

• Early age elderly(65-74)

• Middle age elderly (75-84)

• Old age or Aging (85 and over)

Frail Elderly: Persons whose physical or mental capabilities or support systems are reduced to the extent that they become completely dependent through different marks.

Geriatrics: It is the specialized branch of medicine that deals with the problems and diseases of old age and aging people.

The benefits of elderly in the community:-

The benefit of old age can be clarified in following:-

1. In problem solving the elderly tend to behave in a repetitive fashion.

2. Reaction time (or response time) increase with age.

3. Successful relationship with children and grandchildren are also of inestimable value.

4. Acceptance of death becomes a reality, as more of elderly relatives and friends are lost through death.

5. Adjusting with one's age group.

6. Adjusting to retirement and reduced income.

7. Developing post-retirement activities .

Determinants of Active Elderly:-

1. Behavioral: smoking, alcohol, exercise, diet and drugs

2. Environmental: pollution, home safety, and rural/urban.

3. Socioeconomic: family, community, income, and literacy.

4. Personal: biology, and genetics.

5. Services: primary care, health promotion and disease prevention.

Issues associated with the elderly

1. Psychosocial Issues Depression, Alzheimer's disease, and drug abuse are common in older individuals, and can coexist with anxiety disorders.

2. Physiological Changes Genetic factors, diet, exercise, environment, health status, stress, lifestyle choices, and many other factors influence physiological aging.

3. Wellness and Health Promotion Health promotion programs help individuals maintain wellness, prevent illness, and manage chronic illnesses.

4. Additional Health Concerns Age-related conditions such as vision, hearing loss, and incontinence are common among the elderly population, and are often neglected due to inadequate dental care, poor nutrition, and lack of finances.

The following is health needs of elderly Include:

A. Healthier dietary practices.

B. Safer global water supplies.

C. Accessibility to a better quality of life.

Elder Safety and Security Needs

1. Falls: More than one in three people 65 years or older experience falls each year. The risk of falling rises with age.

2. Driver Safety: one of the quality-of-life factors that is important to the senior is the ability to drive. Many older adults depend on driving in order to maintain independence and personal mobility.

3. Cold and Heat Stress: Hypothermia is the most serious cold stress-related disorder, followed by heat stress disorders.

4. Elder Abuse: Elder abuse is a health concern and legal problem, so caregivers must provide services to maintain mental and physical health.

5. Crime Older adults are more likely to be victims of crime, such as robbery , purse snatching and crimes

Level of prevention

1. **Primary Prevention** refers to measures taken to prevent the onset of a health condition, with examples for the elderly being regular exercise, healthy eating, avoiding harmful substances, getting vaccinated and Wearing slippers to prevent falls.

2. **Secondary Prevention** refers to early detection and treatment of health conditions through regular health screenings, early treatment of chronic diseases, and monitoring of symptoms and changes in health for the elderly.

3- **Tertiary Prevention** focuses on managing chronic health conditions to prevent further deterioration and includes rehabilitation, pain management, and palliative care e.g: liver cirrhosis.

Also, tertiary prevention including:-

A. Providing end-of-life care to clients and families

B. Preventing recurrence of problems

C. Preventing complications of existing problem

“ Thank you for listen “