

Know your seniors



Supporting elderly



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Course content



01 Introduction & definition of ageing

02 Challenges of ageing

03 Social & Physical changes

04 The ABC of ageing well



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Unit 03

Upon completing this unit, you will be able to:

- Understand the social & physical changes of ageing
- Use techniques on how to help elders to deal and overcome them



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Social changes - Depression

Elders deal with loneliness and depression much differently than young adults, as they may not understand that what they're experiencing is actually clinical depression. As a result, many remain undiagnosed and untreated.

Factors of developing depression including:

- Physical Disabilities
- Chronic Medical Conditions
- Being a woman
- Living alone with a lack of a support system
- Substance abuse
- Certain medications
- Loss of a loved one and stressful life events
- Fear of death
- Damage to body image
- High blood pressure
- Chronic pain
- Dementia and Alzheimer's

Symptoms and signs of elderly depression:

- Chronic pessimism and hopelessness
- Feelings of guilt and worthlessness
- Irritability and restlessness
- Insomnia, sleep disturbances and oversleeping
- Eating issues including both overeating and appetite loss
- Persistent aches, pains, and digestive problems with no treatable or identifiable cause
- Fatigue and low energy
- Losing interest in activities and withdrawing from social situations
- Trouble concentrating, focusing, and making decisions
- Thoughts of suicide.



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Social changes - Depression

How to Reduce and Treat Loneliness and Depression in the Elderly

Evaluate Medications

Support Groups and Therapy

Social Activities

Fulfilling Hobbies

Physical Activity

Diet and Nutrition



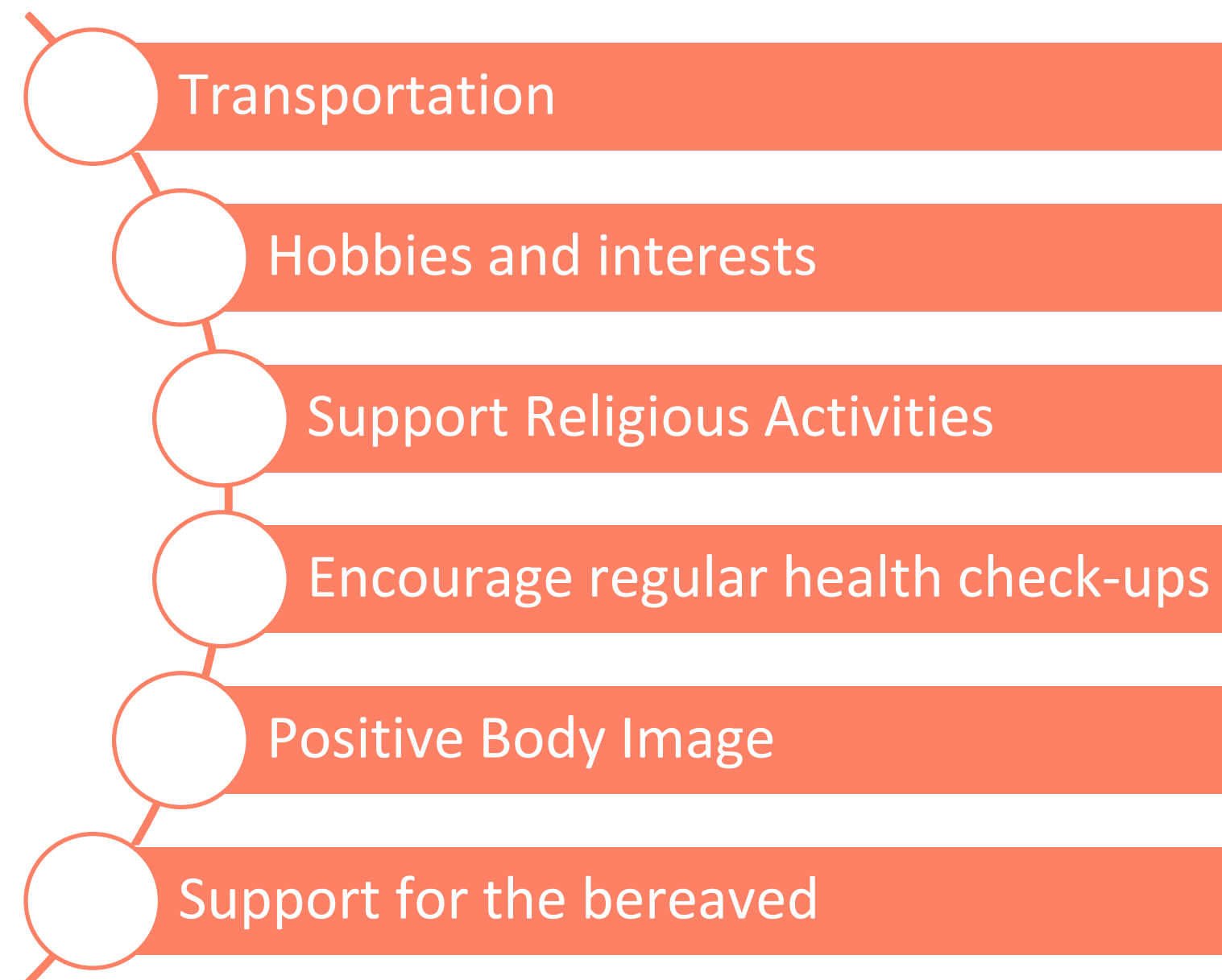
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Social changes - Isolation

The main issue with social isolation is how it impacts the health, quality of life and associated well-being of the elderly.

Ways to help improving seniors' life



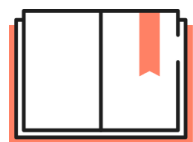
Social changes - Resilience



Resilience represents the way to move past both clinical views that associate ageing with decline, frailty, and disease on the one hand, and narrowly defined views of successful ageing as minimal cognitive, social, or functional decline or loss on the other. Resilience is broader, more layered; it can include both vulnerability and flourishing. When thinking about resilience we should be attentive to the contexts in which people live.



We learn from older people that resilience can incorporate and balance vulnerability alongside strength across a wide range of contexts. People can be living with chronic illnesses, personal loss, or difficult circumstances, but see themselves as resilient. Resilience is not just about 'bouncing back' or achieving despite adversity. Older people often see themselves as resilient because of adversity, and their ongoing skill in negotiating and overcoming challenges and losses over time.



Understanding resilience amongst older people from their perspective shows us that to enhance old age, much more attention needs to be paid to investing in and optimizing our living environments to support wellbeing in old age. We need to attend to ways that public services, public and built spaces, relevant legislation, good income support and taxation systems, housing policies and other supports, and thoughtful social values and attitudes can enhance the resilience of individuals, families, and communities .



Social changes - Boredom

The boredom that leads to depression is a major factor in many homes, senior health care facilities and assisted living homes. It is up to family caregivers to reduce such risks when it comes to taking care of our elderly population.

Boredom leads to multiple emotional issues, including:

Feelings of worthlessness

Feeling that life is no longer worth living

Feelings of intense restlessness

Feeling unloved or uncared about.

How can caregivers fight boredom?

Develop new interests

Encourage seniors to develop an attitude



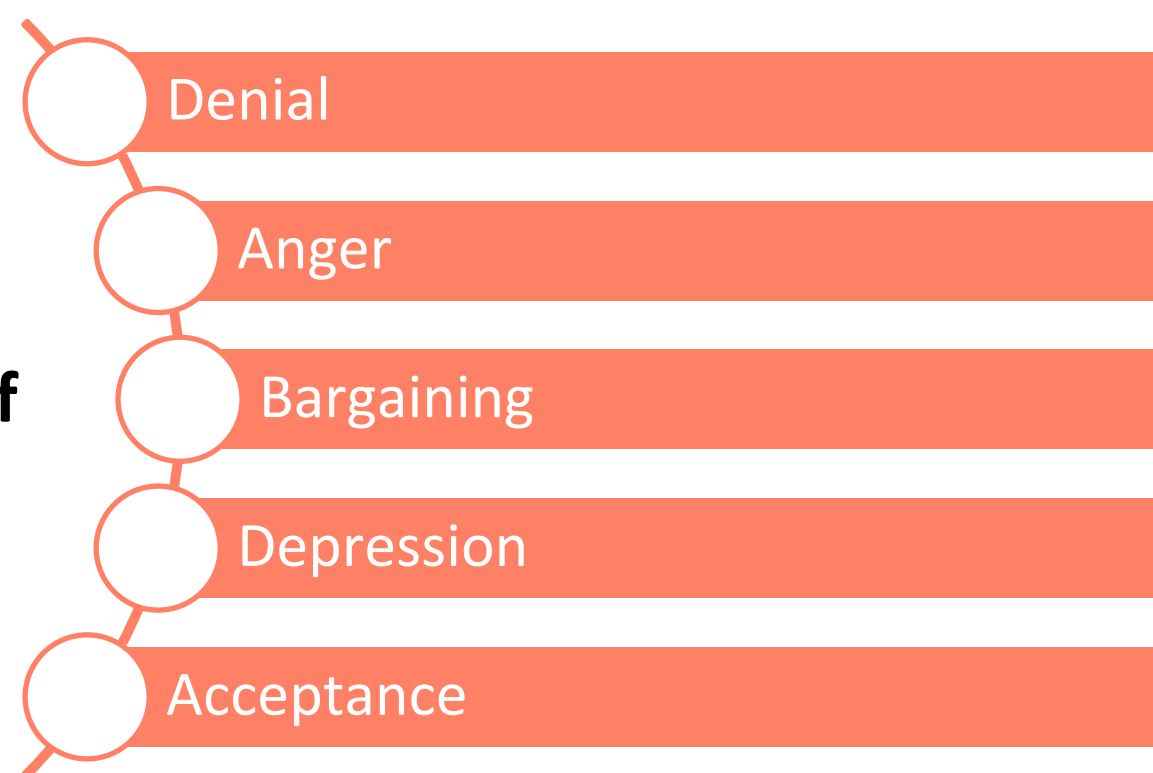
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Social changes - Grief

Many older adults may not outwardly show signs of grieving, but caregivers and relatives should be on the lookout for physical and emotional distress. Grief can manifest in crying or even a reluctance to cry, and a change in eating habits can also be a sign of distress. Losing interest in family, friends, and hobbies is another indicator of grieving, as well as having difficulty in sleeping, concentrating, and making decisions.

Stages of grief



How can you help



Physical changes of ageing

Intrinsic capacity and Functional ability of the elderly



WHO defines intrinsic capacity as the combination of the individual's physical and mental, including psychological capacities. Functional ability is the combination and interaction of intrinsic capacity with the environment a person inhabits.



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Physical changes of ageing

Intrinsic capacity and Functional ability of the elderly

Vision	Hearing	Temperature	Smell	Touch	Taste
<ul style="list-style-type: none">• Some vision issues that are more common as you grow older include:• Presbyopia• Age-related macular degeneration (AMD)• Cataracts• Glaucoma	<ul style="list-style-type: none">• As we grow older, the small hair cells of the inner ear can start to break down and the hearing process is less effective.• Several conditions that frequently affect seniors can impact their hearing, including:<ul style="list-style-type: none">• Hypertension• Heart disease• Diabetes• History of strokes	<ul style="list-style-type: none">• Older people are unable to regulate their body temperatures to the same degree as young adults because their responses to changes in body temperature are altered.• Older people have mean axillary body temperatures lower than the reference point of 36.5 degrees C.	<ul style="list-style-type: none">• The decline in the sense of smell and inability to differentiate between odours can make an elderly person completely disinterested in food.• The scent of flowers is a pleasurable experience and not being able to smell them can be distressing.	<ul style="list-style-type: none">• A reduced sense of touch is common in senior citizens.• It is not clear whether this is primarily due to ageing or due to medications for other disorders that commonly occur in the elderly	<ul style="list-style-type: none">• As ageing sets in – between the ages of 50-60 in men and 40-50 in women – the number of taste buds begins to decrease.• The process is hastened if the senior has the habit of smoking, chewing tobacco, or is suffering from diseases like Alzheimer's.



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Physical changes of ageing - Frailty



The term frailty or 'being frail' is often used to describe a particular state of health often experienced by older people. Frailty is generally characterized by issues like reduced muscle strength and fatigue. Around 10% of people aged over 65 live with frailty. This figure rises to between 25% and 50% for those aged over 85. Frailty isn't the same as living with multiple long-term health conditions. There's often overlap, but equally, someone living with frailty may have no other diagnosed health conditions.



Someone living with frailty may need to adapt how they live their lives and find new ways to manage the day-to-day tasks. This can be true for their family too. Frailty can also profoundly challenge someone's sense of self and change how they are perceived and treated by others, including healthcare professionals. People living with frailty are more likely to experience public and private services that are not geared to their needs. They can be particularly vulnerable to the consequences of poor-quality healthcare and services that fail to connect.



People living with frailty must have access to proactive, joined-up care to maximize health and wellbeing and prevent problems arising in the first place. Equally important is access to rapid, specialist services in the event of a health crisis. There's good evidence to support working with individual older people and their families to put in place care and support plans tailored to meet individual needs, based on people's own goals and preferences.



Summary



Social Changes

In order to protect the elder and help them overcome depression, isolation, boredom and grief we need to keep them active, make sure they have a healthy lifestyle and that are developing social hobbies.

Physical changes

The intrinsic capacity and functional abilities of elderly suffer modification and it is important to know how can be prevented and caused, in order not to become a barrier of living an active and independent life.



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Thank You!



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