

Normal Ageing

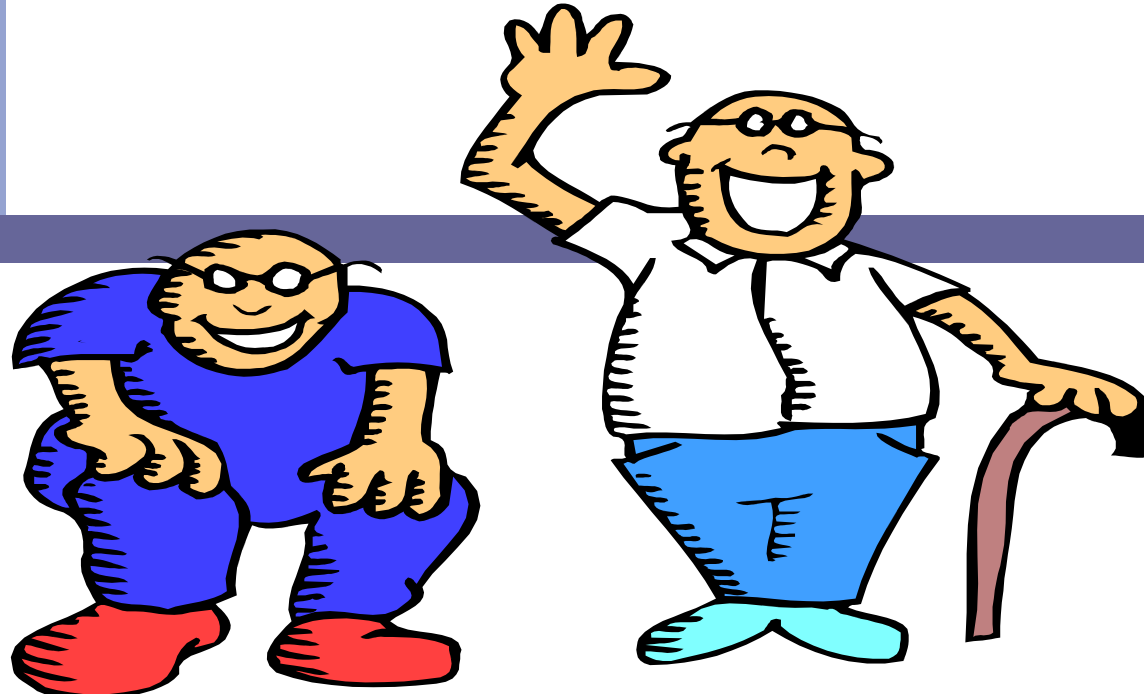


Ageing is **NOT** a disease.

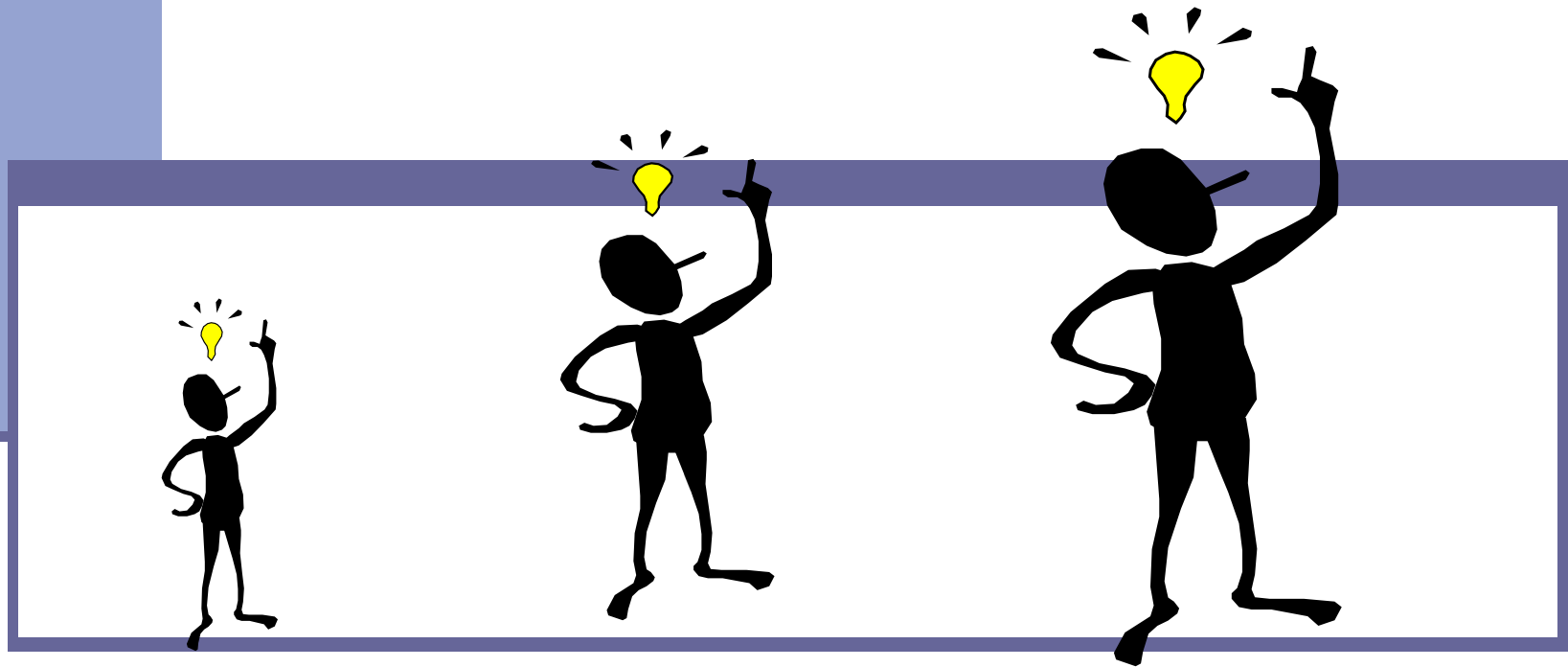
Ageing is a

DEVELOPMENTAL PROCESS.

Old persons are . . .



When / get old . . .



Factors That Affect Ageing

- **Heredity**
- **Activity / Lifestyle**
- **Food**
- **Physical Diseases**
- **Environment**
- **Social Support**
- **Mental / Emotional Coping Abilities**



Ageing Quiz

- **Old people are all alike**
- **Old people are all lonely**
- **Old people are concerned about relationships**
- **Physical strength declines in old age**
- **Old people are unproductive and a burden**
- **Old people do not fall in love**

Ageing Quiz

- **Old people are senile**
- **The 5 senses decline with age**
- **>90% of old people carry out their own activities**
- **Old people are set in their ways**
- **Old people are weak, frail, ill or disabled**

↓ of the 5 senses

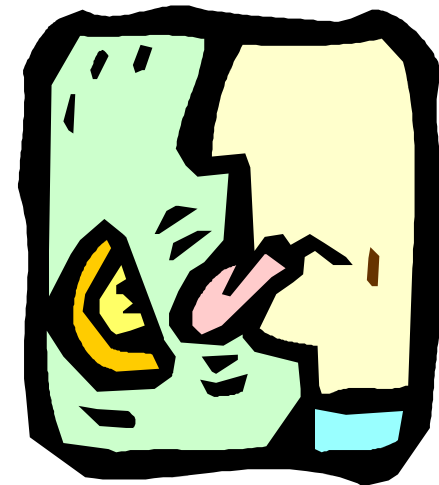
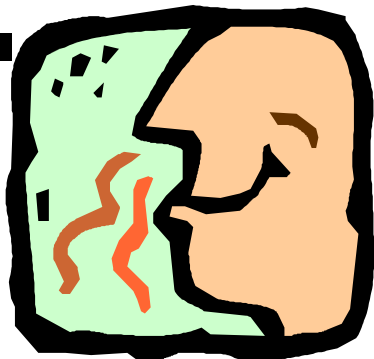
- Vision

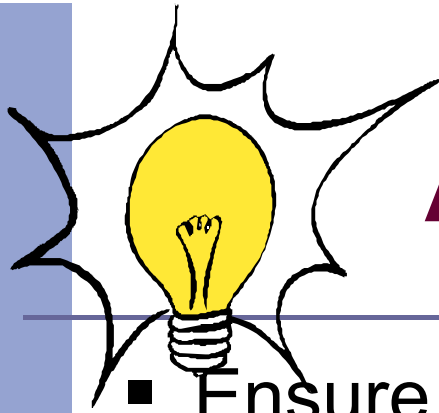
- Taste

- Smell

- Hearing

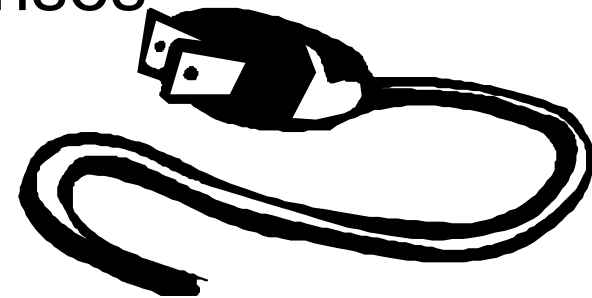
- Touch





Adapting to ↓ vision

- Ensure adequate lighting/check for glare
- Install handrails & identify stairs with tape
- Allow time for eyes to adjust; dark to light
- Install nightlights
- Keep objects in same position
- Keep walkways clear
- Vision checks
- Wear and clean lenses



Adapting to ↓ smell / taste

- ↓ Use of salt / sugar
- Use spices to flavour food
- Maintain good oral hygiene & denture care
- Install smoke detectors and check battery



Adapting to ↓ hearing

- Sit at face level
- Don't cover your mouth
- Don't shout; keep tone of voice low
- Speak slowly, use simple words with short sentences
- Use cues
- Reduce background noise
- Encourage hearing checks
- Encourage hearing aid / check batteries



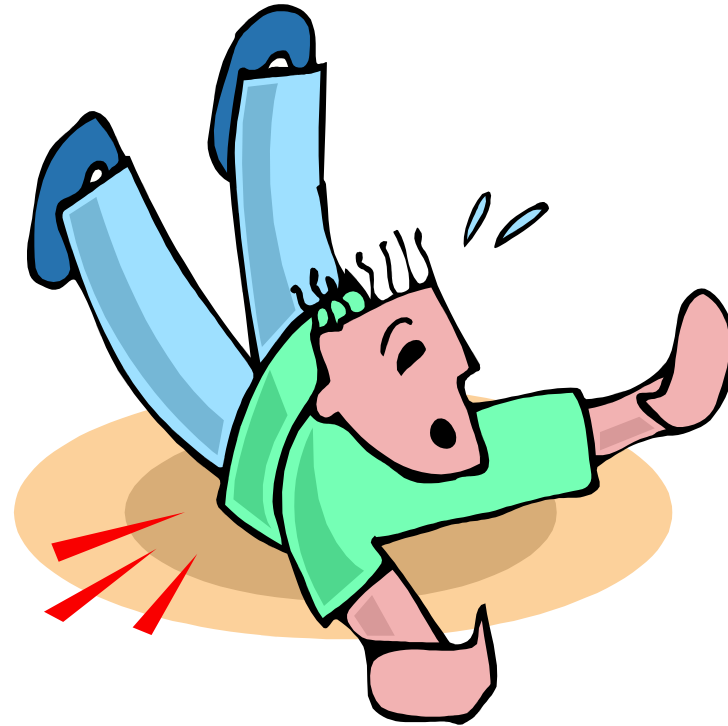
Adapting to ↓ touch

- Test water temperature
- Label hot and cold taps
- Encourage closed-toed shoes
- Check for injuries



Changes in Muscles & Bones

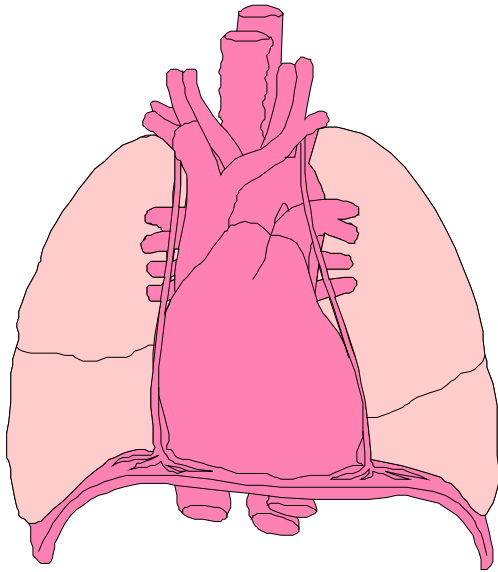
- ↓ Muscle strength
- ↓ Calcium in bones → ↓ bone mass
- ↑ Risk for fractures
- ↑ Risk for falls
- ↓ Flexibility



Skin Changes

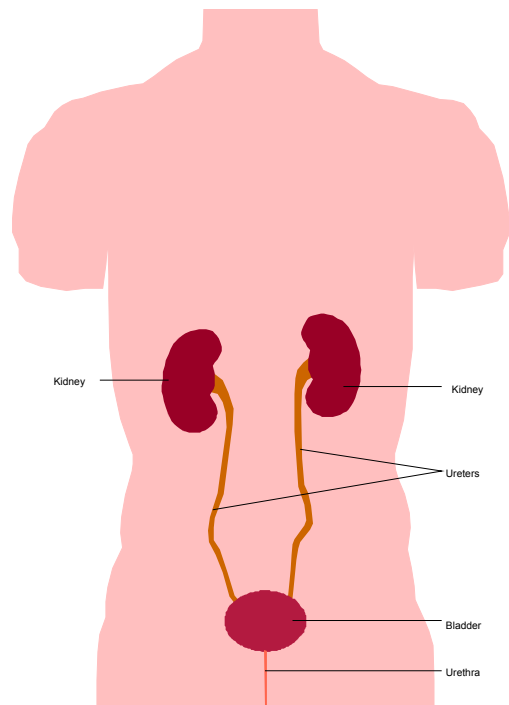
- **Redistribution of fat**
- **Skin more**
 - dry, flaky
 - less elastic
 - thin, fragile
- **Nails tougher, brittle & thick**
- **More wrinkles**

Changes in Heart & Lungs



- ↓ Muscle strength, efficiency
- Lungs less elastic
- ↑ Risk of infection

Changes in Passing Urine



URINARY SYSTEM

- Bladder muscle weakens
- ↓ Ability to hold urine
- ↑ Trips to bathroom
- Leaking of urine
- Enlarged prostate
- ↑ Risk of infection

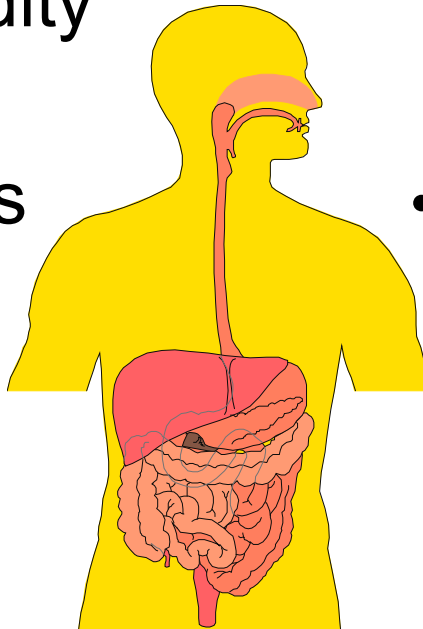
Changes in Digestion

■ Decrease

- taste, smell
- saliva secretion
- gastric acidity
- gastric movements
- appetite
- absorption

■ Increase

- problems associated with dentures, chewing
- constipation

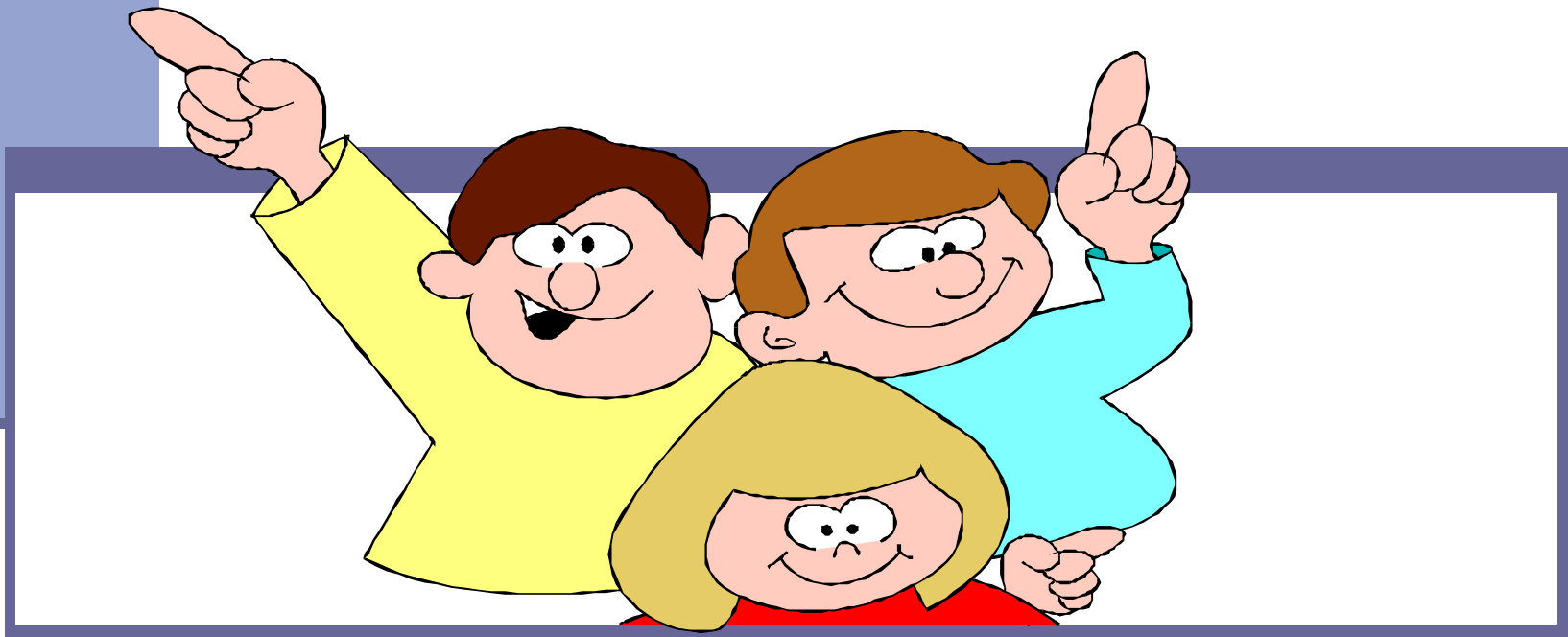


Mental Changes

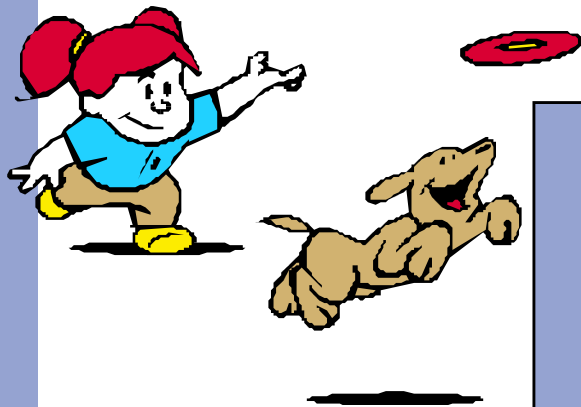


- Small ↓ of brain cells
- Slight ↓ of memory
- ↓ Reaction time
- ↑ Risk of depression

Social / Emotional Changes



Concerns of Middle Age



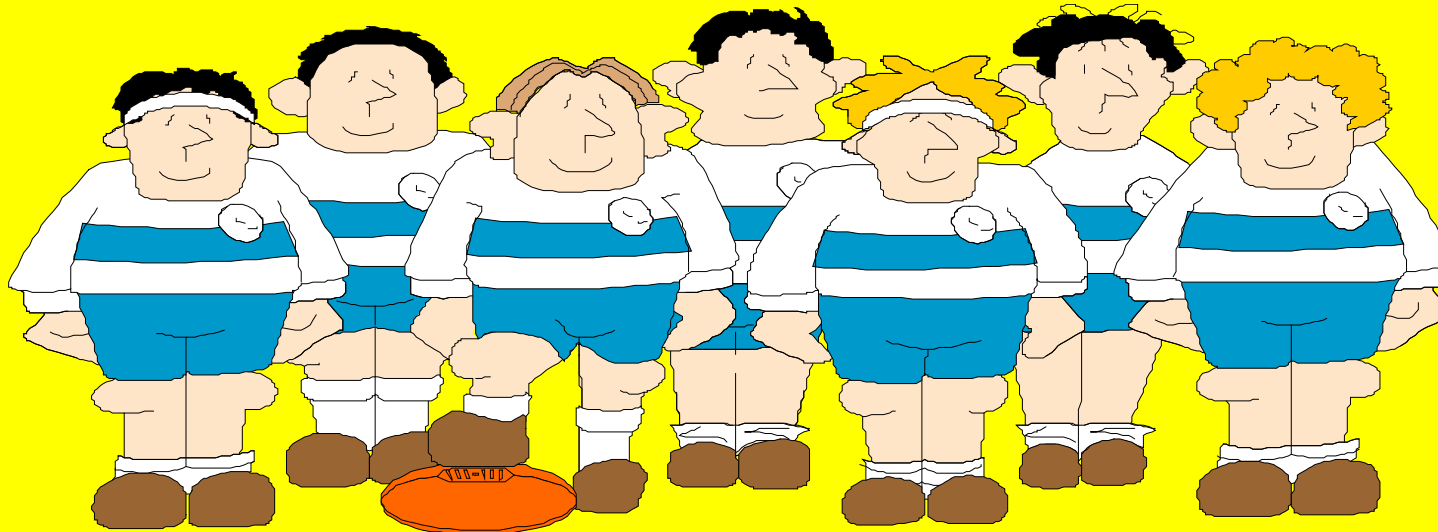
Finances
Relationships
Career
Children
Future



Concerns of Older Persons

- Family relationships
- Socialising
- Health
- Transport
- Household chores





**Normal age-related changes
can be anticipated & adapted
so that the older person can live
a happy, healthy & active life.**