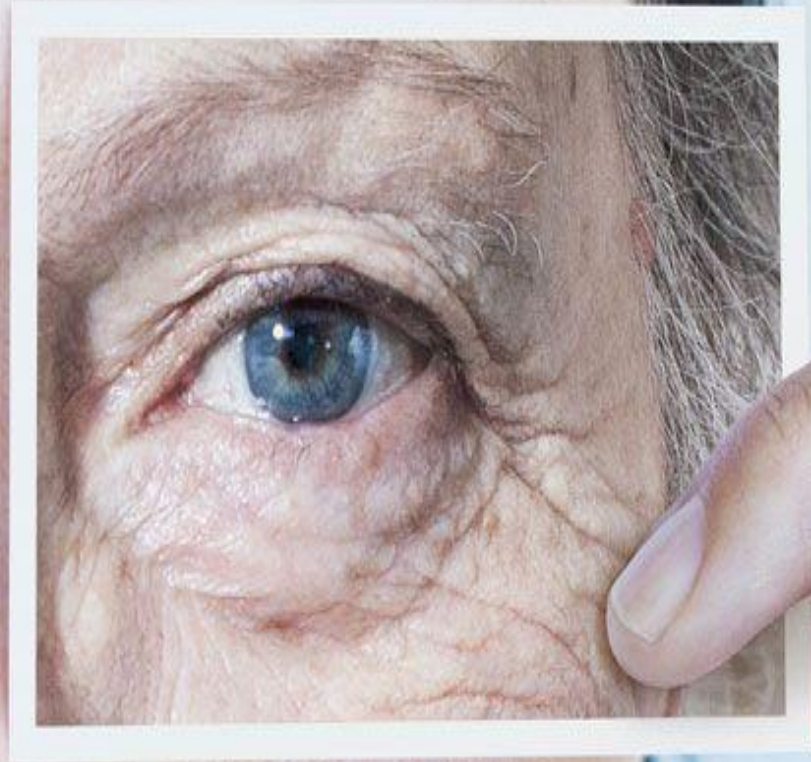


UNIT:II

Gerontological Social Work



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Unit II

- Health of older persons: Role of nutrition- Longevity and physical health - Mental and emotional health- Ill health, Disabilities - Sexuality in old age - Alternative medicine and prevention of illness - Spirituality and old age - yoga and meditation - Exercise pertaining to old age. Health intervention: periodical check-up, information and awareness about prevention of problems, reaction and creative art programmes, spiritual discourses, counselling, physical aids and access to geriatric treatment.

Role of Nutrition

- Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. Prevent from diseases.
- Adequate nutrition, especially in older age, aids in the maintenance of health and in decreasing the onset of chronic diseases, contributes to vitality in everyday activity, to energy and mood and helps in maintaining functional independence.
- Older people – 65 and up – are more vulnerable to nutritional deficiencies and nutritional problems are more common among them.



Dairy

Milk, Yogurt, Cheese



Milk

Yogurt



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Smoothie



Pudding

Vegetables



Broccoli

Asparagus

Bell Peppers

Corn

Avocado

Carrots

Spinach

Sweet Potatoes

Tomatoes

Fruits



Strawberries

Apple

Banana

Blueberries

Orange Juice

Watermelon

Grapes

Mango

Pear

Grains

Bread, Cereal, Pasta



Tortillas

Cereal

Rice

Bread

Pasta

Popcorn

Crackers

Bagel

Oatmeal

Protein

Meat, Beans, Nuts



Tuna

Eggs

Hamburger

Nuts

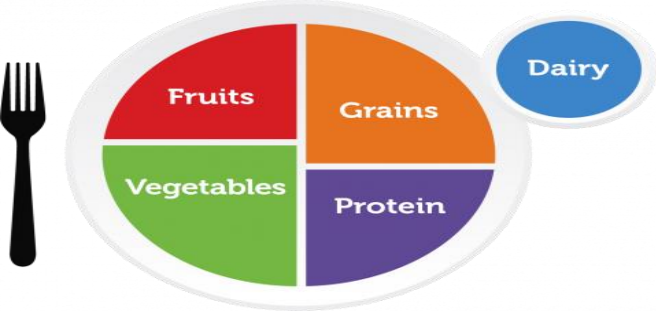
Chicken

Tofu

Beans

Salmon

Pork Chops



Food groups

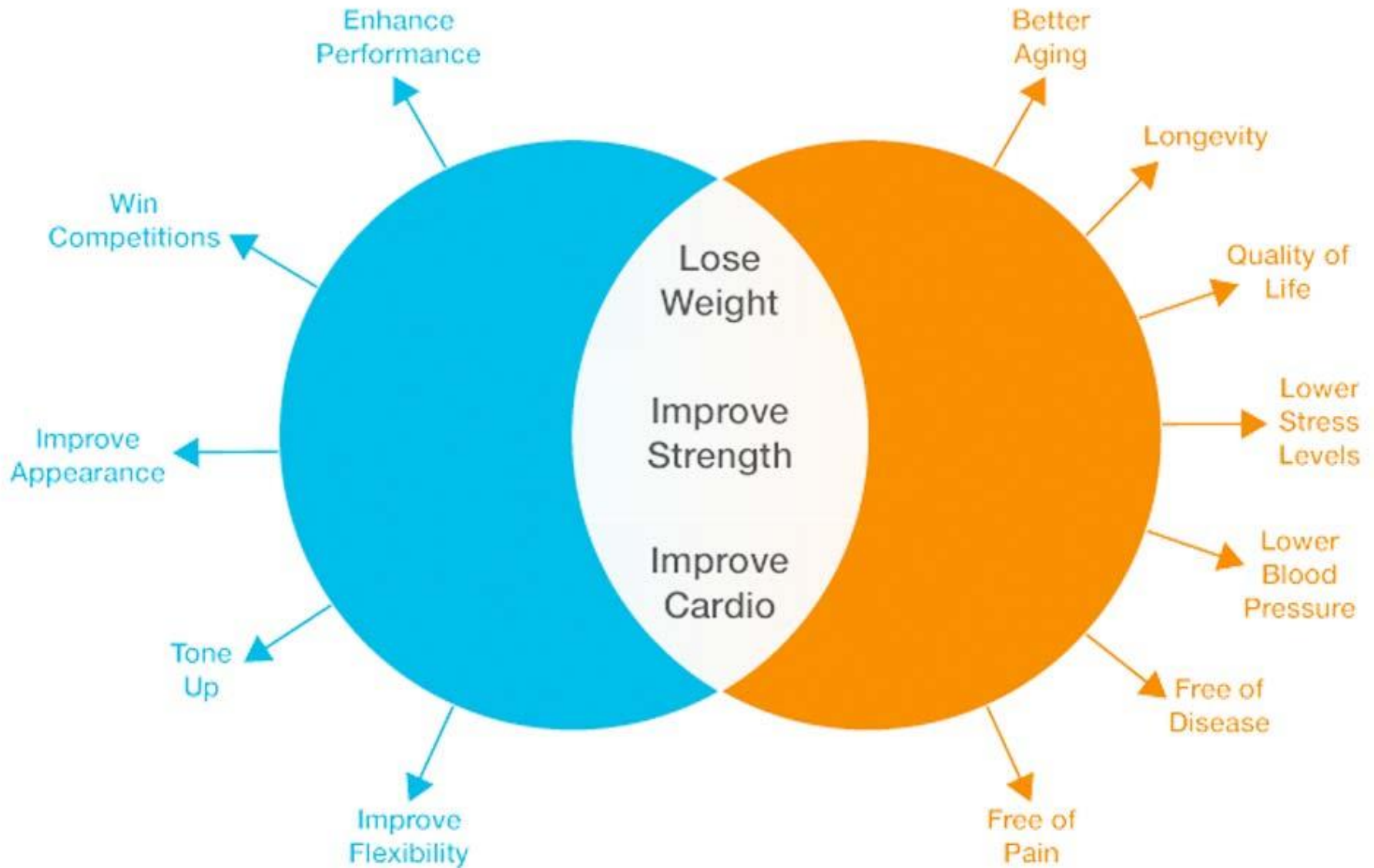
- Water – water constitutes the main component of our body. Water is present in our food and drinks. The most recommended drink is water!
- Grains – is the first group from which one has to eat a relatively large amount. Grains are foods that contain mainly starch (**carbohydrates**) and a certain amount of proteins.
- Vegetables and fruits – vegetables and fruits contain carbohydrates (sugars), water, fiber, vitamins and minerals. For example, vegetables and fruits rich in vitamin C: cabbage, tomato, pepper, lettuce, citrus fruits, kiwi, melon, strawberry.
- Protein rich foods – this group contains meat products (source of iron), milk products (source of calcium), eggs and legumes (source of iron and calcium)
- Oil rich foods – this food group contains foods like oil, avocado, mayonnaise, nuts, almonds, olives, margarine, butter. These foods are important to one's health, but the body needs them in moderation.

Principles of healthy nutrition

- *Diversify food* – should choose foods from each of the five groups . It is also worthwhile to select during the day varied foods from each group. It is desirable that **each meal contain food from at least three food groups.**
- Give preference to foods that contain fibers, such as: whole grains, vegetables and fruits.
- Give preference to foods that contain less salt, for example less soup powders and prepared sauces, less salty cheeses, less ready-made food, less snacks and salty seeds.
- *Reduce fat intake* - choose instead milk and meat products and use less fat in preparing the food.
- *Avoid sugars added to foods* – in particular stay away from sweetened drinks.



FITNESS versus HEALTH



Longevity and Physical Health



- *What is longevity in health?*
 - The definition of longevity is **living a longer and healthier life**. It means how long a person is going to live, and how healthy his later life will be. The term longevity as the description of the state when a person lives beyond their average life expectancy. (*Global life expectancy soared from 34 years in 1913 to 72 years in 2022 and is expected to continue on that long-term trajectory*).
- *Why is physical health important for aging?*
 - It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.



Mental

H
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Emotional



Mental and Emotional Health

- **Mental health** encompasses **emotional, psychological, and social well-being**, influencing **cognition, perception, and behavior**. It likewise determines how an individual handles stress, interpersonal relationships, and decision-making.
- **Emotional health** is the **ability to cope with and manage emotions**. It's also the ability to have positive relationships. Mental health is the ability to think clearly and make good decisions. It's also the ability to cope with stress and manage emotions.





Hello
my name is

Hello
my name is

Anxiety

Phobia

Grief

Hello
my name is

Hello
my name is

POST-TRAUMATIC
STRESS

STRESS

Hello
my name is

Shame

Hello
my name is

Hello
my name is

DEPRESSION

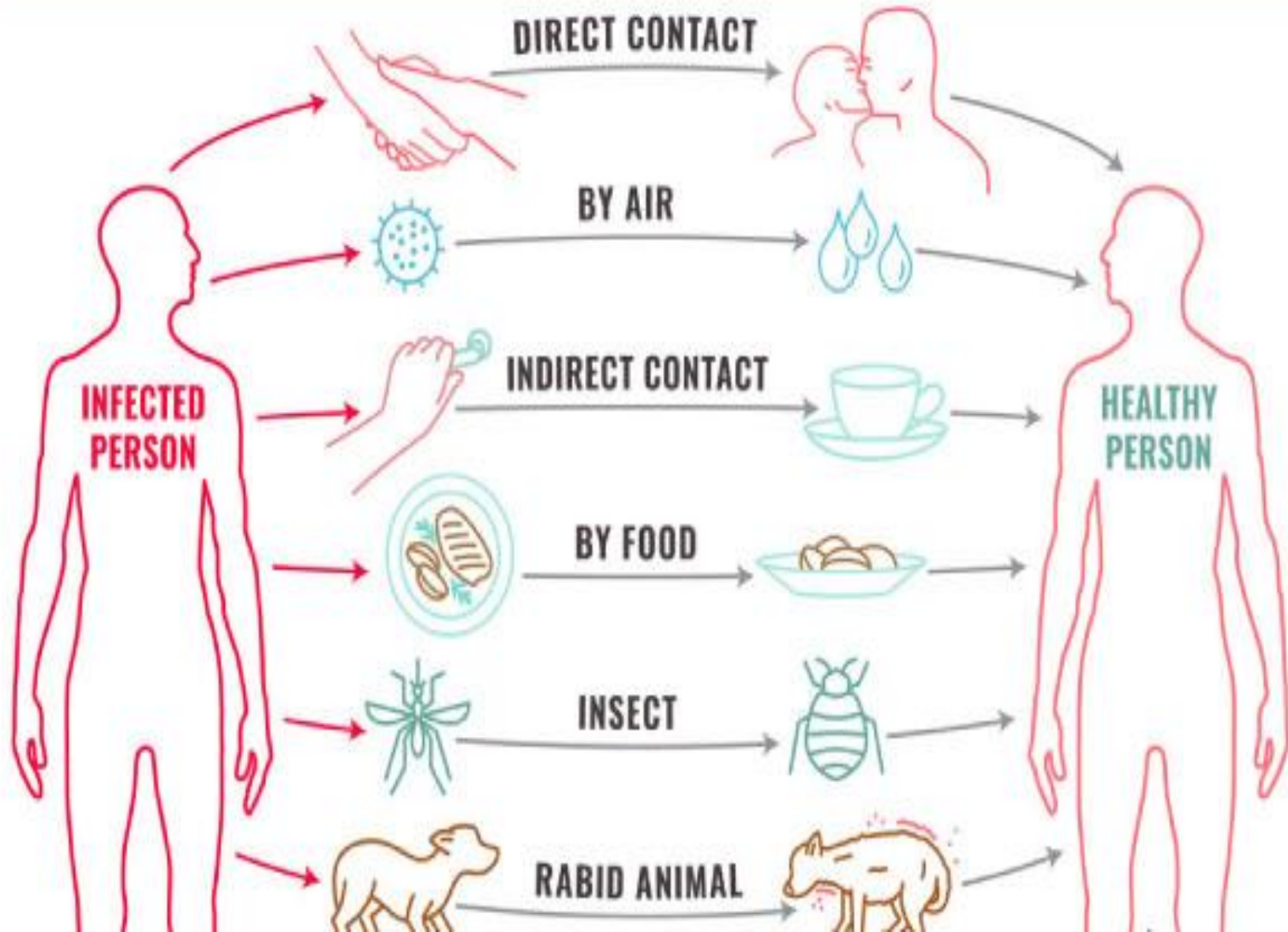
PANIC

Ill Health

- **Ill health** is the state of being physically ill or having lots of health problems.
- **Illness** is defined as the ill health the person identifies themselves with, often based on self reported mental or physical symptoms.



TYPES OF DISEASE TRANSMISSION



Types of illness



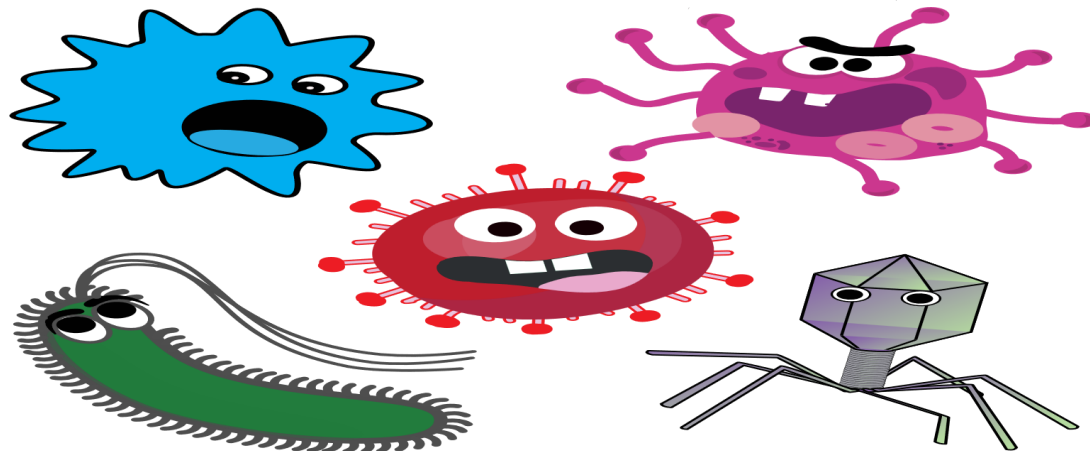
- There are four main types of disease:
 - Infectious diseases,
 - Deficiency diseases (Anaemia by iron deficiency, Endemic goitre by a deficit of iodine) ,
 - Hereditary diseases (including both genetic and non-genetic hereditary diseases), and
 - Physiological diseases (Asthma, Diabetes)

- *What illnesses are common in old age?*

- Geriatric Diseases: Age-Related Medical Conditions & Illnesses
- Arthritis.
- Cancer.
- Chronic Kidney Disease.
- Chronic Obstructive Pulmonary Disease.
- Dementia, Alzheimer's Disease, and Parkinson's Disease.
- Diabetes.
- Osteoporosis.
- Stroke.

- *What are the 10 most common chronic diseases in older adults?*

- High blood pressure (hypertension) affects 58% of seniors. ...
- High cholesterol affects 47% of seniors. ...
- Arthritis affects 31% of seniors. ...
- Coronary heart disease affects 29% of seniors. ...
- Diabetes affects 27% of seniors. ...
- Chronic kidney disease (CKD) affects 18% of seniors. ...
- Heart failure affects 14% of seniors.



ELDERLY & DISABILITY





INTRODUCTION

- The world population is rapidly ageing
- Between 2000 and 2050, the proportion of the world's population over 60 years will double from about 11% to 22%.
- The number of people aged 60 years and over is expected to increase from 605 million to 2 billion over the same period.
- By 2050 the world will have almost 400 million people aged 80 years or older. Never before have the majority of middle-aged adults had living parents.
- By 2050, 80% of older people will live in low- and middle-income countries

ELDERLY HEALTH PROBLEMS



OBSESITY



EYE DISEASE



HEART DISEASE



DIABETES



OSTEOARTHRITIS



ANEMIA



EMOTIONAL



CANCER



MEMORY



HIGH BLOOD PRESSURE



OSTEOPOROSIS



GALLSTONES

Health burdens for older people

- It is from noncommunicable diseases
- In the poorest countries the biggest killers are heart disease, stroke and chronic lung disease, while the greatest causes of disability are visual impairment, dementia, hearing loss and arthritis.
- Many of these problems can be easily and cheaply prevented.
- The need for long-term care is rising
- The number of older people who are no longer able to look after themselves in developing countries is forecast to double by 2050.
- Many require long-term care, including home-based nursing, community, residential and hospital-based care.



- Effective, community-level primary health care for older.
- Supportive, “age-friendly” environments allow older people to live fuller lives and maximize the contribution they make.
- Healthy ageing starts with healthy behaviors in earlier stages of life.
- We need to reinvent our assumptions of old age.
- Caring for older family members is a normal, but often a stressful situation, may be manifest through illness in the caregivers

THE AGED RELATED CHANGES & THEIR CONSEQUENCES



- **FIVE CLASSIC GERIATRIC PROBLEMS**

- ✓ Falls
- ✓ Dementia
- ✓ Depression
- ✓ Urinary Continence
- ✓ Irrational Drug Therapy

- **COMPREHENSIVE GERIATRIC ASSESSMENT**

- Physical assessment • Mental status assessment • Functional assessment • Social assessment • Home environment assessment.

Types of Physical Assesment

- Inspection (looking at the body)
- Palpation (feeling the body with fingers or hands)
- Auscultation (listening to sounds, usually with a stethoscope)
- Percussion (producing sounds, usually by tapping on specific areas of the body)

DISABILITY

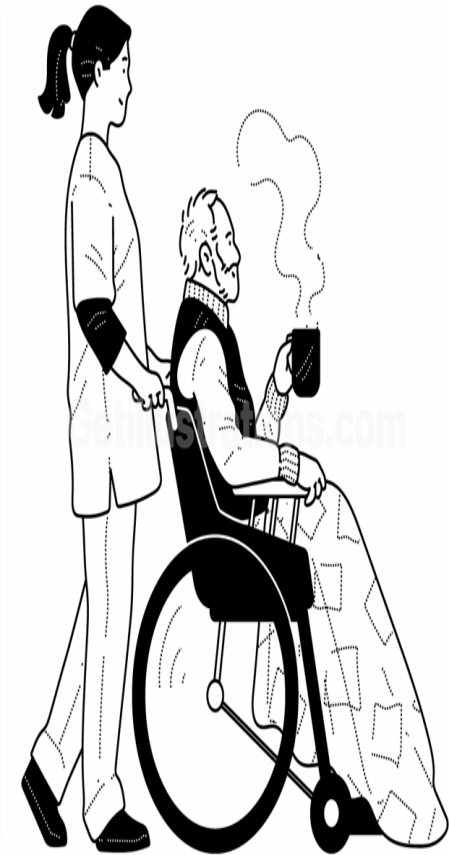
- Definition:

"Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Thus disability is a complex phenomenon, reflecting an interaction between features of a person's body and features of the society in which he or she lives."

World Health Organization

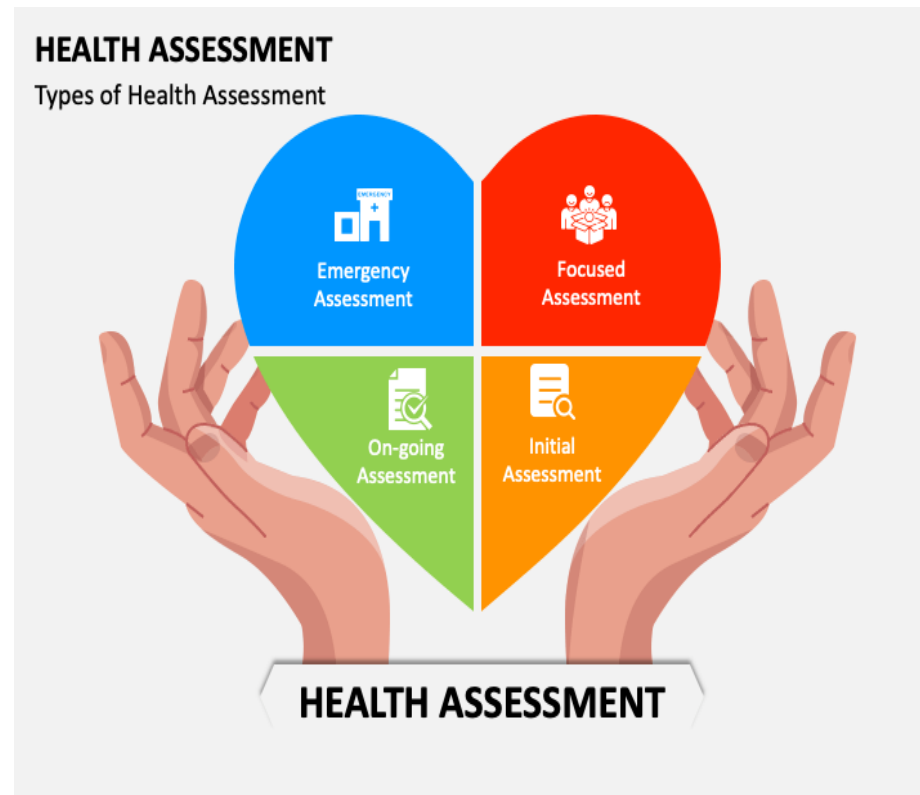
DISABILITY CAUSES (AETIOLOGY)

- According to Canadian research, five types of chronic illness contribute largely to disability in people aged over 65 years:
 - Foot problems
 - Arthritis
 - Cognitive impairment
 - Heart problems
 - Vision
- Other common or important problems include:
 - Hearing impairment.
 - Chronic respiratory Disease
 - Falls and hip fracture.



Assessment

- The British Geriatric Society (BGS) has provided a useful toolkit to assess elderly people in primary care. This assessment is called a Comprehensive Geriatric Assessment (CGA). It includes evaluation of:
 - ✓ Physical assessment.
 - ✓ Functional, social and environmental
 - ✓ Psychological components.
 - ✓ Medication review.



Disability Treatment and Management

- ❖ Treatment of unstable medical conditions and any treatable problems contributing to the disability.
 - Reviewing drug treatment.
 - Early mobilization.
 - Nutritional support.
 - Comprehensive rehabilitation.
 - Treat contributing causes
 - Drug treatment
 - Provision of aids and appliances
 - Social and environmental interventions
 - **Financial support** - eg, access to benefits and grants.
 - **Social support** - eg, day centres, social activities and befriending.
 - **Housing support** - appropriate accommodation can support independence and increase functional ability.



Acknowledgement

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Questions

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Answers

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