ABC’s Of Aging

- A is for arthritis. B is for bad back.
- C is for the chest pains. Corned beef? Carbs?
- D is for dental decay and decline.
- E is for eyesight—can’t read that top line.
- F is for fissures and fluid retention.
- G is for gas (which I’d rather not mention and not to forget other gastrointestinal glitches).
- H is high blood pressure.
- I is for itches, and lots of incisions.
- J is for joints, that now fail to flex.
- L is for libido—what happened to sex?
- K is for knees that crack all the time.
- (But forgive me, I get a few lapses in my M-memory from time to time)
- N is for nerve (pinched) and neck (stiff) and neurosis.
- O is for osteo—for all the bones that crack.
- P is for prescriptions, that cost a small fortune.
- Q is for queasiness. Fatal or just the flu? Give me another pill and I’ll be good as new!
- R is for reflux—one meal turns into two.
- S is for sleepless nights, counting my pennies to pay my increasing medical bills.
- T is for tinnitus—I hear bells in my ears and the word “terminal” also rings too near.
- U is for urinary and the difficulties that flow (or not).
- V is for vertigo, as life spins by.
- W is worry, for pains yet found.
- X is for X rays—and what one might find.
- Y is for year (another one I’m still alive) so Z is for zest.

~ Author Unknown ~
Profile of the Older Population

- Aging, Gender and Marital Status
- Economic Factors
- Education
- Ethnicity and Cultural Aspects

Biological Clock Theory

"Just what I need. A biological Cuckoo clock"  

Health Promotion, Maintenance and Restoration

- Quality of Life
- Self-Care
- Physical Activities
- Nutrition
  - Socioeconomic Factors
  - Psychological Factors
  - Physiologic factors
- Stress Management
- www.advancedseniorsolutions.com
Teaching the Elderly
- Vision
- Hearing
- Energy Level
- Information Processing and Memory
- Guideline found on page 52

Functional Status
- Physiologic Factors
  - Decreased reserve
  - Sleep
  - Sensory Impairments
  - Mobility and Balance
- Psychosocial Factors
  - Ageism
  - Multiple Losses
  - Neglect and Abuse  1-800-482-8049

Myth or Fact?
- All older adults inevitably experience cognitive decline as a consequence of the aging process?
Mental Disorders affecting the Elderly

- Dementia
  - Alzheimer’s Disease
- Delirium
  - Confusion
- Depression
  - Table 3-3; page 58
- Elderly Suicide
- Substance Use Disorders

Medication usage/Polypharmacy

- Start LOW and go SLOW!!
Healthcare and Resource Services

- Government Agencies
  - Medicare
  - Medicaid
- Managed Care
  - DRG’s
- Acute Long Term Care
- Home Health
- Case Management

Leal and Ethical Issues

- Autonomy
- Competence or Capacity
- Self Determination Act 1990
  - Advanced Directive
    - Living Will
    - Durable Power of Attorney