Normal Ageing
Ageing is *NOT* a disease.

Ageing is a

DEVELOPMENTAL PROCESS.
Old persons are . . .
When I 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

- 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.