BABY BOOMERS

BABY BOOMERS ARE THE FASTEST GROWING SEGMENT OF THE POPULATION.

In the year 2050 when the youngest baby boomers turn 86 it is estimated that there will be over 20 million people over the age of 85 in the US. Some researchers say 28 million.

FAMILIES DON'T BOTHER WITH THEIR OLDER RELATIVES.

Most Elderly will end up in a Nursing Home.

Life expectancy for a child born in 1997 was 76.5.
Recent study found that life expectancy in men is 75 and women 82 and the gap is narrowing.
The number of deaths in the US are decreasing.
Attributed to Jeanne Louise Calment, the world's longest living person (who died at the age of 122) was born in Arles, France on February 21, 1875 and died on August 4, 1997 in a nursing home in Arles.

HEART DISEASE

HEART DISEASE IS A MUCH BIGGER PROBLEM FOR OLDER MEN THAN FOR OLDER WOMEN.
THE OLDER YOU GET, THE LESS YOU SLEEP

Sleep Disturbances in the Elderly
- Approximately 70% of older adults complain of sleep disturbances and are the second most common complaint assessed in adult medicine.
- In a study of 3,976 community-dwelling older adults, poor self-rated health and the presence of chronic conditions were associated with complaints of poor sleep.
- Lack of sleep can impair memory, disrupt metabolism, and perhaps even hasten death.

ASSESSMENT OF SLEEP DISTURBANCES
- Four areas of assessment are to be addressed concerning sleep disorders:
  - Sleep History
  - Medical History
  - Diet and Drug History
  - Psychosocial history
  - Observations of bed partners or care givers

SLEEP INTERVENTIONS
- Physical complaints must be evaluated
- Increase daytime activity:
  - Avoid strenuous exercise
  - Maintain bedroom temperature between 70 and 75 degrees,
  - Control interruptions, noises or disturbances.
  - Help the patient relax at bedtime
  - Alleviate pain or discomfort

SLEEP INTERVENTIONS
- Eliminate caffeine in the afternoon and evening,
- Daily exercise should be encouraged.
- Warm baths can be relaxing at bedtime.
- Avoid nicotine close to bedtime or during the night.
- Avoid alcohol four to six hours before bedtime.
- Sleep only when you are tired.
If you are unable to fall asleep or stay asleep
Do not fall asleep outside of your bedroom.
Maintain a regular time to rise and retire
Use the bedroom for only sleep and sex.
Avoid large meals before bedtime.

22 SLEEP INTERVENTIONS
- Changing sleep habits can be done by shifting wake-up time and retiring time.
  - Times are shifted for one week intervals.
    - For example, if an older adult is not falling asleep until 3 am and getting up in the morning at 11am,
      start by shifting wake-up and retiring times by one half hour. Therefore, that person should wake up at 10:30 and retire at 2:30am.
    - The following weeks wake up one half hour earlier and retire one half hour earlier until you have obtained your goal of desired sleep times.
- Meds as a last resort

23 WEIGHT
- PEOPLE SHOULD WATCH THEIR WEIGHT AS THEY AGE

24 MOST PEOPLE GAIN WEIGHT AS THEY AGE

25

26 Increasing Longevity
- The only proven method to increase longevity in mammals is by caloric restriction.
  - Studies on mice, rats and primates have found that the subjects would live 40% longer if they took in only 60% of the calories they normally would eat.

27 EXERCISE
- YOU CAN BE TOO OLD TO EXERCISE.

28 Exercise

29 EXERCISE

30 DIET AND EXERCISE
- DIET AND EXERCISE REDUCE YOUR RISK FOR OSTEOPOROSIS

31 EXERCISE
OSTEOPOROSIS
Phyllis is 64. Recently, she had a DEXA-scan to check her bone density. The results showed she was at risk of a hip, wrist, or spine fracture because she was developing osteoporosis.

OSTEOPOROSIS
How would you instruct Phyllis to decrease her risk of fractures?
Should Phyllis's husband be concerned about the risk of development of osteoporosis?

DIET

CATARACTS
EVERYBODY GETS CATARACTS

CATARACTS
Can anything be done to prevent cataracts?

URINARY ACCIDENTS
OLDER PEOPLE MIGHT AS WELL ACCEPT URINARY ACCIDENTS AS A FACT OF LIFE.

URINARY INCONTINENCE
IS A SYMPTOM NOT A DISEASE.
What are some causes of urinary incontinence?
How would you treat urinary incontinence?

SEX
PEOPLE BEGIN TO LOSE INTEREST IN SEX AROUND AGE 55

RELATIONSHIPS

SEX
Mary is 66. Her husband had a heart attack and died two years ago. She wonders if she is still attractive. Last month George, a man she met in her local senior center asked her out. After a few dates he suggested that they become more intimate. George asked, to her
surprise, if she had been with other men and suggested they use condoms to avoid HIV/AIDS

**SEX**
- What is George thinking? Do older people really have to worry about getting HIV/AIDS?

**HIV/AIDS In the Elderly**
- Why do you think the number of HIV/AIDS is growing in the elderly?

**FORGET BINGO**

**LOVE HAS NO BOUNDS**
- This is a country song by Kathy Mattea, "Where've You Been", (Willow in the Wind)
- About a couple who end up on separate floors in a nursing home.

**EXTREMES OF TEMPERATURE**
- Jim, 82, lives alone on a pension. To save money in the winter he keeps his thermostat at 62, even when it’s freezing outside. Now it’s summer, and he refuses to buy a window air conditioner. When the weather report predicted 100° heat, his son Bob offered to pick Jim up and let him spend the day in Bob’s cool house. Jim was grumpy and refused to leave his home.

**EXTREMES OF TEMPERATURE**
- EXTREMES OF HEAT AND COLD CAN BE ESPECIALLY DANGEROUS FOR OLDER PEOPLE

**FALLS AND INJURIES**
- FALLS AND INJURIES “JUST HAPPEN” TO OLDER PEOPLE.

**FALLS AND INJURIES CAN BE PREVENTED**
- How can an older person prevent injuries?

**MEDICATIONS**
- OLDER PEOPLE TAKE MORE MEDICATIONS THAN YOUNGER PEOPLE.
SMOKING
■ Sylvia is 75. She has smoked cigarettes since she was 20. Her children and grandchildren all want her to quit. But several members of her family died of cancer in their old age, and she believes it’s too late now to make a difference.

Even if an older person has smoked tobacco his or her whole life, it still makes sense to quit.

SMOKING
CANCER RISK
■ THERE’S NO POINT IN SCREENING OLDER PEOPLE FOR CANCER BECAUSE THEY CAN’T BE TREATED.

US Mortality, 2002
■ 1. Heart Diseases 696,947 28.5
■ 2. *Cancer 557,271 22.8
■ 3. Cerebrovascular diseases 162,672 6
■ 4. Chronic lower respiratory diseases 124,816 5.1
■ 5. Accidents (Unintentional injuries) 106,742 4.4
■ 6. Diabetes mellitus 73,249 3.0
■ 7. Influenza and pneumonia 65,681 2.7
■ 8. Alzheimer disease 58,866 2.4
■ 9. Nephritis 40,974 1.7
■ 10. Septicemia 33,865 1.4

PERSONALITY
■ AS YOUR BODY CHANGES WITH AGE, SO DOES YOUR PERSONALITY.

DEPRESSION
■ MOST OLDER PEOPLE ARE DEPRESSED. WHY SHOULDN’T THEY BE?
SUICIDE

- Suicide is mainly a problem for teenagers.

SUICIDE

- The typical suicide is often assumed to be the last desperate act of a despontent young person.

SUICIDE

- A older person’s concern with suicide should be taken very seriously and professional help should be sought quickly.

CONFUSION?

- Everyone becomes confused or forgetful if they live long enough.

FORGETFUL?

CONFUSION AND FORGETFULNESS

- Confusion and serious forgetfulness in old age can be due to many causes.

- List possible causes.
- Which conditions can be treated?

ALZHEIMER’S DISEASE

- If your parents had Alzheimer’s disease, you will inevitably get it.

ALZHEIMER’S DISEASE

- “Seniors should be thinking about environmental changes, but also parents should be concerned about good health in their babies and young children,”
"Having a healthy brain as well as a healthy body requires attention to everything from nutrition to protection against toxins and trauma." Ann Neurol 2004;55

LEARNING

YOU CAN'T TEACH AN OLD DOG NEW TRICKS

TRICKS

AS YOUNG AS SHE FEELS

Sleep Disturbance Quiz