Successful & Healthy Aging

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Outline

- Aging
- Successful Aging
- Healthy Aging
- Definitions and comparing
- Prevention & Health Promotion
- Recommendation for Successful aging
- Evaluation
Normal aging

- Combined effect of the aging process, disease, and adverse environmental and lifestyle factors (Lakatta, 1995)

- Rule of thirds (Sloane, 1992):
  - 1/3 age-related changes
  - 1/3 due to inactivity or disuse
  - 1/3 are cause by aging itself

Discussion questions

- What do you think accounts for the major differences in how people experience aging?
- What are some of the major changes in society’s attitudes about aging?
- What lessons have you learned from older adults in your life?
What is “successful aging”? 

- Freedom from chronic disease and the ability to continue to function effectively, both physically and mentally in old age (Britton et al, 2008) – *medical model*

- Includes maintenance of physical & mental function & continued involvement in social activities and relationships (Kennedy, 2000) – *more nursing & other disciplines model*
Maslow’s Hierarchy of Needs

- Biologic integrity – basic needs
- Safety & Security
- Belonging
- Self-esteem
- Self actualization
Questions

- What type of questions would be helpful to identify/assess a patient's hierarchy of need?
- Give examples, for each level...
What is...
Health, Wellness, & Wellbeing

- **Health** – emphasizes strengths, resilience, resources, and capabilities rather than focusing on pathology
  - WHO def. A state of complete physical, mental, and social wellbeing, not merely the absence of disease and infirmity

- **Wellness** – involves one’s **whole being**: physical, emotional, mental, social, cultural, and spiritual processes
  - Based on the belief that every person has an optimal level of function regardless of their situation (living with chronic illness, dying)
  - Attainable with supports & encouragement allow the individual to make meaning out of the present situation

- **Wellbeing** – perception of **how the individual feels** & what they are able to accomplish in the face of diminishing physical & mental faculties (resilience)

*Nursing mission: assist the individual to achieve the highest level of adaptation to whatever situation exists.*
Healthy Aging definition

- Process of decreasing morbidity (illness or disease) and increasing the age of mortality (death) rates – medical model
- Process of slowing down, physically & cognitively, while resiliently adapting and compensating in order to optimally function & participate in all areas of one`s life (physical, cognitive, social, & spiritual) (Hansen-Kyle, 2005) – Nursing & other disciplines
Attributes/Characteristics of Healthy Aging

- Continuous process of change and adaptation
- Self defined & individualistic
- Slowing down of body processes
- Acceptance and movement towards death
- Desire to continue to actively participate in life processes
- Ability to function physically, cognitively, and socially
- Continual modification, self-assessment, & redefinition of self & abilities

Source: Hansen-Kyle, 2005
Activity: What factors influence Healthy Aging?

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Concept Analysis: Healthy Aging

**Antecedents** – what is needed for healthy aging

- **Adaptation** – ability to redefine oneself in terms of independence and autonomy
- **Compensation** – ability to change one’s lifestyle to accommodate the physical changes that have occurred
- **Resilience** – ability to bounce back, to change, and to adapt

Adaptation + Compensation leads to Resilience

Source: Hansen & Kyle, 2005
Consequences of Healthy Aging

- **Successful aging** – ability to establish and maintain stated goals or lifestyle & involvement in prescribed roles
- **Independence** – ability to live on one’s own terms and actively participate in one’s own care
- **Autonomy** – ability & the desire to make decisions regarding one’s care

Source: Hansen-Kyle, 2005
 Traits of a Healthy Person

- Attuned to mind-body signals, e.g. pain, pleasure, fatigue, anger, sadness
- Can confide in another person
- Exhibit control over own health and quality of life
- Strong sense of commitment to work, creative activities, & relationships
- See stress as a challenge rather than a threat
Traits of a Healthy Person (cont)

- Demonstrates approp. assertiveness concerning needs and feelings
- Forms relationships based on unconditional love rather than power
- Is altruistically committed to helping others
- Is willing to explore many different facets of own personality, which will provide strength to fall back on if one fails

Dimensions of Wellness

- Self-responsibility (self efficacy)
- Nutrition awareness
- Physical fitness
- Stress management
- Environmental sensitivity (includes the world, neighbourhood, home and room)
Recommendations for Successful Aging

- **Proactive** engagement in certain health behaviours in mid-life that will increase the likelihood of reaching & maintaining the goal of successful aging in later life:
  - Prevent disease-related problems
  - Prevent cognitive impairment
  - Prevent later-life depression & relapses

How does science/research measure health parameters?

- Nutritional status & risk – bodyweight, body fat, BMI, plasma lipids, albumin, glucose, bone mineral density, BP
- Physical activity – strength, flexibility
- Function/self care – ADLs and IADLs
- Mental/cognitive function – depression scale, MMSE, suicide risk, CAGE
- Social support systems – caregiver burden, social networks
- Quality of life – life satisfaction
What can we do?

- Prevention – screening & early detection
- Health promotion – education & activity to prevent & limit the effects of disease
- Treating proactively & early with improved discharge teaching & reconciliation back home
- Assist with growth & development – Maslow`s hierarchy of needs
- Lobby government to change policy, holistic care which includes social programs, affordable housing, transportation, safe neighbourhoods, nutrition programs
- Get professional organizations involved – RN Network of BC, CGNA, GNGBC, help guide & define policy priorities, CRNBC not able to advocate like before
3 Strategies to cope with the challenges of aging

1. Reduce # of activities they participate in by focusing on activities they can do (e.g. walk instead of job, plant in a flower box rather than a big garden)

2. Practice critical skills to remain adept (e.g. take courses, Xwords puzzles)

3. Compensate/adapt to overcome obstacles (e.g. use aides, make lists, drive during daylight hours)

Source: CHR Fact Sheet (2002). Successful Aging
What can be done?

- Goal: Enhance quality of life
- Listen & address **client issues/needs**
- Assess and **enhance determinants of health**: mental, physical, socioeconomic, cultural, spiritual and environmental
- Gradually introduce prevention and **health promotion activities**: physical activity, nutrition, healthy eating
Summary:
Healthy vs Successful aging:

- Healthy aging can only occur if the antecedents to healthy aging are in place: adaptation, compensation, & resilience
- Successful aging is goal driven...it is a consequence of healthy aging, like autonomy and independence

Questions??

- Complete Evaluation & hand-in
- Thank you
Reference List

- Ebersole & Hess (2001). Geriatric Nursing & Healthy Aging. St. Louis, MS: Mosby