



Geriatric Health Program

Geriatric Health Program

- **Objective:**

- Enabling approach?**

- Help old people to: Lead a full active life and try to minimize their dependence on others

- Modern philosophy:**

- Old people must ----be an active member in the community if possible
 - Community must----- help the aged to fight the triple evil (poverty, loneliness & disease)





Geriatric Health Services

Goal:

To achieve active and healthy aging

To minimize the health hazards

Objectives:

- Promotive and Preventive services

- Social welfare

- Health appraisal and rehabilitative services

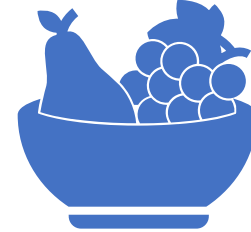
I) Promotive & Preventive Care:



- Health education



- Immunizations (
influenza & pneumonia)



- Nutritional program

1. Messages for HE

Importance of adaptation and develop interest in life

Exercise

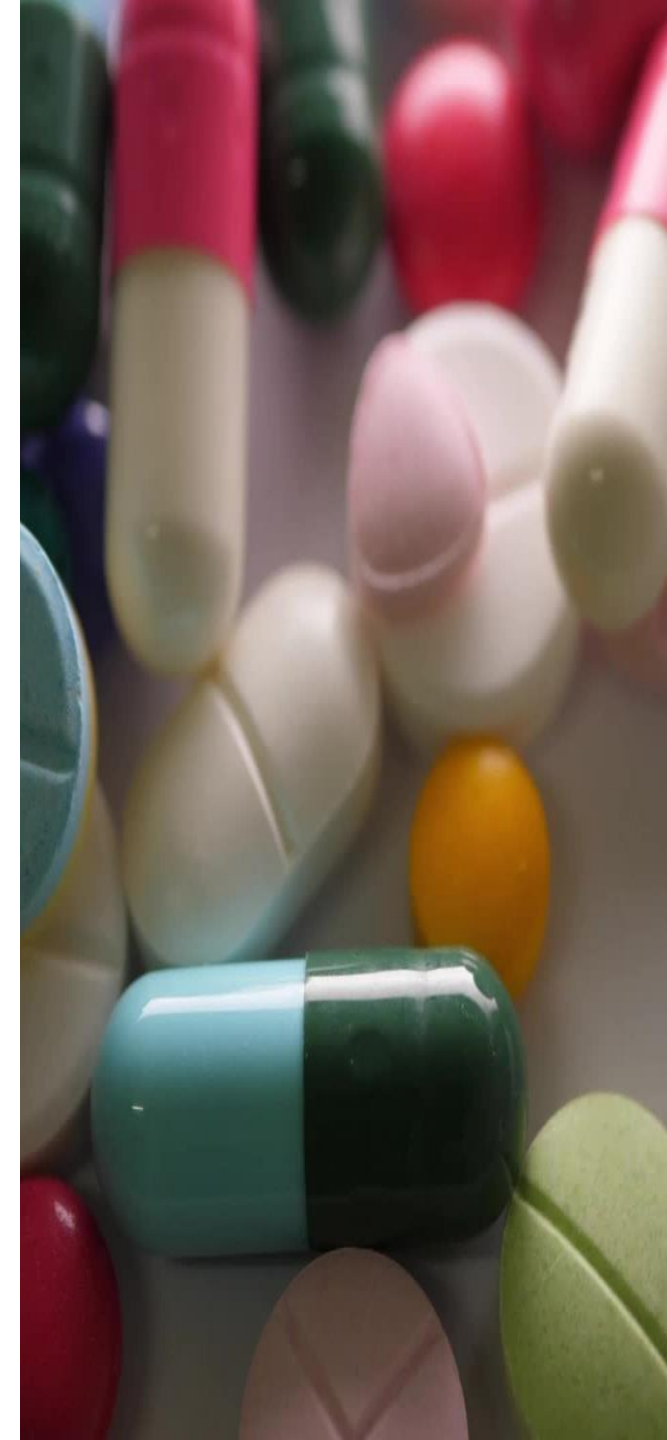
Regular checking of: eye glasses, hearing aids, dentures and foot care

Avoid----- unnecessary drugs, smoking and alcohol

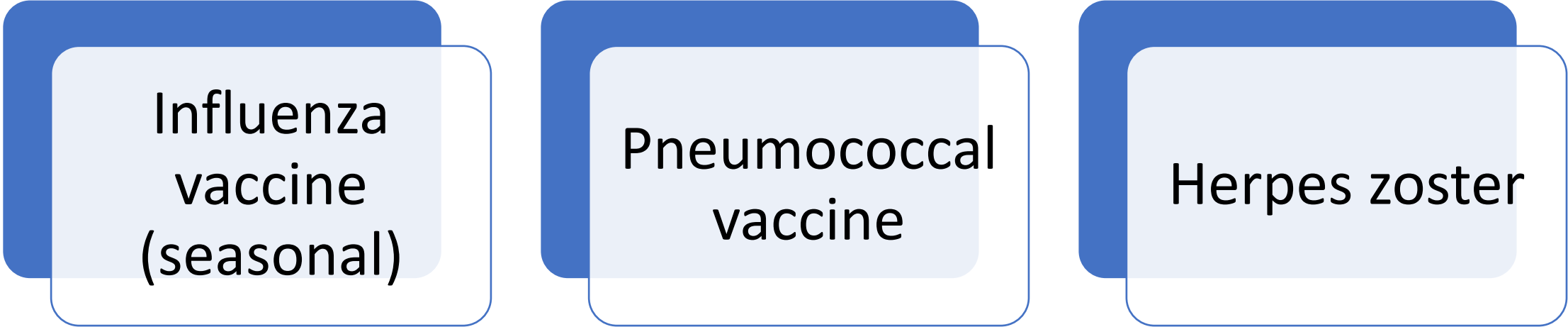
Home safety measures and safety education

1. Messages for HE

- Precancerous lesions or alarming signals
- Importance of regular check up/ immunizations
- Medications upon prescription only (Possible side effects and drug interaction cause about 20% of elderly hospitalization)



2. Immunization



Influenza
vaccine
(seasonal)

Pneumococcal
vaccine

Herpes zoster

3. Nutrition Program

- A. Nutrition Assessment (screening tests)
- b. Nutrition Education
 - ✓ Balanced diet rich (vitamines, minerals, fibers,)
 - ✓ Avoid excess intake----calories(30kcal/kg), sugar, salt, spicy food, saturated fats)
 - ✓ Frequent small meals
 - ✓ Regular fluid intake
 - ✓ Special diet for diabetics and hypertensives



3. Nutrition Program

C. Nutrition Supplementation

- Poly-vitamins/ Antioxidants
- Geriatric formulas
- Bone supportive nutrients

D. Nutrition Correction

- Treatment in accordance with chronic diseases from which the elderly person is suffering.



MyPlate for Older Adults

Drink plenty of
FLUIDS

Make half your plate **FRUITS & VEGETABLES**

Choose vegetables and fruits that are easy to prepare and have a longer shelf life:

- Frozen
- Pre-peeled and cut fresh
- Dried
- Low-sodium or low-sugar canned

Choose bright colored vegetables such as carrots, tomatoes, and broccoli at mealtime.

Enjoy deep-colored fruits such as berries or peaches for snacks or as dessert.



Low-Fat,
Fat-Free, or Low
Lactose Milk

100%
Juice

Water

Soup

Make at least half your grains **WHOLE GRAINS**

Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. These foods help add fiber to your diet.

Check the ingredients list on food packages to find whole grain foods. Make sure the first word on the ingredients list contains the word "whole," such as:

- Whole wheat
- Whole oats
- Whole grain

Vary your **PROTEIN** food choices

Choose a variety of foods including plant-based sources:

- | | | |
|-----------------|-----------|--------------|
| • Beans | • Poultry | • Lean meats |
| • Tofu | • Eggs | |
| • Peanut butter | • Cheese | |
| • Fish | • Yogurt | |

Keep meat and poultry portions small and lean.

II. Social Welfare

Why? For adaptation & fight of loneliness

- A. Convenient living accommodations (geriatric homes)
- B. Recreational facilities (clubs)
- C. Additional pensions
- D. Health insurance
- E. Performing suitable job if possible

Geriatric homes? (Social changes)

- Rural-urban migration with older people left behind,

- Women increasingly being employed outside homes,

- The global trend toward having fewer children assures that there will be less potential care and support for older people from their families in the future

III. Health Appraisal and Rehabilitative Services

Periodic medical examination for :

1. - Early case finding and ttt.
2. - Detection of high risk elderly:
 - Above 80 years
 - Living alone
 - Depressed
 - Intellectually impaired
 - Incontinent
 - Fallen several times before

- Recent release from hospital.

- Having physical disability

- Elderly with low financial income.

- Elderly with permanent household stay.

- Elderly taking more than 3 drugs per day.

III. Health Appraisal and Rehabilitative Services

Screening tests:

Multiple screening due to multiple system involvement: examples:

- Acuity of hearing & vision
 - Blood pressure
 - Blood glucose
 - Blood lipids
 - TSH
 - Urine analysis
 - Tonometry (IOP)
 - Mamography/ PSA
 - Sigmoidoscopy or colonoscopy
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Health appraisal (Why?)

- Early detection and effective management of risk factors for chronic diseases in developing countries can be inexpensive and effective ways of controlling future health care costs

Geriatric assessment

- **Multidimensional, multidisciplinary assessment designed to evaluate an older person's:**
 1. -functional ability,
 2. - physical health,
 3. - cognition and mental health
 4. - socioenvironmental circumstances.

Rehabilitative services

Objectives of rehabilitation:

- To help individuals to be useful to their community, to themselves and not burden others.
- It provides individuals with optimal opportunities to reach the maximum of his potentials

Types of rehabilitation:

Physical / Psychological / Social



Rehabilitative services

- Clubs for recreation
- Geriatric homes
- Home care
- For limiting disabilities----- hearing aids
eye glasses
dentures /walking aids



Are those enough??



IV. Day Care

1. Day care provides medical, rehabilitative, and cognitive support services several hours a day for several days a week.
2. Day care facilities provide certain core services: transportation, nutrition, and recreational and social activity programs

Day Care

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3. Screening and monitoring of chronic disorders
 4. Maintaining or improving the patient's functional level for as long as possible.
 5. Improving self-image.
 6. Preventing loneliness, isolation, and withdrawal.



V. Respite care:

- **Respite care** is provision of temporary care by a substitute caregiver to provide relief to the regular caregiver.

- *It can be provided through:*

- ✓ In the home by respite care agencies or by home health care agencies
- ✓ In the community by adult day care centers, respite care cooperatives.
- ✓ In a long-term care facility
- ✓ In a hospital



Thank You