



# Successful & Healthy Aging

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# Outline

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



# Normal aging

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- 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 caused by aging itself

Source: Lakatta & Sloane in Ebersole & Hess (2001).  
Geriatric Nursing & Healthy Aging.



# Discussion questions

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- 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”?

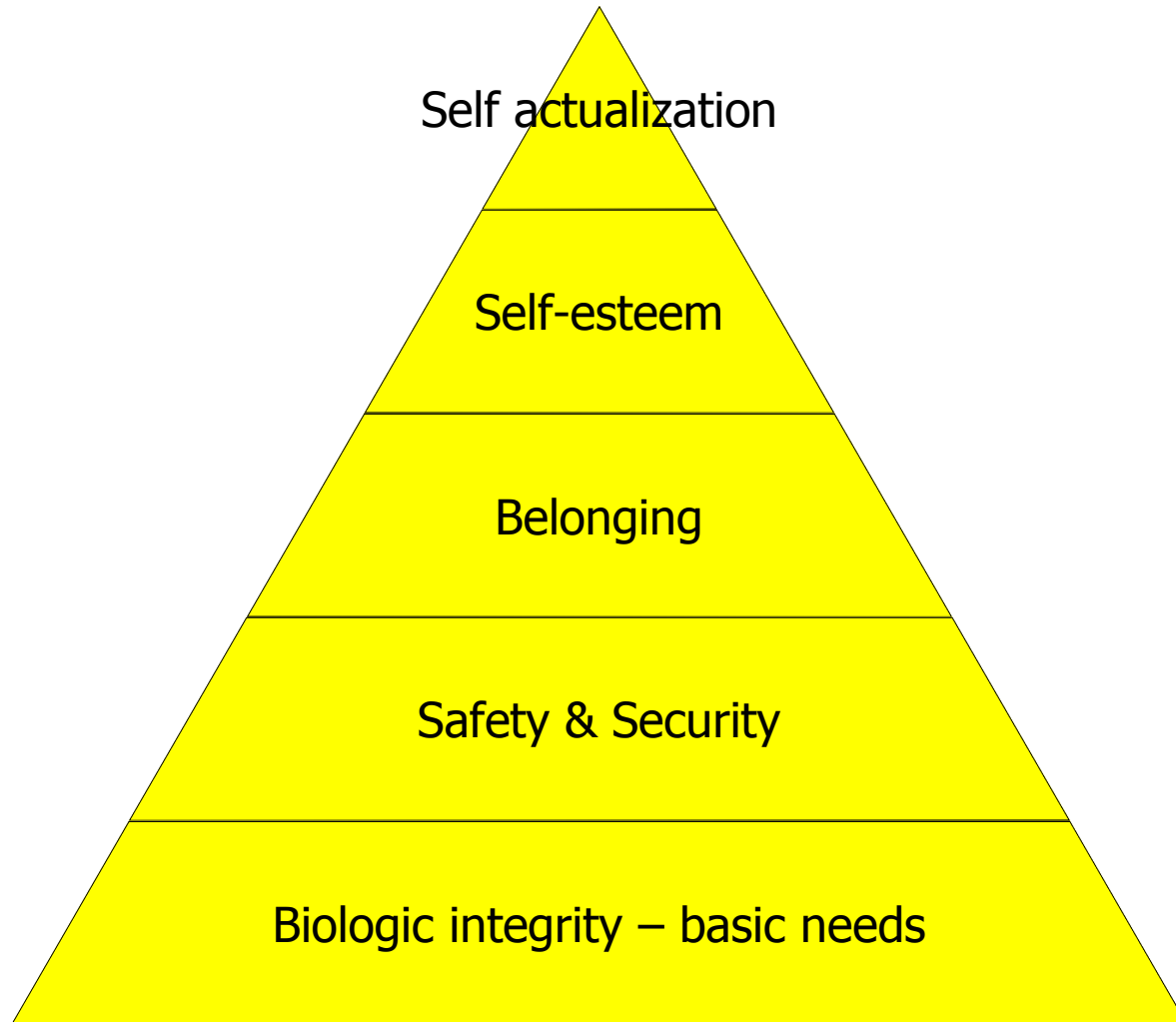
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- Freedom from chronic disease and the ability to continue to function effectively, both physically and mentally in old age (Britton et al, 2008) – *medical model*
- Includes maintenance of physical & mental function & continued involvement in social activities and relationships (Kennedy, 2000) – *more nursing & other disciplines model*



# Maslow's Hierarchy of Needs

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# Questions

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- 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

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- **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.

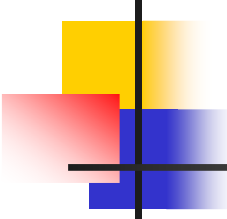




# Healthy Aging definition

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- 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

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- 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?

Physiological	Cognitive/Mental	Social/Support



# Concept Analysis: Healthy Aging

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**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

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- **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

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- 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)



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- 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

Source: Dreher (1995). The immune power personality: 7 traits you can develop to stay healthy. In Ebersole & Hess (2001)



# Dimensions of Wellness

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





# Recommendations for Successful Aging

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- **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

Source: Pascucci, 2008. A message for boomers.



# How does science/research measure health parameters?

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- 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?

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- 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

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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 day light hours)

Source: CHR Fact Sheet (2002). Successful Aging



# What can be done?

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- 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:

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- 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

Source: Hansen-Kyle (2005).



# Questions??

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- Complete Evaluation & hand-in
- Thank you



# Reference List

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