

# Identification of Elderly in Need of Care For FLW

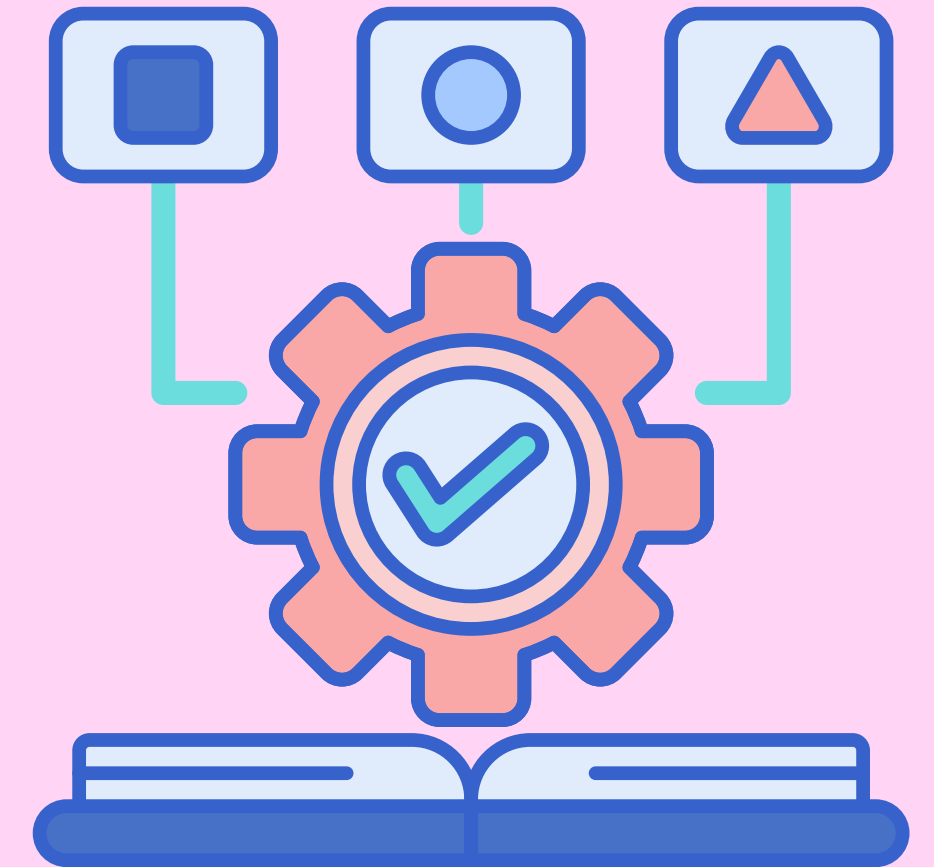




# LEARNING OBJECTIVES

At the end of the session the learner should be able to:

- Describe **ageing and age related changes**
- **Assess risk** in elderly persons
- Discuss **health promotion** in elderly population
- Describe the 5 S for promoting self care by health promotion and counselling





# WHO IS AN ELDERLY?

A person who is 60 years and older





# WHAT IS AGEING?

Ageing is a universal phenomenon comprising of gradual loss of cells leading to deterioration of organ functions in a human body. Age related alteration affects across the elderly population and their body function diminishes.





# AGE RELATED CHANGES IN HUMAN BODY

- Ageing is '**not a disease**' but the elderly population are more susceptible to various diseases due to diminished immune responses and poor regenerating capacities.
- It is important for a caregiver to understand the age-related changes in the human body which will further help in meeting their needs.

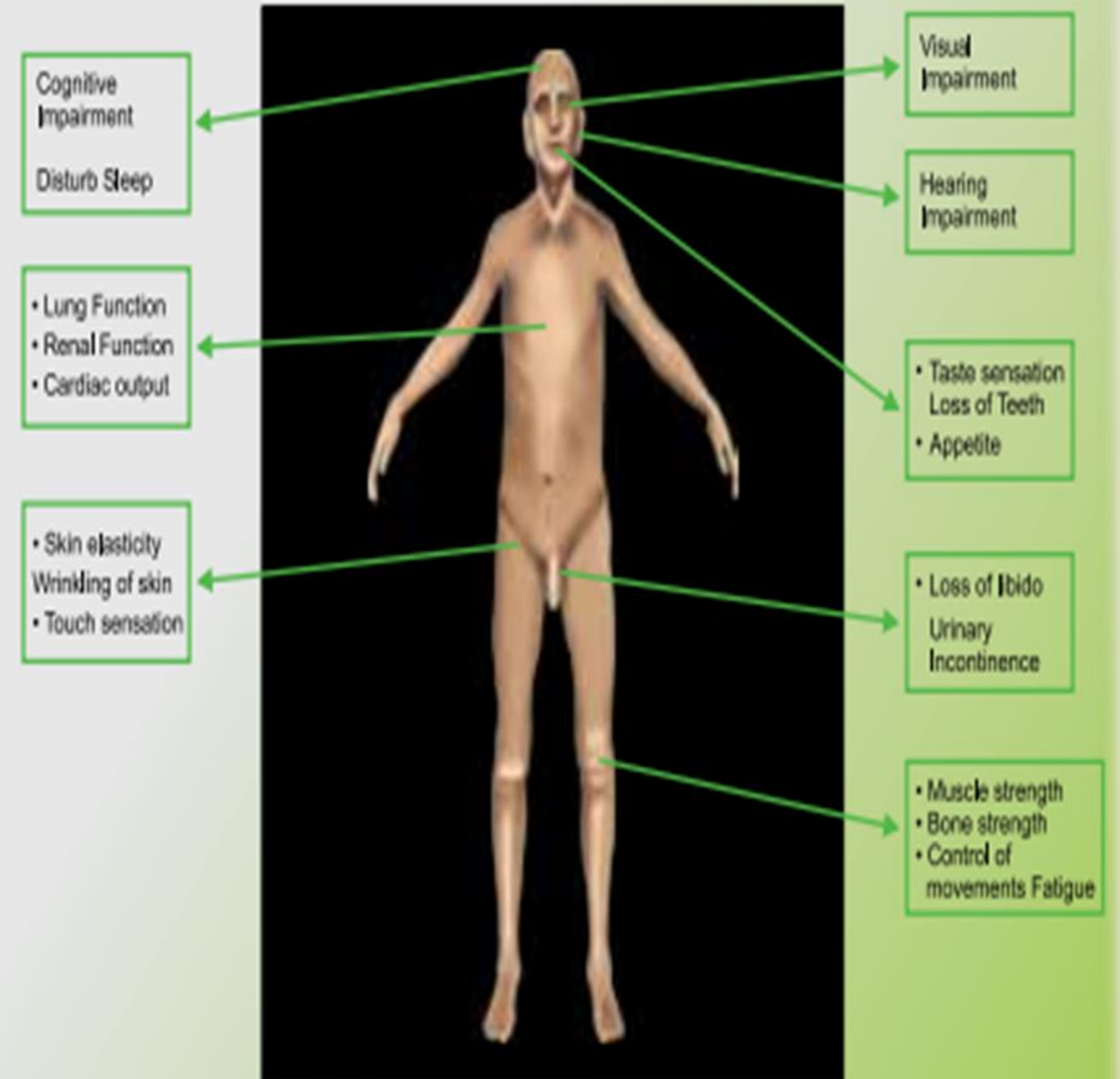




## What are the Signs of Ageing?

- Vision impairment
- Hearing impairment
- Disturbed sleep
- Loss of teeth
- Change in taste
- Decline in functions of lungs
- Decline in functions of heart
- Decline in functions of kidney

## Physiological Signs of Ageing





- Wrinkling of skin
- Decrease in muscle strength
- Decrease in bone strength
- Loss of bladder control
- Loss of appetite
- Decrease in sexual function
- Decrease in memory
- Increase in tiredness





No.	Health risks in elderly	Consequences
1	Nutritional deficiencies (over or under nutrition)	Decreased bone mass, immune dysfunction
2	Inadequate consumption of fibre and fruits	Constipation
3	Physical inactivity and sedentary lifestyle	Functional decline, loss of appetite
4	Smoking	Diabetes, cancer, cardiovascular diseases, and lung diseases
5	Excessive alcohol consumption	Decreased rate of metabolism, liver diseases, Cancer
6	Drug reaction and polypharmacy	Decreased physical functioning, falls, delirium, renal failure, gastrointestinal and intracranial bleeding
7	Accidents and injuries	Infections, complications, decreased physical functioning



# ASSESSING RISK IN ELDERLY PERSONS

The ASHA uses Section B3 of CBAC Form



B3: Elderly Specific (60 years and above)	Y/N	B3: Elderly Specific (60 years and above)	Y/N
Do you feel unsteady while standing or walking?		Do you need help from others to perform everyday activities such as eating, getting dressed, grooming, bathing, walking, or using the toilet?	
Are you suffering from any physical disability that restricts your movement?		Do you forget names of your near ones or your own home address?	

Note:

A “YES” in any of the questions mean the ASHA must refer person to MPW



# MOBILITY BASED CLASSIFICATION

1. Mobile elderly

2. Restricted mobile elderly (mobility only with personal assistance or device) and

3. Bed-bound (assistance required in some form)/home-bound elderly for any reason and those requiring palliative care or end-of-life care)



1



2



3



# HEALTH PROMOTION SELF CARE AND COUNSELLING FOR ELDERLY CARE





# HEALTH PROMOTION FOCUSSES ON

- Keeping people **healthy**
- Helping people make changes in lifestyle to **prevent diseases**
- Motivating behaviour change to **avoid complications with diseases**



# POINTS TO REMEMBER

- **Be patient** with the elderly persons. Understand that they might have lost some of their ability to hear or see. Raise your voice accordingly but do not shout at them.
- They might not accept your suggestions immediately. **Pursue them slowly for seeking care.** Try to pursue the family members and caregivers as well.
- **Encourage them** for doing mild physical activity, wherever feasible.
- **Respect their autonomy.** Ask them whether they need assistance. They might not like to be assumed as weak individuals.
- **Be gentle** with them while helping them around.

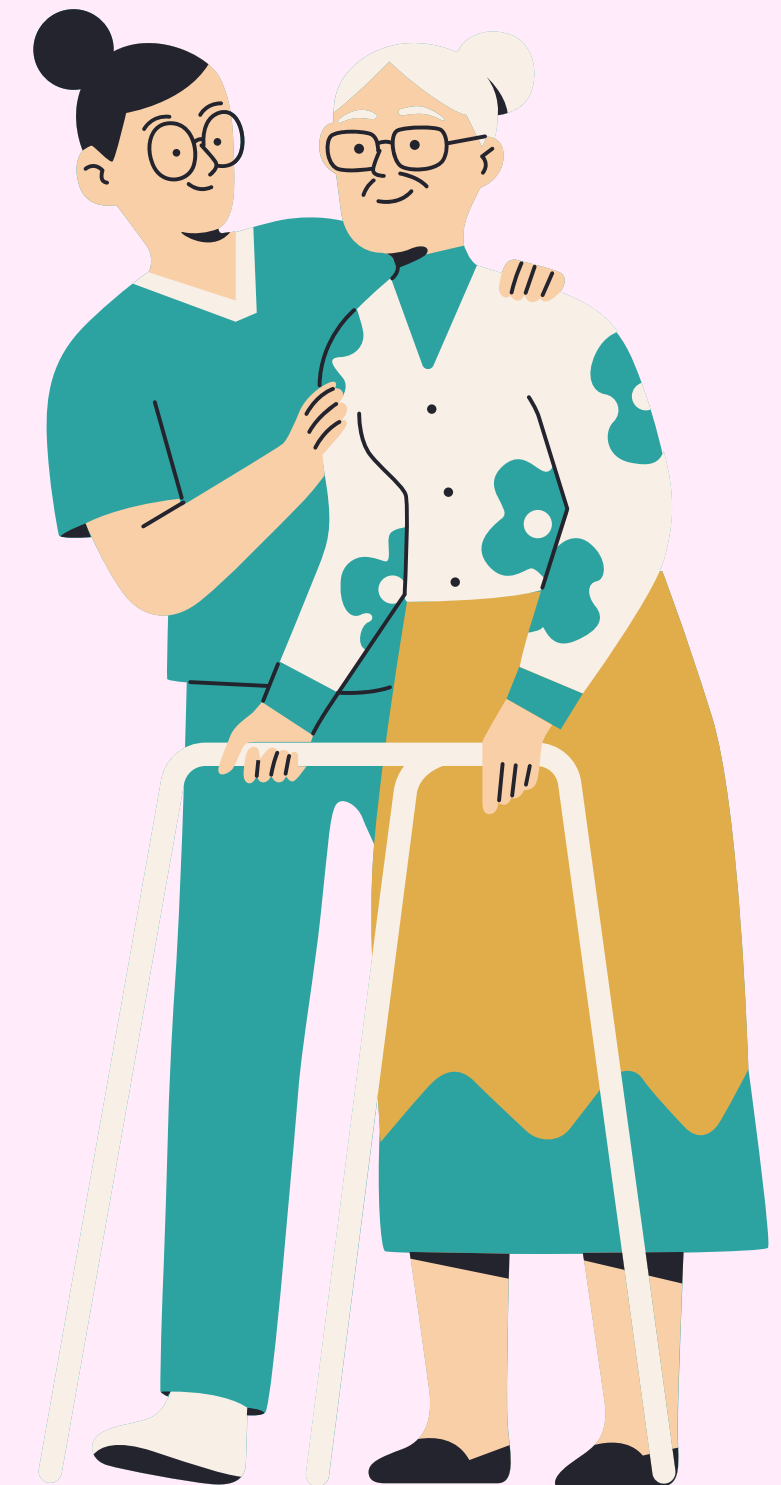
# COUNSELING THE ELDERLY

COUNSELING HELPS WITH

**Enrichment**

**Personal growth**

**Satisfaction**





# COUNSELING-HOW, ABOUT & WHY

- Counselling approaches build upon a foundation of respect, empathy, and support.
- Counselling the elderly should address issues of anxiety and stress, related to the losses of their life, particularly the sense of losing control over one's life.
- Also help them in understanding and accepting the value and reality of their life

# OBJECTIVES OF ELDERLY COUNSELING

- To understand the psycho-social and biological problems of old people
- To help them to solve their problems
- To enhance wellness in their life



# KEY MESSAGES FOR COMMUNITY REGARDING ELDERLY CARE

- Elderly individuals **have different health needs.**
- They need to be **looked after with care.**
- They commonly face **loss of sensory functions**, commonly sight and hearing. One needs to **keep it in mind** while interacting with them.
- **Everyone** in the community should be **responsible towards the elderly.** As a community we should support and help them around if they need any help.



- If you **come across any destitute or single elderly**, you should enquire about them, their health and whether they require any support. You should also **notify the ASHA/MPW** about them.
- Speak to **ASHA** if you need any **support in helping or taking care of elderly in your household**. She will be able to help you and also connect you to the health and wellness centre.



# WHY HEALTH PROMOTION?

Greater survival

Protection against  
cardiovascular  
disease

Weight reduction

Control of blood  
sugars in diabetes

Protection against  
osteoporosis and  
fracture

Improvement of  
muscle strength,  
balance, functional  
capacity

Improvement in  
psychological well-  
being.

Better sleep

Improved bowel  
habits



## PRIMARY HEALTH CARE TEAM AT HWC WILL

- Raise awareness in community about the health needs of elderly
- Promote healthy lifestyle in the elderly to ensure active and healthy ageing
- Recognize signs and symptoms for common health problems affecting the elderly and promote early referral
- Enable access to social security schemes for the elderly
- Provide information to the community members during home visits/VHSNC/MAS meeting regarding promotive, preventive and rehabilitative care of the elderly
- Facilitate environmental modification, nutritional intervention and physical activities including yoga, lifestyle and behavioral changes in favour of healthy ageing

# KEY MESSAGES FOR FAMILIES WITH ELDERLY

- **Be patient** with them
- Elderly may also feel isolated because of reduced hearing and vision. **Include them** in the family functions.
- **Contact ASHA if you need any support** in helping or taking care of elderly in your house.
  - e.g. If there is any nursing task like wound care/ catheterization/ changing diapers.
  - In case the elderly is restricted, or bed bound
- **Elderly individuals may have many health concerns at the same time.** Most of them could be because of ageing. You should **accompany them to the Health and Wellness Centre for check-ups.**





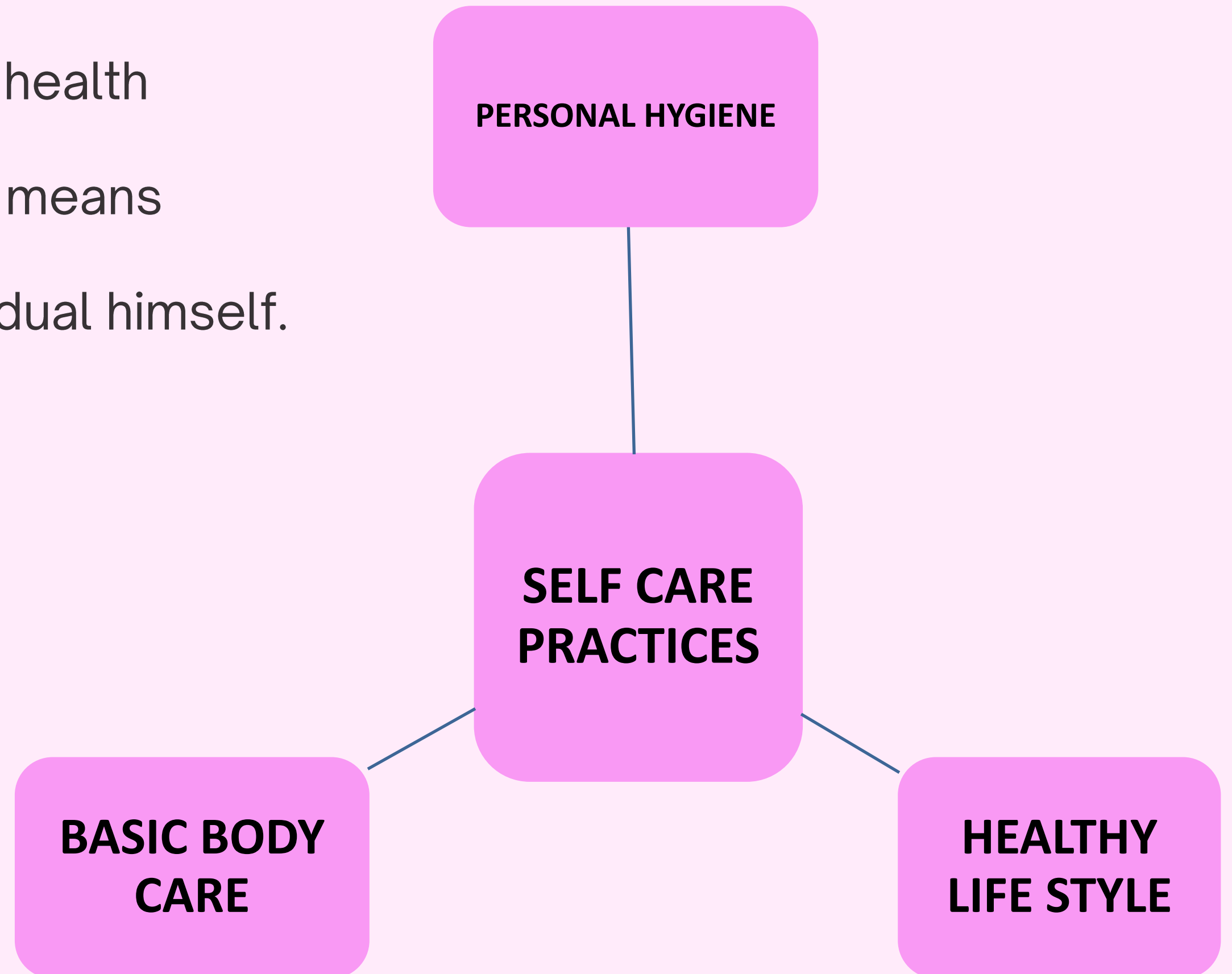
- Elderly are at **higher risk for falls** and since their bones are weak even slight injury may result in fracture. They should be accompanied whenever possible.
- **Support groups** for elderly are created by MPW(F/M) of the village. They will help
  - interacting with others who also have elderly in their house.
  - taking care of elderly.
  - Coping healthily with the stress that may come from having to take care of a dependent person
- **Take turns to take care of the elderly.** This prevents exhaustion





# SELF CARE

Self-care is one of the best health promotion strategies which means practicing care by the individual himself.





# PERSONAL HYGIENE

Personal cleanliness protects from infections and gives dignity and self-esteem.

**Personal Hygiene includes:**

- Regular teeth brushing
- Bathing,
- changing clothes,
- frequent hand washing,
- combing hairs and
- caring for the nails and feet etc.



Do I have....	Monday	Tuesday	Wednesday	Thursday	Friday
1. A clean face? 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Brushed Hair 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Brushed teeth? 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Deodorant on? 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Clean clothes on? 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Skin care

a) Problems/conditions which affect skin care	BMI Range/Cut-off
<ul style="list-style-type: none"> <li>• Decreased skin sensation</li> <li>• Less food and water intake</li> <li>• Irritable Skin due to allergy, dryness, drugs, etc.</li> <li>• Sweat, urine, fecal matter contamination due to incontinence.</li> <li>• Collection of discharge from wound on skin</li> <li>• External devices- plaster cast, braces, bandage, dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Skin care can be done during bath through proper cleansing of skin.</li> <li>• In case of mobile elderly, during daily bath- groin ensure that arm pit area, axilla, groin to be kept clean.</li> <li>• In presence of wound, special attention required to keep the dressing clean during bath</li> </ul>



# Hair Care

a) Tips for hair care	b) Conditions requiring special hair care
<ul style="list-style-type: none"> <li>• Washing hair with soap/shampoo (once in two to three days in summer and once in week in winters)</li> <li>• Oiling and massaging the scalp</li> <li>• Wide tooth combs will decrease hair breakage.</li> <li>• The comb should be cleaned.</li> <li>• Comb should not be shared by other people.</li> </ul>	<ul style="list-style-type: none"> <li>• Dandruff- soap/ anti dandruff shampoo should be used.</li> <li>• Hair loss – weak, breaks easily and thinning, regular oiling, washing and tying them loosely.</li> <li>• Pediculosis or lice – bedding, clothes, hair comb, brush should also be clean. In case of lice in hair, anti-lice shampoo should be used</li> </ul>



## Method of foot care

Method of foot care is shown below

1. Wash feet daily.
2. Dry between the toes.
3. Creams or lotions can be applied to soften the feet to prevent dryness.
4. Wear moisture resistant socks.
5. Never walk barefoot.
6. Wear shoes that fit well.
7. Check feet for sores, cuts, corns, blisters and redness.





# Hand washing

The most important step in caring the hands is by handwashing. Hand washing can prevent several infectious diseases.

Steps of hand washing:

**STEP 1:** Wet hands and wrists. Apply soap.

**STEP 2:** Place right palm over the left or left over the right, interlace the fingers.

**STEP 3:** Interlock back fingers to opposite fingers

**STEP 4:** Hold right thumb by left palm, rub in a rotational manner. Repeat the procedure for left thumb with right palm

**STEP 5:** Rub tops of fingers and thumb of right hand in left palm and vice versa

**STEP 6:** Interlock the fingers and rub between the fingers

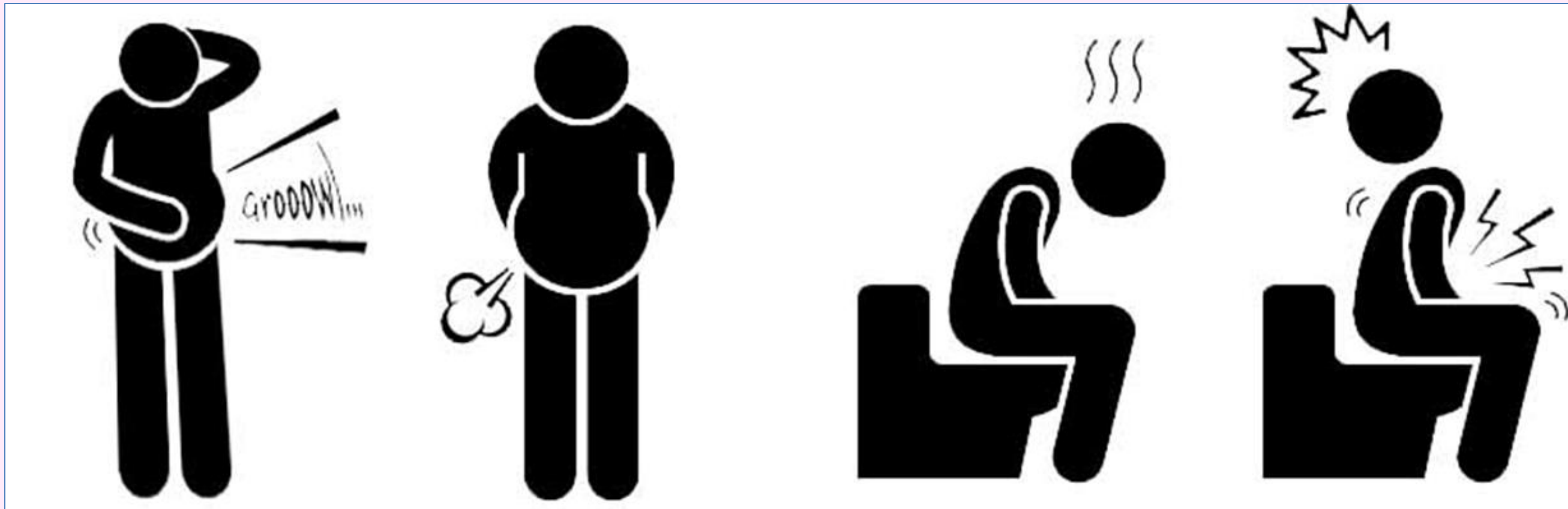
**STEP 7:** Wash hand up-to the wrist using palm of the other hand





## Care of bowel/ bladder movements:

- These must be ensured at fixed regular timings during the day.
- If there is sudden change in bowel habit it should be reported to the health care provider.
- Constipation is a common problem in elderly but it can be avoided by taking high roughage and fiber diet, drinking adequate amount of water and physical exercise.





# SLEEP HYGIENE

## Sleep hygiene:

- A sound sleep implies an undisturbed sleep for 6-8 hours.
- Sound sleep is useful for good health.
- It reduces the chances of high blood pressure, high blood sugar, dementia, depression etc.
- A sound sleep can be ensured by several measures such as:
  - Keeping a gap of at least 1-2 hours between dinner and bedtime
  - Avoiding radio and television at bedtime
  - Avoiding daytime naps
  - Adequate daily exercise
  - A calm atmosphere and soft light in the room
  - By observing food discipline and avoiding coffee, tea, alcohol and tobacco use close to bedtime.



# SELF CARE THROUGH HEALTHY LIFE STYLE

## 5 S

### SANTULIT

- Balanced diet
- What to avoid
- Fluid intake

### SHRAMTA

- Aerobic exercises
- Weight bearing exercises

### SAKRIYATA

- Indoor games, puzzles
- Reading

### SAMPARAKTA

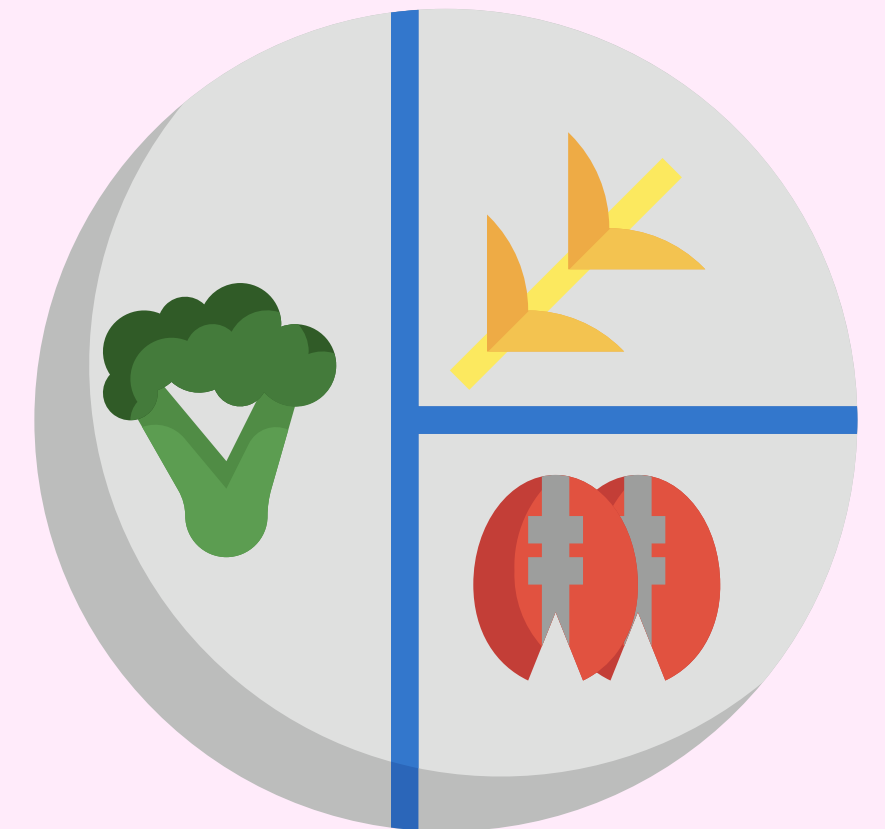
- Social networks
- Talking to with friends etc

### SADACHARITA

- Meditation
- Yoga
- Spiritual activities

# MORE ABOUT SANTULIT

- A balanced diet inclusive of different food items like chapatti, rice, vegetables, curd, milk, salad, dal, water.
- It provides nutrition required for growth and maintenance of body and avoids diet related problems like constipation.
- Moderate amount of salt and sugar.
- Low fat with predominantly unsaturated fat (vegetable source, no animal red meat fat),
- Fruits, dark skinned vegetables
- Plenty of dietary fibers.





- Adequate liquids (6-8 glasses of water/day)
- Proteins, vitamins and calcium containing food is recommended.
- Prolonged fasting and overeating should be avoided.
- Eat eggs and meat in moderation
- Do not drink alcohol or smoke
- Practice food hygiene and food safety measures



# IMPORTANCE OF NUTRITION IN ELDERLY

- Ageing is accompanied by **physiological changes that affect senses** of the individual.
- Lead to **decreased sense of taste or smell**, or both, which may result in **reduced hunger**.
- Poor oral health and dental problems can lead to **difficulty in chewing** and diet poor in quality, all increase risk of malnutrition.
- **Social isolation, depression, anxiety, reduced mobility** may also have significant impact on diet.





# SANTULIT = Nutrition

## Over-Nutrition

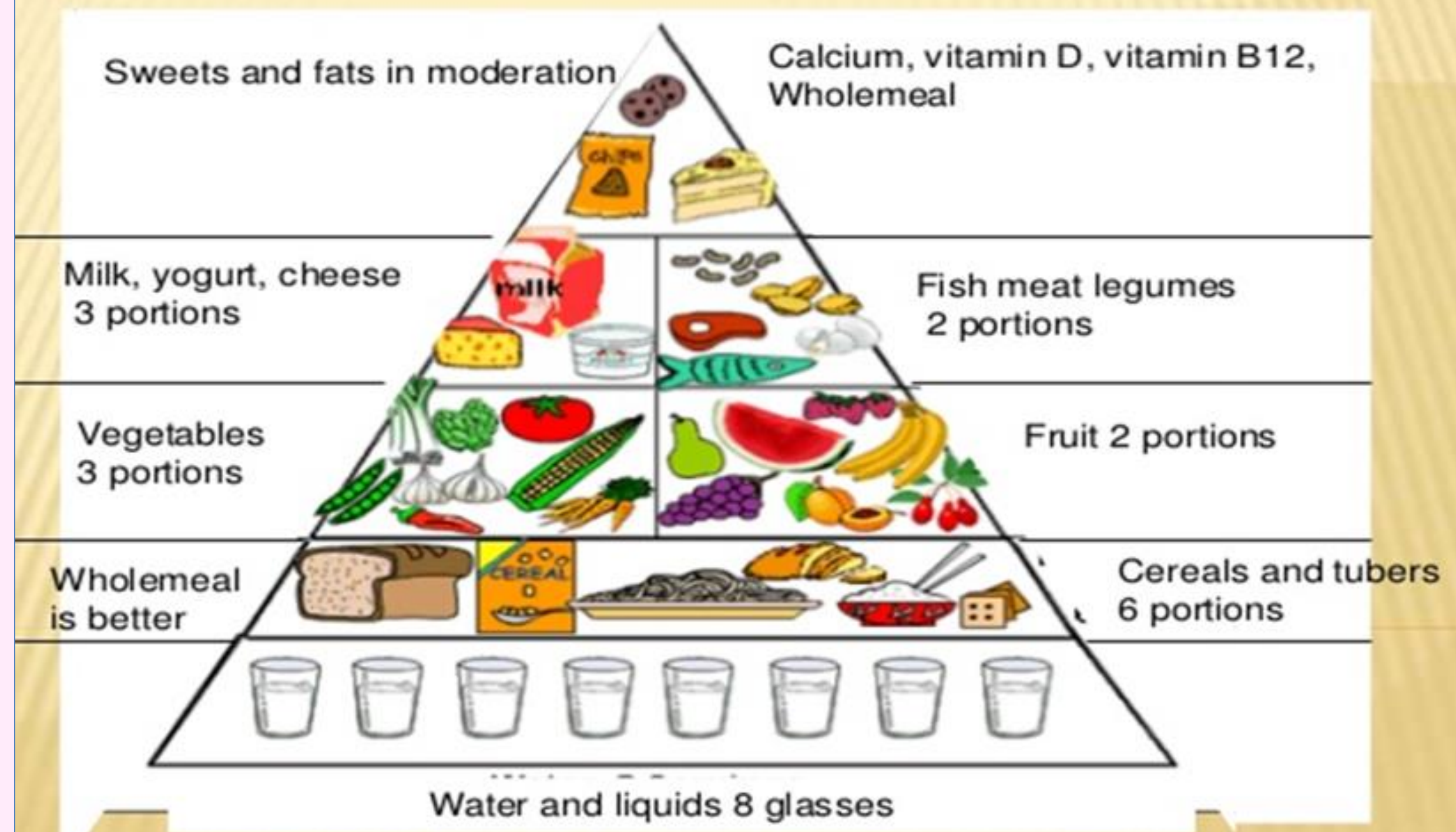
- **Commonest** health problem- obesity
- Associated with hypertension, Ischemic heart disease (IHD), and diabetes.

## Under-Nutrition

- Equally harmful leading to **frailty, physical dependence, and premature death**
- Associated with an impairment of the immune system, increased risk of infection and poor wound healing.



# A food pyramid for the elderly





More Complex  
Carbohydrates  
should be  
Consumed, Less  
of Simple Ones

## COMPLEX CARBS



PEAS



PUMPKIN



TOMATOE



BEANS



CARROTS



BANANA



POTATOE



CORN



SWEET POTATO



BROCCOLI



WHOLE WHEAT  
PASTA



DALIA



WHOLE WHEAT  
BREAD



KIDNEY BEANS



QUIONA



BROWN RICE



OATS



WHOLE WHEAT  
CEREALS

# SANTULIT- KEY MESSAGES FOR DIET IN ELDERLY

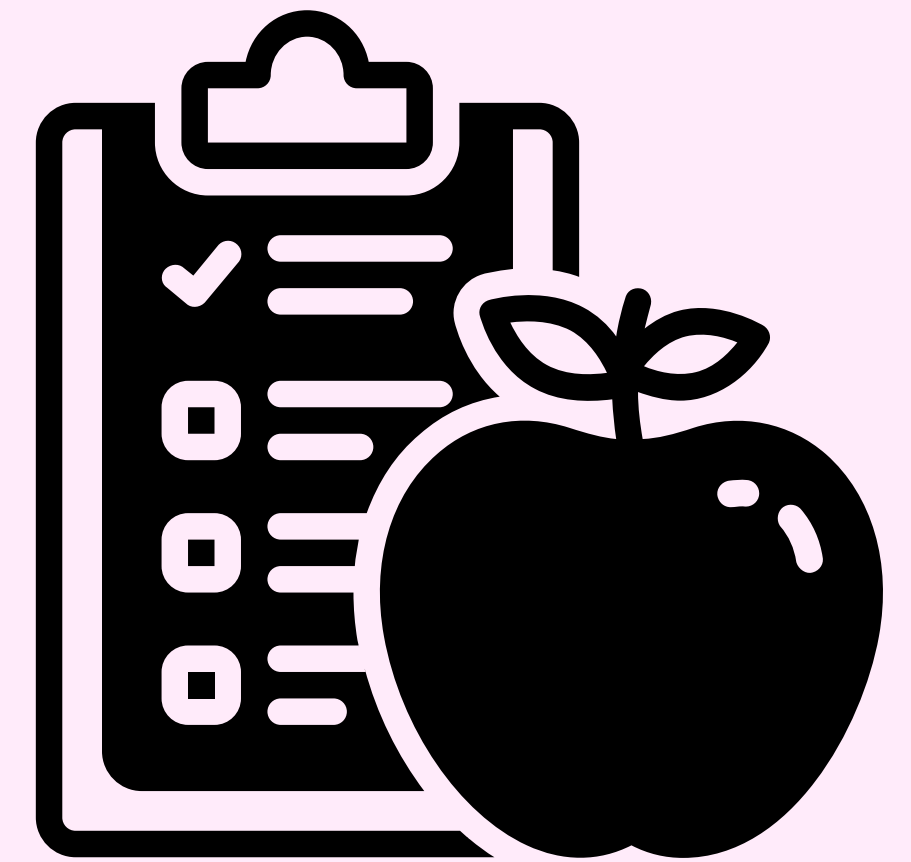


- Include foods like cereals, millets, pulses, nuts and oilseeds, eggs, poultry and fish (if non vegetarian) low fat milk and milk products and seasonal fruits and vegetables in the daily diet to ensure dietary diversity.
- Small portion sizes consumed frequently throughout the day are recommended and the plate should be colourful (natural colours only).
- Choose healthy, easy to prepare, easily digestible dietary options.
- The daily intake of oil should not exceed 20 grams (4 teaspoons).
- Adequate water (at least 8 glasses) should be consumed as the thirst perception in the elderly may be diminished.



- A balanced antioxidant rich and nutrient dense diet, with 4-5 servings of fruits and vegetables, six servings of whole grain cereal, 2-4 serving of low fat dairy products, 2 servings of legumes is recommended.

- To stimulate appetite and promote digestion add herbs, spices and condiments in the diet like fenugreek seeds (methi), carom seeds (ajwain), aniseed (saunf), asafoetida (hing), clove (laung), garlic, ginger, onion, turmeric (haldi), cumin (zeera), cardamom (elaichi), black pepper (kali mirch). Some of these will also boost your immunity.

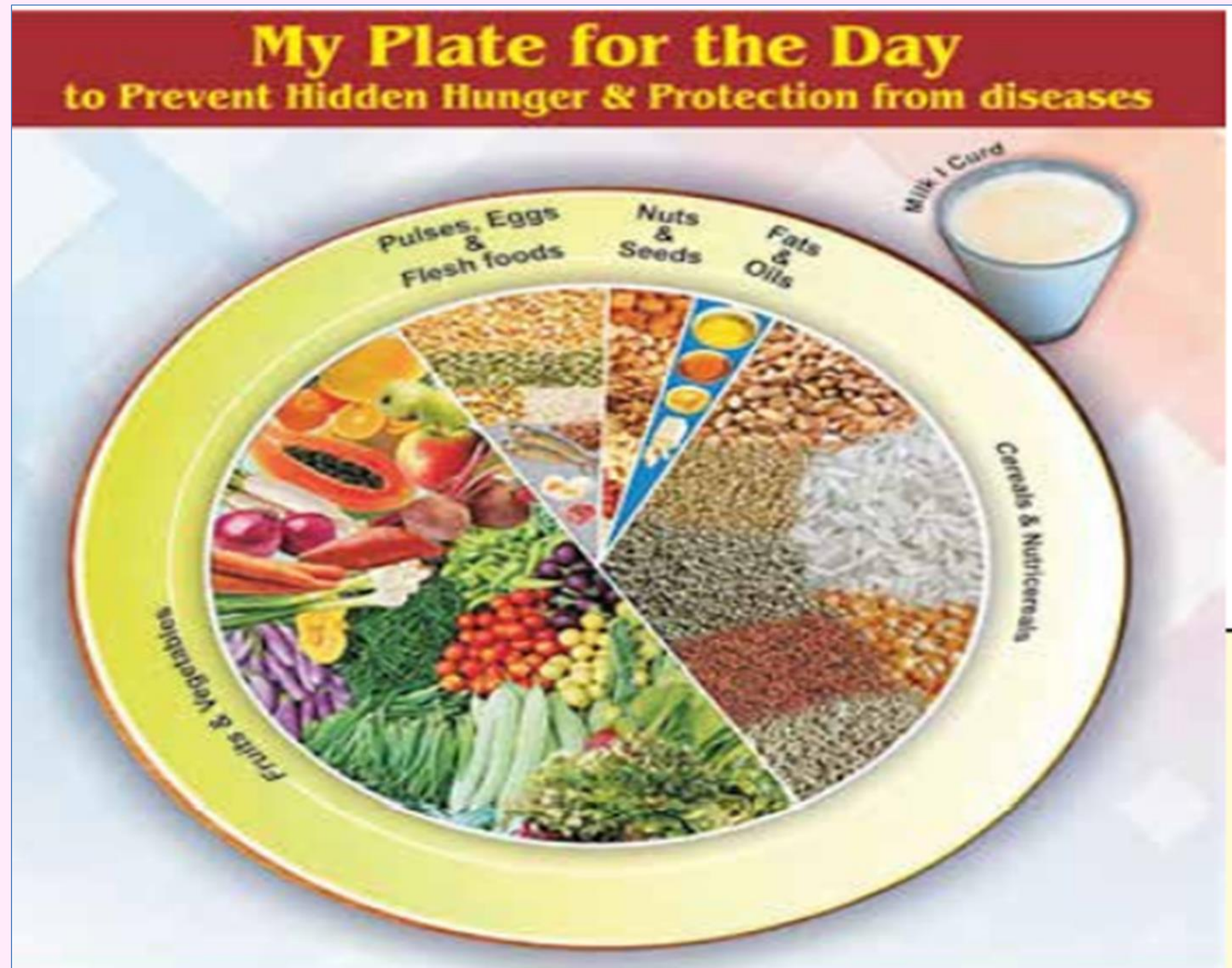




- The elderly with chewing difficulties can include soft cooked foods:
  - Soft cooked foods like vegetable pulao/upma/seviyan/poha/khichdi/vegetable idli/ cheela/uttapam
  - Ragi/semolina/amaranth kheer/makhana porridge, dhokla, etc., dals, paneer, curd, eggs
  - Soft fruits like banana, papaya, mango, cooked apples and soft cooked vegetables and soups (bottle gourd, tomato, drumstick, carrot etc) can be included.
  - Boiling/steaming as cooking methods can be opted rather than frying.
  - Avoid dry meals as swallowing becomes difficult.

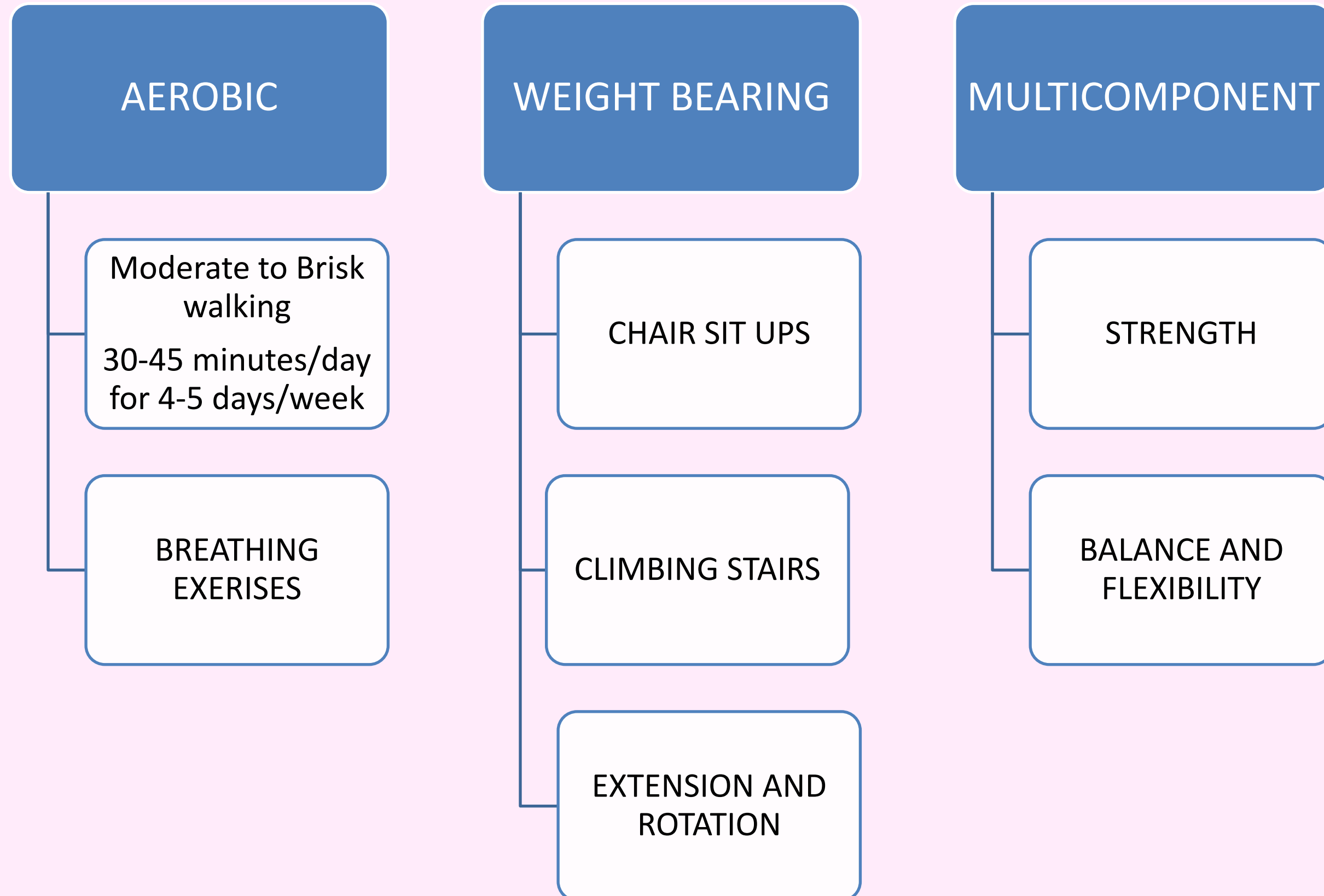


# SANTULIT





# SHRAMTA = PHYSICAL WORK AND EXERCISE





- Encourage the elderly persons to
- sleep for 7- 8 hours daily to improve your immunity and mental health.
  - take daily dose of sunlight by sitting in verandah/balcony/terrace for at least 30-40 minutes between 11:00 to 1:00 pm. (urban setup)



# SHRAMTA = PRACTISE THESE EXERCISE

FLEXIBILITY

STRENGTH

AGILITY AND BALANCE

AEROBIC , CARDIO VASCULAR



Before initiating a physical exercise programme, the risks of exercise, the potential for falls and accidents, medications, nutritional adequacy, and motivation needs to be evaluated.

Safety is the priority in elderly.

Baseline fitness assessment followed by a gradual stepwise approach is preferred.





# SAKRIYATA = ACTIVE ENGAGEMENT IN MENTAL AND PHYSICAL ACTIVITIES

- Pastime and hobbies like gardening,
- Indoor sports such as Carrom,
- Reading new material,
- Solving crossword puzzles,
- Computer activities
- All other practices which actively involve the brain





# SAMPARKTA = CONNECTIONS

Samparkta implies social networking, gossiping with friends and relatives, club membership, attending social functions and related events in routine life





# SADACHARITA = ETHICAL CONDUCT AND POSITIVE ATTITUDES FOR WELLBEING

- Yoga, Pranayama and meditation for mental relaxation.
- Spirituality through prayers, divine songs, religious discourses





# SAFETY MEASURES IN ELDERLY

- **Assessment of sense** of hearing, balance, vision and sense of smell in elderly and there by modifying environment for specific sensory deficits
- **Avoid** pollution, smoke and dust, extreme of weather.
- Avoid driving in cases of low vision, slow reflexes or after taking medications that cause drowsiness.
- Presence of **emergency call system** such as police helpline no. (100), fire (101), Ambulance (108), women helpline number (1091).
- Presence of **assistance devices** like cane, walker etc.
- Accidents and falls should be prevented by adopting **safety measures**



# SAFE HOME ENVIRONMENT



- Adequate lighting in the house
- Guards or side rails should be present at bed, window, stairways and bathroom
- Non slippery floor in bathroom
- Coloring of house should be helpful in defining doors, stairs etc.
- Floor should not be very smooth, floor coverings are preferred
- Furniture should be comfortable and sturdy to allow weight



# SAFE HOME ENVIRONMENT

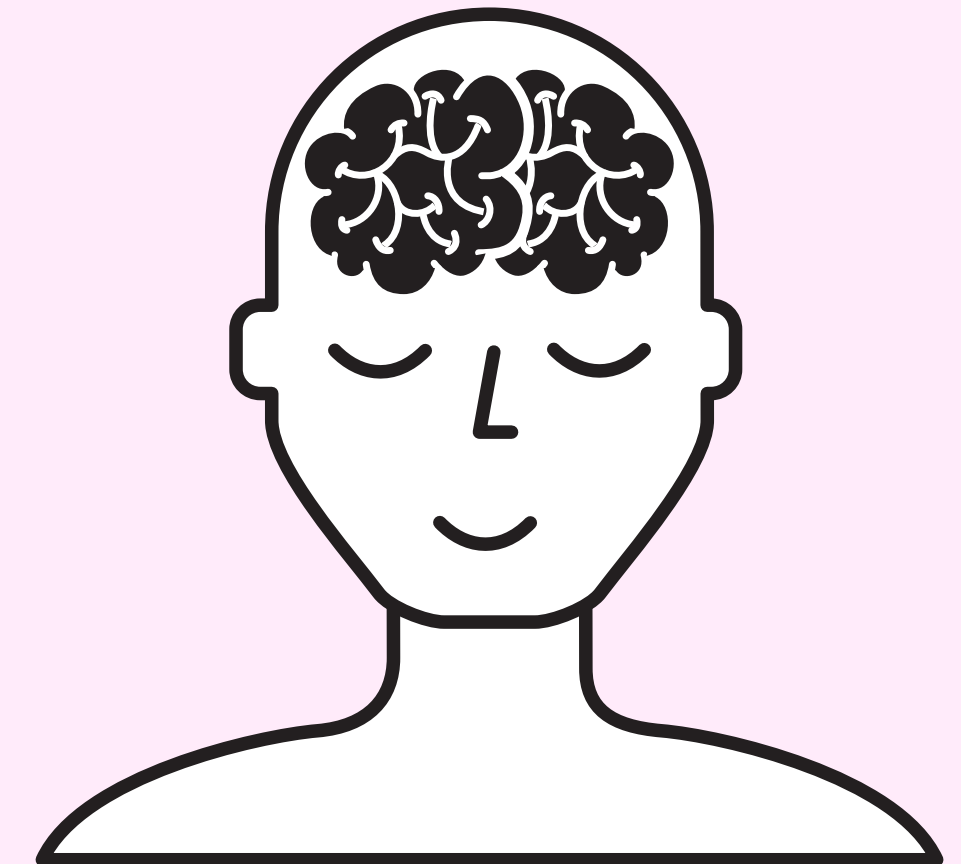


- Noise should be controlled
- Proper cleanliness should be maintained
- Electric appliances should be shock proof
- Home should be free from pests
- Drugs, pesticides, insecticides etc. should be kept in isolation.
- Use of call bells.
- Climb easy ramps instead of steps



# MANAGE STRESS AND ANXIETY TO ENSURE MENTAL WELL-BEING AND OVERALL HEALTH

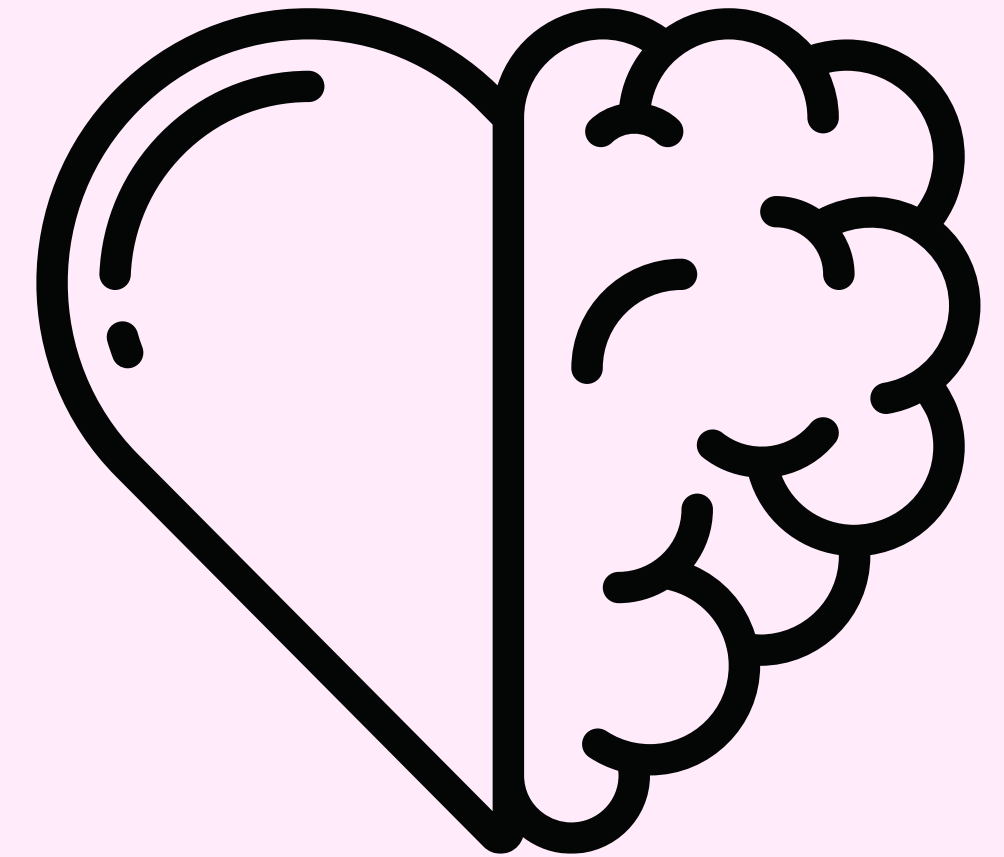
- **Cut down** on watching, reading, or listening to anxiety inducing news. Watch the news from relevant sources only once/twice in a day. **Avoid tobacco and alcohol**
- **Keep yourself engaged** in daily activities like cleaning, cooking, gardening, meditation etc. and try to do other activities that you enjoy like painting, listening to music, reading, playing board games etc.
- If **religious practices** have been the norm in your daily activities, practice them at home.





# MANAGE STRESS AND ANXIETY TO ENSURE MENTAL WELL-BEING AND OVERALL HEALTH

- **Jot down recipes** of traditional cuisines for your young family members. Take pictures, make videos, file and document.
- **Connect with others.** Talk to people you trust regarding your concerns and how you are feeling.
- **Have a plan**, in case you get sick, determine who can care for you, if you need any help. **Do not isolate yourself** in one room. Sit with family members and share your thoughts.





# ROLE OF ASHA AND MPW

1. **Be patient** with the elderly persons. Understand that they might have lost some of their ability to hear or see. Raise your voice accordingly but don't shout at them.
2. They might not accept your suggestions immediately. **Pursue them slowly for seeking care.** Try to pursue the family members and caregivers as well.
3. **Encourage them** for doing mild physical activity wherever feasible.
4. **Respect their autonomy.** Ask them whether they need assistance. They might not like to be assumed as weak individuals.
5. **Be gentle** with them while helping them around.

# EVALUATION QUESTIONS

1. Ageing is a universal phenomenon comprising of \_\_\_\_\_ leading to \_\_\_\_\_ in a human body.
2. ASHA does not play any role in sensitizing families and caregivers towards the various needs of the elderly. True / False
3. The 5 S for Self Care through a healthy lifestyle are Shramta, Suraksha, Sakriyata, Samparakta, and Sadacharita True / False
4. Ageing is an illness True/False
5. The three mobility-related states for the elderly are .....,  
..... And .....



# ANSWERS

1. Ageing is a universal phenomenon comprising of gradual loss of cells leading to deterioration of organ functions in a human body.
2. ASHA does not play any role in sensitizing families and caregivers towards the various needs of the elderly. **True / False**
3. The 5 S for Self Care through a healthy lifestyle are Shramta, Suraksha, Sakriyata, Samparakta, and Sadacharita True / **False(Not Suraksha but Santulit)**
4. Ageing is an illness True/**False**
5. The three mobility-related states for the elderly are mobile elderly, restricted mobile elderly and bed-bound elderly.



# Thank You

