

quality of life

an individual's perception of their position in life

what is a person's quality of life in context of?

culture and value systems in which they live

what is a person's quality of life in relation to?

their goals, expectations, standards, and concerns

what is quality of life affected by? (6 things)

I. physical health II. psychological state III. level of independence IV. social relationships V. Personal beliefs/ SPIRITUALITY/ RELIGION VI. Relationship to important features of their environment

What does physical health include?

-energy and fatigue
-pain and discomfort
-sleep and rest

What does psychological state include?

-body image & appearance
-negative feelings -positive feelings
-self-esteem -thinking, learning, memory, and concentration (being able to interact and do the things you used to be able to do)

psychological state: body image and appearance

feeling good about what you look like or feeling bad about what you look like

psychological state: negative feelings

feeling bad about that state you are in; feeling pessimistic about your future

psychological
state: positive
feelings

embracing
aging in order
to have a good
life

psychological
state:
self-esteem

Can I do this?
Am I prepared
to do it?
(self-efficacy)

psychological
state: thinking,
learning, memory,
& concentration

being able to interact
and do the things you
use to do (thinking,
learning, memory, and
concentration)

level of
independence

-mobility -activities of
daily living -dependence
on medical substances/
medical aids -work
capacity

What is the elderly's biggest fear?

Falling

Mobility

Level of independence:
Most people go down hill once they lose their license

What is the number one reason people are put into nursing homes?

incompetence

activities of daily living

Level of independence:
being able to do daily activities like cleaning and cooking impacts a person's quality of life

dependence on
medical
substances and
medical aids

level of
independence:
impacts quality of life
--how many pills you
have to take a day

work
capacity

= ability to work (not
just a paycheck) =
babysit, working at a
food kitchen = doing
the little things

Social
Relationships

Personal relationships: if you don't have
close family and friends, your life will be
very difficult Social support: having
people around you who have the same
problems Sexual activity: intimacy is so
important; whether its just holding
someone's hand or sitting next to
someone--just having the human
connection; helps you feel good about
yourself

Why do people
come get their
hearing tested?

They want to
be able to
communicate/
to be social

Immense amount of depression is caused by ...

Not being able to communicate

Personal beliefs/
**SPIRITUALITY/
RELIGION**

If everything else is going wrong, spirituality will get you through it
REALIZING THERE IS SOME COMFORT IN DYING

What is the no. 1 goal of an elderly person?

Stay in home as long as possible!!

environment:
Name 5 important things in relation to their environment (for the elderly)

financial, resources, \$\$\$\$\$; freedom, physical safety, security; health & social care; home environment; opportunities for acquiring new skills and info; participation in leisure & recreation; physical environment; transportation

What can be done to improve quality of life?

1.) promote healthy lifestyles behaviors to improve health of older adults 2.) increase use of clinical preventative services 3.) address cognitive impairment 4.) address issues related to mental health 5.) provide education on planning for serious illnesses

Clinical preventative services

we need to help people sooner (use screening tests more accurately and regularly so that we can hold people at the states they are at)

Paradox: highest depression is in the elderly population, yet ...

they seek the least amount of help

What does NHATS stand for and What is it?

National Health and Aging Trends Study A long term study which evaluates a person's quality of life.

Where is the NHATS taking place at?

John Hopkins
Bloomberg
School of
Public Health

Who is involved in the NHATS study?

9,000 men and women ages 65 and older currently enrolled in Medicare

What will they be surveyed about?

their health family ability to accomplish tasks mobility (around home and community)

What will they be asked to do?

simple activities standing breathing get out of chair walking activities that measure memory

How is the John Hopkins Bloomberg School of Public Health conducting the study?

will either come to the patient or have the patient come to one of their centers to be surveyed and asked to do simple tasks.

What is the goal of the NHATS study?

to figure out under which age/circumstances does a person's quality of life decrease --goal is to come up with a pro-active system to help the elderly

active aging is the process of optimizing opportunities for ...

HEALTH, SECURITY, PARTICIPATION ... in order to enhance quality of life as people age

active aging policies and program goals:

1.) fewer premature deaths in the highly productive stages of life 55-75 2.) decrease the amount of diseases on these people (earlier screening, education) 3.) have more people enjoying a more positive lifestyle as they get older 4.) have them participate in more roles in society (political, societal, etc.) 5.) lower costs of medical treatment and care services (screen earlier so that its cheaper b/c less of the body parts are involved)

What is the new conference coming out in June 24-26, 2010 at the University of Michigan?

International Conference on Aging, Mobility, and Quality of Life

