

92315 Nursing Care of the Older Person

Week One

Lecture – Optimal aging

Societal views of old age

- Society often views old age as decline, disease, disability, decrepitude, death
 - Reflects myths/fears of ageing
 - Often not accurate
- Images are more about stereotypes
 - Lack of knowledge of ageing
 - Often long held beliefs & values, reinforced by terms – ‘senility’ & impaired functioning
 - Focus on anti-ageing
- Most older adults function well in society & have a high quality of life despite a high prevalence of chronic conditions

Australian population structure

- Population is ageing due to falling fertility rates and increased life expectancy (males 79.3yrs and females 83.9yrs)
- Ageing workforce / workforce participation
- Health care needs
- Many older Australians are moving to rural and seaside locations
- 1 in 3 Australians aged over 65 years was born outside Australia

Health and aged care challenges

- Funding quality health care for all older people & their families
- Delivering quality health care for the broad range of health care conditions occurring in older age
- Ensuring access, equity, quality and accountability in health and aged care
- Providing working environments and conditions which attract, support and retain the health workforce
- Ensuring all healthcare staff have access to and are adequately skilled for their roles through high quality education and training arrangements, and skilled supervision

Factors associated with these challenges

- Growing numbers of people over 65 and especially over 85 who require health care services
- Burden of aged-related chronic illnesses and conditions for the older person, family and health and aged care systems

- High cost of health and aged care for the very old person requiring physical, social and emotional support
- Difficulties in coordinating the range of available services for older people and people with disabilities
- Inadequate supply of subsidised community-based support services
- Inadequate staff education, training and skill development in aged and dementia care-in all settings

Aged care in Australia

- More than \$30 billion was spent by Federal and State Government on aged care services, 2012-2013.
- Residential facilities in 2013 had more than 60 places (48%), compared with 28% in 2004.
- Aged care clients in residential care were over 80 years
- Aged care clients receiving aged care packages at home did so until they died.
- Aged care clients receiving aged care packages at home were born overseas
- Indigenous Australians receiving community aged care packages who were under 65yrs (40%) compared with non-indigenous of the same age (2%)

Health and older people

- Main causes of death for older Australians
 - Heart Disease
 - Stroke
 - Cancer
- Dementia is the main contributor for burden of disease for people aged over 85 years
- The number of older people with HIV is rising
- Ageing drug users and long-term pharmacotherapy clients are becoming priorities within aged care

WHO active ageing principles

- The World Health Organisation's (WHO) 'active ageing' principles recognise older people's human rights and the United Nations Principles of independence, participation, dignity, care and self-fulfilment
- Allowing older people to 'realize their potential for physical, social and mental well-being throughout the life course'
- The WHO's active ageing framework states that 'engaging in appropriate physical activity, healthy eating, not smoking and using alcohol and medications wisely in old age can prevent disease and functional decline, extend longevity and enhance ones quality of life'
- The social determinants of health are good predictors of how well both individuals and populations age

Age friendly cities

- The World Health Organisation says in socially inclusive societies older people are able to make valuable contributions in their communities, neighbourhoods and families if their needs are met with dignity, their differences are respected and their involvement is recognised