

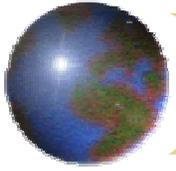
# *How things change as we age*

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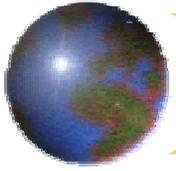
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### ⊕ Living at Home

- ⊕ Life expectancy is >78 years
- ⊕ Most rate health as good-excellent

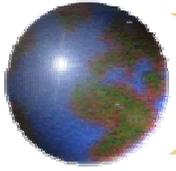
### ⊕ Nursing Homes

- ⊕ Only 5% of older people at any one time
- ⊕ Changing Role
- ⊕ Other options



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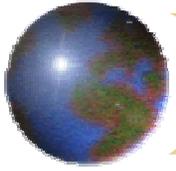
- ✦ Activities of Daily Living (ADLs)
  - ✦ Eating
  - ✦ Bathing
  - ✦ Grooming
  - ✦ Dressing
  - ✦ Toileting
  - ✦ Locomotion
  - ✦ Transferring



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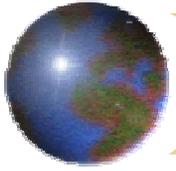
### ✿ Instrumental Activities of Daily Living (IADLs)

- ✿ Preparing meals
- ✿ Taking medicines
- ✿ Using the phone
- ✿ Shopping
- ✿ Housecleaning
- ✿ Walking outside
- ✿ Balancing a checkbook...



## *How things change as we age*

- ✦ Heterogeneity
- ✦ “Normal” changes related to aging
  - ✦ Decrease in sensorium
  - ✦ Changes in appetite
  - ✦ Decrease in skin turgor, body fat, bone and muscle mass
  - ✦ Short-term memory changes
  - ✦ Slowing of mental processing
  - ✦ >83: Increase in frailty, chronic illness

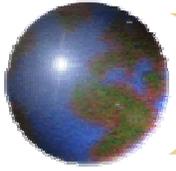


# *How things change as we age*

## ✦ Predictors of institutionalization

### ▣ Related to Older person

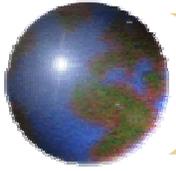
- Depression
- Incontinence
- Injury
- Decreased function
- Dementia



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## ✦ Levels of Cognitive Function

- ✦ Cognitive level 6: normal, independent
- ✦ Cognitive level 5: loss of STM, functional ability
- ✦ Cognitive level 4: marked decline in all areas of thinking, loss of independence
- ✦ Cognitive level 3: profound confusion
- ✦ Cognitive level 2: requires total care
- ✦ Cognitive level 1: Reflexive response, total care

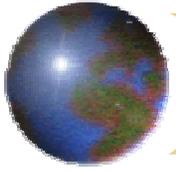


# *How things change as we age*

## ✦ Predictors of institutionalization

### ▣ Related to Caregiver

- Gender
- Spouse vs. non-spouse
- Distance from care recipient
- Employment
- Use of community resources
- Health
- Well-being
- Burden\*\*

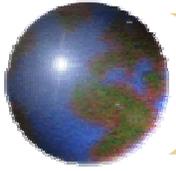


# *How things change as we age*

## ✚ Technology as caregiver

### ✚ Majority of older people

- Monitor lapses in normal routine (memory loss)
- Provide reminders/information
  - ADLs
  - IADLs
- Provide safe environment
  - Adequate lighting
  - Controlled entry, exit
  - Links to quick response in emergency
- Interactive easy links to caregivers
  - Easy input of information
  - Adjustable noise levels
  - Sensitive to decreasing sensorium
- Provide new and/or updated information



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## ✦ Technology as caregiver

### ▣ To support caregivers

- Provide flexibility to customize based on need
- Provide easy access to care recipient
- Provide information
  - About care recipient
  - About available resources
- Provide capacity to exchange information
  - With care recipient
  - With health care system