

HEALTH PROBLEMS OF THE AGED:

1) Problems due to the aging process:

- Senile cataract.
- glaucoma.
- nerve deafness.
- osteoporosis affecting mobility.
- emphysema.
- failure of special senses.
- change in mental outlook.

2) Problems associated with longterm illness.

• Degenerative disease of heart and blood vessels.

- After 40 y, inner wall of arteries break down.

lipid deposit $\rightarrow$ narrowing of BV $\rightarrow$ diminished BS $\rightarrow$ thrombus.

• Cancer.

$\uparrow$ incidence after 40 y.

Prostate $<$ common after 65.

• Accidents.

They are a health problem in elderly because bones become fragile due to certain amount of decalcification and they break easily.

eg. fracture of femur - very common

• Diabetes

due to faulty carb metabolism.

450 y carb 75% DM.

• Locomotor system.

- fibrosis; myositis, RA, gout.

Ageing is associated with progressive decline in physiological functions, leading to increased vulnerability to disease, disability and dependence.

neurosis, osteoarthritis, spondylosis, articular & non articular disorders.

• Respiratory illness.

Bronchitis, Asthma, emphysema.

• Genito urinary enlargement of prostate, nocturia.

• Psychological problems.

Mental changes $\rightarrow$ impaired memory, rigidity of outlook, depression.

Sexual adjustment.

emotional disorders.

NATIONAL POLICIES

$\rightarrow$ NPOP (National Policy on older person) 1999: identifies & provides financial security, health, nutrition, shelter, education, protection from elder abuse.

$\rightarrow$ Indira Gandhi Old age Person Scheme. monthly pension, > 65 y.

$\rightarrow$ National Program for Healthcare of Elderly 2010 - 2011.

- provide accessible & high quality healthcare
provide preventive, promotive, curative & rehabilitation services.

$\rightarrow$ HelpAge India
(1) For disadvantaged elderly.