

Promoting Healthy and Active Ageing

Lesson 01

Introduction to Ageing and Healthy Ageing

Intended Learning Outcomes

- Define the concept of aging and healthy aging.
- Outline the principles that guide healthy aging.
- Describe how these principles influence independence and quality of life in older adults
- Discuss the relevance of healthy aging in nursing practice.

What is ageing?

- **Ageing:** The complex, multifaceted process of growing older, involving progressive changes over time.
- **Chronological Ageing:** Age measured in years from birth.
- **Biological Aging:** Physical and physiological changes that occur at the cellular and organ level, leading to a decline in function.
- **Psychological Ageing:** Changes in mental functioning, personality, and cognitive abilities as one ages.
- **Social Ageing:** Changes in roles, relationships, and social interactions within society.
- **Cognitive Ageing:** Age-related changes in mental processes such as memory, attention, and problem-solving.

- **Young-Old:** Individuals typically aged 65-74 years.
- **Middle-Old:** Individuals typically aged 75-84 years.
- **Old-Old (Oldest-Old/Frail Elderly):** Individuals typically aged 85 years and older, often requiring more extensive care.
- **Centenarian:** A person who is 100 years old or older.
- **Supercentenarian:** A person who is 110 years old or older.

- **Ageism:** Discrimination, prejudice, and stereotyping against individuals or groups based on their age.
- **Stereotypes of Ageing:** Generalized and often inaccurate beliefs about older adults (e.g., "all older people are frail," "older adults are resistant to change").
- **Life Expectancy:** The average number of years a person is expected to live based on current mortality rates.
- **Life Span:** The maximum number of years a member of a species can live.
- **Life Trajectory:** The unique path of an individual's life, shaped by significant events, experiences, and choices.

What is Healthy Ageing?

- Healthy ageing means maintaining physical, mental, and social well-being as we grow older.
- It helps improve quality of life and independence.
- According to WHO: "Healthy ageing is the process of developing and maintaining functional ability that enables well-being in older age."

Why Focus on Healthy Ageing?

- Life expectancy is increasing globally.
- Ageing brings challenges: chronic diseases, cognitive decline, social isolation.
- Healthy ageing leads to:
 - Better mobility and independence
 - Enhance mental health
 - Improve social connections

Principles of Healthy Ageing

- Physical Activity
- Balanced Nutrition
- Mental Well-being
- Social Engagement
- Preventive Healthcare
- Lifelong Learning

Physical Activity

- Regular exercise strengthens muscles and bones.
- Improves cardiovascular health and mood.
- Examples: walking, yoga, swimming, strength training.



Balanced Nutrition

- Eat nutrient-rich foods: fruits, vegetables, whole grains, lean protein.
- Stay hydrated.
- Limit processed foods, sugar, and salt.



Mental Well-being

- Manage stress through mindfulness and relaxation.
- Engage in hobbies and mental stimulation.
- Ensure adequate sleep.



Social Engagement

- Stay connected with family and friends.
- Participate in community activities.
- Helps reduce loneliness and boost happiness.



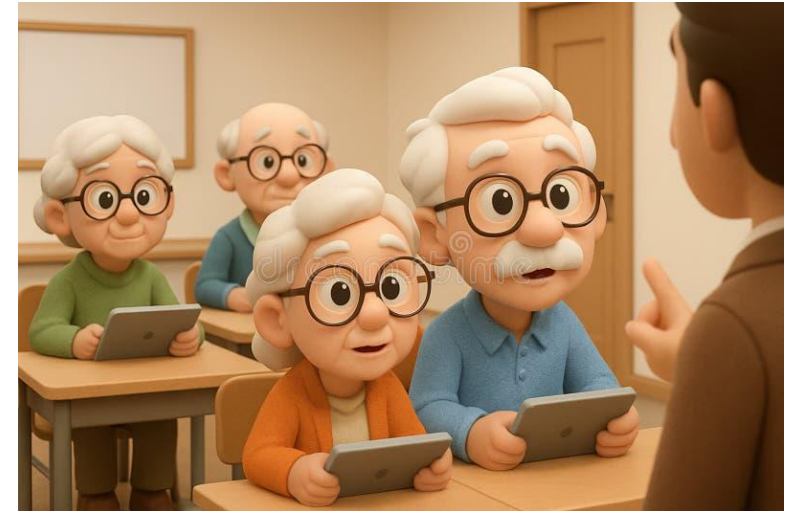
Preventive Healthcare

- Schedule regular health check-ups and screenings.
- Get recommended vaccinations.
- Manage chronic conditions proactively.



Lifelong Learning

- Keep your brain active by learning new skills.
- Read books, take courses, try new hobbies.
- Stimulates cognition and provides purpose



Practical Tips for Healthy Ageing

- Stay active daily, even light activities count.
- Plan balanced meals and stay hydrated.
- Connect with others regularly.
- Monitor health and seek medical advice when needed



Summary

- Healthy ageing is achievable through simple, consistent habits.
- Prioritize physical, mental, and social health.
- Start today for a vibrant, fulfilling future.

"Age is merely the number of years the world has been enjoying you."

Nurses play a crucial role in geriatric care, focusing on prevention, early detection, and management.

Discuss the role of nursing in care for older adults.

- What can we do in promoting health, providing care, and ensuring quality of life among older adults?
- What is our role in addressing the physical, psychological, social, and spiritual needs of older adults across diverse care settings?



“Countries can afford to get old if governments, international organisations and civil society enact “active ageing” policies and programmes that enhance the health, participation and security of older citizens.

The time to plan and to act is now.”

WHO

*Thank
you*

