STAY AT HOME MODULE FOUR: HOME SAFETY FOR SENIORS

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Uncommon Wisdom for The Middle Ages

THE CARING GENERATION® SERIES OF FAMILY CAREGIVER PROGRAMS

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HOUSEKEEPING

- I use the term "elderly parent or elderly parents." Substitute this term with spouse, husband, wife, partner, grandparent, client, or the person for whom you provide care
- The outline for this module is in the course materials for the program
- Print the slide handouts for each section so that you can make notes
- The ellipses . . . are purposeful to help you fill in the blanks about information we discuss

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OBJECTIVES OF UNCOMMON WISDOM

- Connect how concerns that complicate care and result in frail health for elderly parents arise as early as age 39
- Identify and implement lifestyle changes to reduce chronic disease

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HEALTH CHANGES IN MIDDLE AGE

- The 30 to . . . age group is when chronic diseases are first diagnosed
- One chronic disease leads to . . .

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AEROBIC ACTIVITY

- Brisk walking, running, jogging, swimming, bicycling
- 3 components of aerobic activity: intensity (moderate or vigorous) frequency, duration

https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html

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MUSCLE STRENGTHENING

- Lifting weights, using resistance bands, bodyweight exercises, carrying heavy loads, heavy gardening
- 3 components of muscle strengthening: intensity (weight/force), frequency, sets and repetitions

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BONE STRENGTHENING

- Physical activity that produces an impact or tension force on the bones that promotes bone growth and strength.
- Called weight-bearing or weight-loading activity
- Examples: running, jumping rope, lifting weights

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THE TALK TEST

- A person doing moderate-intensity activity can talk but not sing
- A person doing vigorous-intensity activity cannot say more than a few works without pausing for a breath

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MOVE MORE AND SIT LESS

- Sedentary behavior increases risk of:
- All cause death
- Dying of heart disease
- Type 2 diabetes, colon, endometrial, and lung cancers

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BENEFITS OF PHYSICAL ACTIVITY

- Lower risk of all-cause mortality • Lower risk of cardiovascular disease mortality • Lower risk of cardiovascular disease (including heart disease and stroke) • Lower risk of hypertension • Lower risk of type 2 diabetes • Lower risk of adverse blood lipid profile • Lower risk of cancers of the bladder,* breast, colon, endometrium,* esophagus,* kidney,* lung,* and stomach* • Improved cognition* • Reduced risk of dementia (including Alzheimer's disease)*
- Improved quality of life • Reduced anxiety • Reduced risk of depression • Improved sleep • Slowed or reduced weight gain • Weight loss, particularly when combined with reduced calorie intake • Prevention of weight regain following initial weight loss • Improved bone health • Improved physical function
- • Lower risk of falls (older adults) • Lower risk of fall-related injuries (older adults)

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EXERCISE INTENSITY, FREQUENCY & DURATION

- Adults with chronic conditions or disabilities, who are able – this includes the elderly - should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- •Adults with chronic conditions or disabilities, who are able, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

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OSTEOPOROSIS AND SPORTS INJURIES

- Women are more susceptible to . . .
- Ask your physician to order a . . .

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HEARING LOSS AND VISION

- Hearing loss and . . . concerns begin in middle age
- Schedule an . . . exam every year

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RISKS OF RESTRICTED ACTIVITY

- "In the setting of restricted activity, the likelihood of developing disability is more than five times as great and increased the likelihood of transitioning from no disability or mild disability to severe disability. (Gill)

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STRUCTURED EXERCISE

- Structured exercise for adults shows better . . .
- Multi-tasking with . . . improves health

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JACK LALANNE – THE GODFATHER OF FITNESS (1914 TO 2011)

"You see, life is a battlefield. Life is survival of the fittest. How many healthy people do you know? How many happy people do you know? Think about it. People work at dying; they don't work at living. My workout is my obligation to life. It's my tranquilizer. It's part of the way I tell the truth—and telling the truth is what's kept me going all these years."

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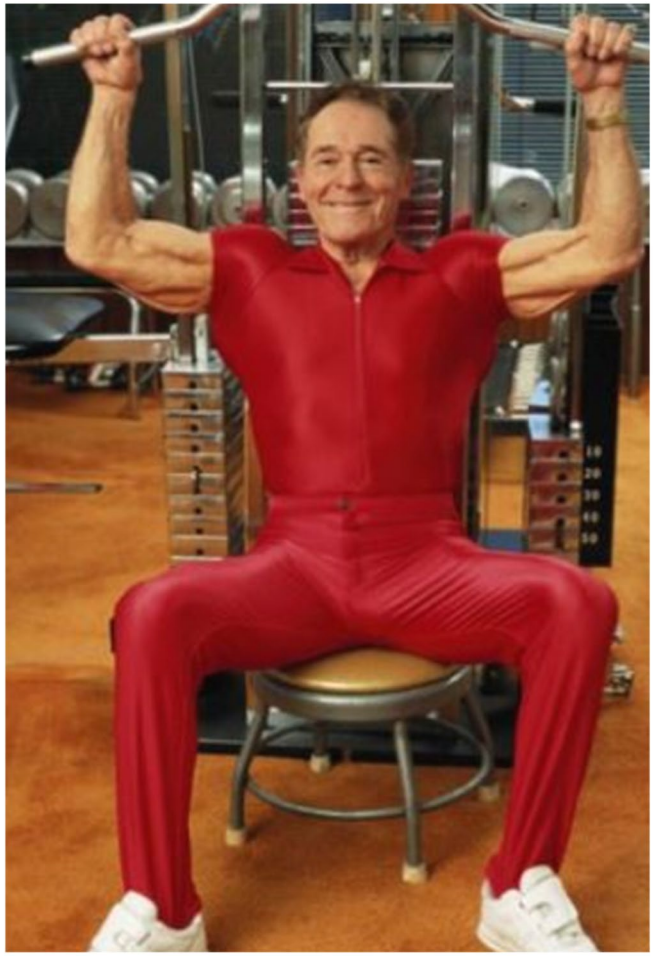
JACK LALANNE

- *"I know so many people in their 80s who have Alzheimer's or are in a wheelchair or whatever. And I say to myself 'I don't want to live like that. I don't want to be a burden on my family. I need to live life. And I'd hate dying; it would ruin my image.'"*
- *Died at the age of 96. According to his family he performed his daily workout routine the day before his death.*



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SUMMARY OF UNCOMMON WISDOM

- Help aging parents manage health and well-being.
- Life the retirement of your dreams

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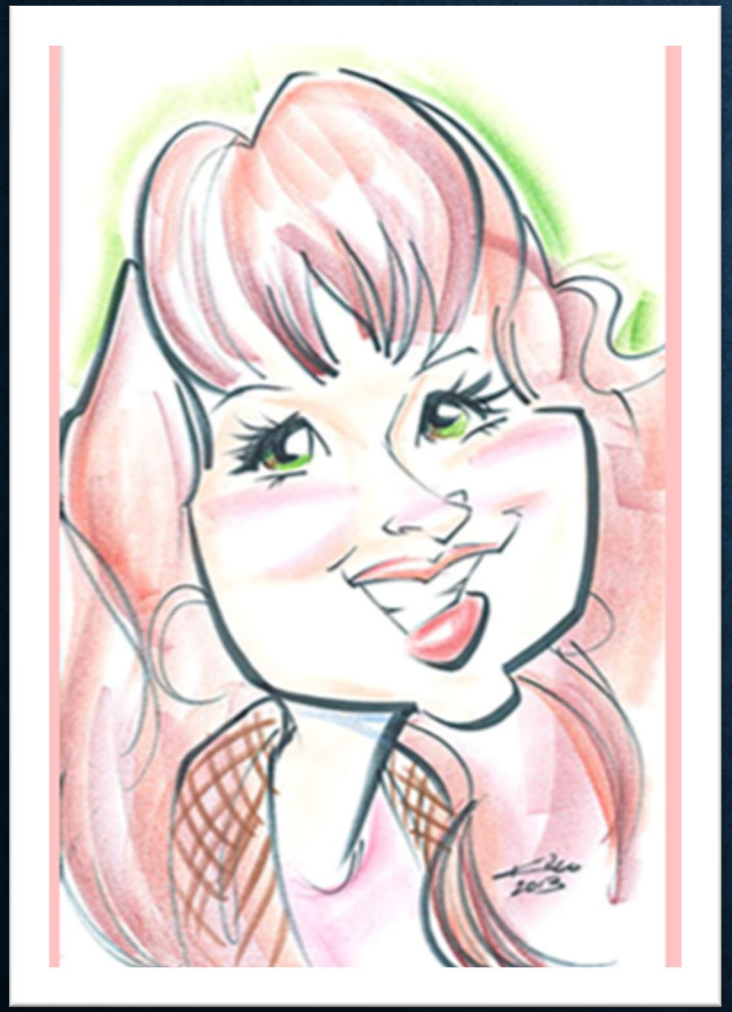

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