



Knowledge Saves Lives

Aging Takes Determination – A SCCL Lifelong Learning



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ALL YOU NEED TO KNOW IS WHERE THEY ARE
&
HOW TO USE IT

wants

needs



Take Aways

- **Understanding Needs vs Wants**
- **Documentation is Key**
- **Record All Healthcare Visits**
- **Put Copy of Living Will in Glove Compartment**
- **More Information is Available at SCCLHS.COM**

Introduction



- **Complexities of Healthcare**
- **Essential Aspects of Aging Gracefully**
- **Pillars of Healthy Life**
- **What can YOU do?**



Understanding Balance

- Balance is Crucial for Everyday Activities
- Age-related changes affect balance through hearing changes, vertigo, medication and side effects.
- Find a Balance Class



Older Adult Fall Prevention

DID YOU KNOW?

 1 in 5 falls causes serious injury

Falls account for 25% of all hospital admissions 

 Medical costs for falls are \$31 billion annually

Source: CDC.GOV



Talk to your doctor



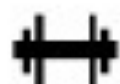
Check eyes at least yearly



Check medications



Exercise strength & balance



Reduce clutter & tripping hazards



Hearing Loss



- **Difficulty understanding conversations**
- **Saying other people are mumbling**
- **Frequently asking others to repeat themselves**
- **Turning up the volume on electronic devices**

The Importance of Hearing Health

- **Hearing loss is common as we age**
- **It can impact communication, safety, and quality of life**
- **Regular hearing screenings and proper care are essential**
- **If you have hearing aids, *WEAR THEM EVERYDAY***



What's the difference?

Home Care

Home care provides non-medical assistance with daily activities such as **bathing, dressing, and meal preparation**, typically personal care needs.

Home HealthCare

Home healthcare, involves medical services provided by licensed professionals, such as nurses or therapists, offering **treatments, medication** administration, and health monitoring to manage medical conditions.



What's included in Home Care?

The goal of home care is to help regain independence and become as self-sufficient as possible with your Activities of Daily Living



Bathing / Dressing



Staying Socially Active



Meal Preparation



Home Care

The Goal of HOME CARE is to regain independence and become self-sufficient with Activities of Daily Living

- **Create a safe and comfortable environment**
- **Assist with dressing, showering, meal preparation**
- **Stay socially active to combat loneliness and depression**
- **Medicare does not pay for home care**



What's included in Home HealthCare?

Home HealthCare will help you maintain your current condition or to slow decline. Home healthcare provides medical care and assistance at home.



Nursing Care



Medication Administration



In Home Therapy



Combating Loneliness & Depression

Benefits of Home Healthcare

To receive insurance payment for Home Healthcare your

Doctor, MUST SHOW the following needs:

- **Intermittent skilled nursing care**
- **Physical therapy**
- **Speech-language pathology services**
- **Occupational in-home therapy**



Communicating with Healthcare Providers

- **Vial of Life**
- **Maintain open and honest communication with health team**
- **Get a PRIMARY COORDINATOR / Nurse Navigator**
- **Use the pre-appointment questionnaire (HCNG)**
- **Stay informed about treatment plans and medication management**
- **Learn how to use your providers website portal**
- **Always RECORD all visits & use their portal**

Assessing Palliative or Hospice Care

- **Conduct a thorough needs assessment with your provider**
- **INVOLVE family members and professionals in decision making**
- **Advocate for the appropriate hospice provider**
- **All Hospices are Funded by Medicare**
- **Suitable for anyone with 6 months or less to live**
- **Check: Dispelling the Myths in Healthcare Notebook**



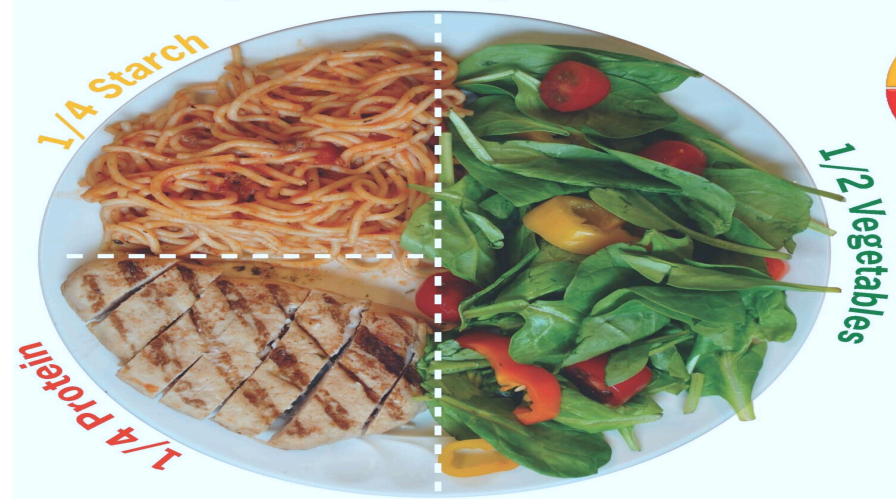


Medications



- **Name of Medication, Dosage, Time, MD, Purpose, Refill date, Photograph the list (HCNG)**
- **Proper medication management reduces the risk of adverse effects and interactions**
- **Get an annual forensic run with a pharmacist.**
- **Use pill organizers, medication lists and reminders**

My Healthy Plate



Nutrition and Hydration

- Proper nutrition and hydration are essential for overall health
- Average 60 gm of protein a day / 3 meals = 20 gm per meal
- 1 oz per $\frac{1}{2}$ lb body weight per day
- Stay hydrated by drinking plenty of water throughout the day

Body Weight	Water Needs/Day
140 lbs	70 fl oz / 9 cups
200 lbs	100 fl oz / 12 cups



Mental and Emotional Wellbeing

- **1/3 over 70 and 2/3 over 80 are on the dementia spectrum**
- **Maintain sharpness through mental exercises**
- **Perform various tasks every day**
- **Use your non-dominant hand**
- **Practice stress-reduction techniques**
- **Seek support from friends, family, social groups**





- **Adequate sleep is crucial for physical and mental health**
- **Establish a sleep schedule and a relaxing bed routine**
- **Keep your bedroom dark, quiet and only for sleeping**
- **No Electronics for 1 hour before Sleep**

Staying Active

- Engage in regular activity for strength, flexibility, balance
- Choose enjoyable activities(walking, gardening, swimming)
- Consult with healthcare provider before starting a new exercise program
- Avoid being sedentary
- Sitting is the New Smoking



Conclusion

- **Aging gracefully means taking care of yourself physically, mentally and emotionally EVERYDAY**
- **Incorporate these tips into your daily life to enjoy vibrant retirement**
- **Subscribe to HEALTHSHARE at SCCLHS.com**

THANK YOU