



*An Age Specific Module:*

# THE NORMAL AGING PROCESS

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*Developing Top-Notch CNAs, One Inservice at a Time*

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## An Age Specific Module: The Normal Aging Process

### GROWING OLDER WITH GRACE!

Everyone ages. It can't be avoided! Some people age gracefully...while others just get old!

So, what's the difference between aging gracefully and just getting old? When things get old, they are seen as being no longer useful. In contrast, aging is a process that can be managed—with the outcome being something that is more desirable and more valuable!

As a nursing assistant, it's easy to see the negative side of aging. Many of your clients are probably sick or disabled. Some may be confused—unable to complete the simplest task. When you see older clients suffering, you may come to think of getting older as a time of loneliness and dependence.

The truth is that most elderly people learn to live with the changes that age brings. And, they enjoy happy and productive lives.

#### Consider these facts:

- Of all the people over age 75, *only 7.5%* of them live in nursing homes.
- About 30 percent of all elderly people *successfully live alone*. Between 40 and 60 percent are married.
- A CDC poll found that for every ten people (aged 65—74), seven of them are getting *at least 20 minutes of moderate physical activity* three or more days per week.
- While people do tend to forget a bit as they get older, *only 5% of Americans have dementia* at age 65.

This inservice provides information about the normal changes that happen as people age. It won't help you keep yourself or your clients from getting older, but it may shed a little light on how to age a little more gracefully!

## WHAT'S NEW?

Grab your favorite highlighter! As you read this inservice, **highlight five things** you learn that you didn't know before. Share this new information with your co-workers!



## WHY AND HOW WE AGE

Think of all the scientific discoveries man has made. The depth of our curiosity and our knowledge seems limitless. Yet, one pressing issue remains unexplained. Scientists have not yet discovered why and how we age. There are several theories that seem logical, but none tell the whole story.

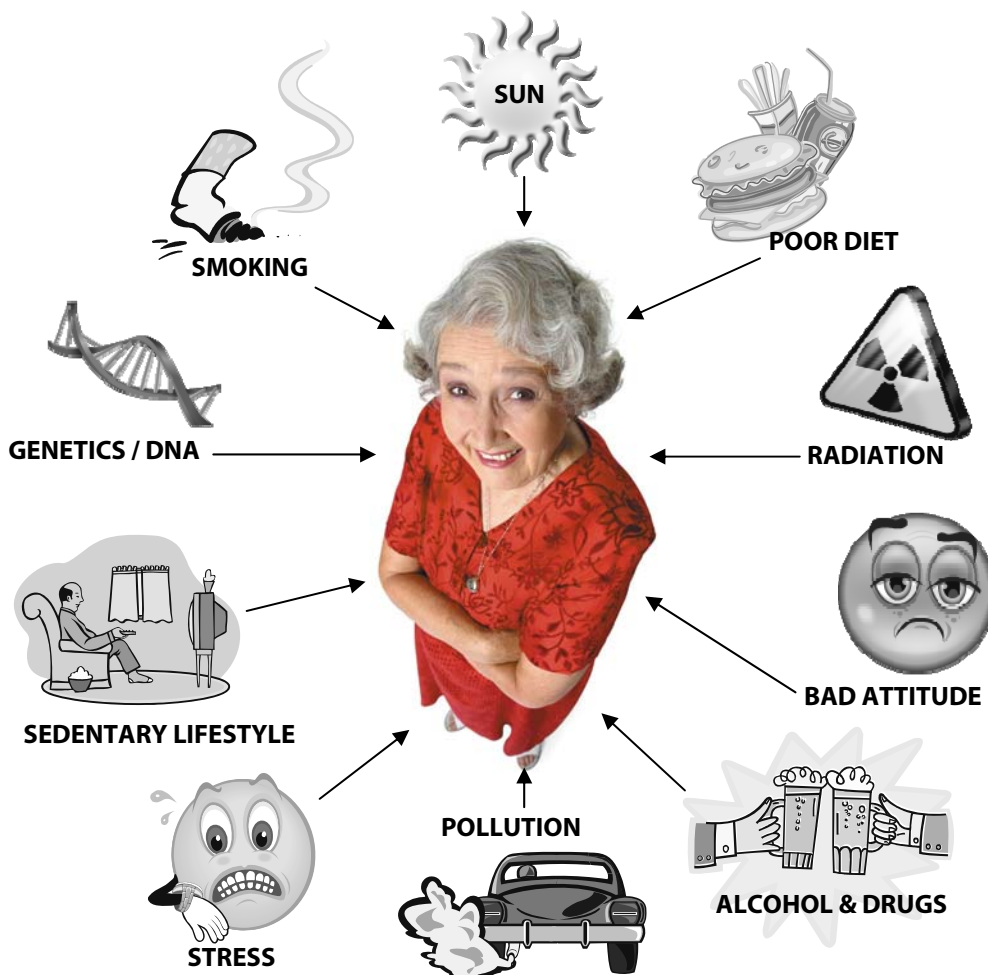
- **For example, some researchers believe that the aging process is hereditary—or pre-programmed in our DNA.**
- **Others believe that the environment and our lifestyle choices are to blame.**

The problem with the first theory is that DNA is easily damaged—and this damage can be sped up by the environment and lifestyle choices. This gives humans the ability to *change* our DNA destiny.

The second theory fails when you see that some people can drink and smoke throughout their whole lives and still live to be 85, while others develop complications and die young.

It's likely that aging is a *combination* of DNA, lifestyle and environment.

**Here are some known factors that influence aging:**



## The Facts

- About 40 million Americans (13% of the population) are aged 65 or older.
- On average, those who are fortunate enough to reach age 65 can expect to live about 19 more years.
- Older women outnumber older men by about six million.
- Older men are much more likely to be married than older women.
- Half of all older women (age 75+) live alone.
- About 475,000 grandparents aged 65 or more have the primary responsibility for their grandchildren who live with them.
- Almost 75 percent of the elderly (age 65 and over) have at least one chronic illness.



## TALK ABOUT IT!

***Did you know that YOU hold the power to prevent many of the wounds your clients could possibly develop? It's true!***

Talk to your supervisor, other nurses, or a special wound care nurse about your role in prevention.

**Here are a few questions to ask:**

- What type of clients are most at risk of developing wounds?
- What special precautions can I take with my diabetic clients to prevent wounds?
- My bedbound refuses to allow caregivers to reposition him. What would you do in this situation?
- My client is incontinent of urine and stool. I know this puts him at risk of developing a wound on his buttocks or perineal area. What is the best thing I can do to prevent this from happening?

## AGING AND THE SKIN

### AS PEOPLE GET OLDER:

- Their skin gets thinner and loses its ability to stretch. This makes it easier to injure. Once injured, the skin is less able to fight off infection and takes longer to heal.
- They have fewer sweat glands, so they have trouble keeping their body temperature stable. You may hear them complain about being cold all the time—especially their hands and feet.
- They lose fat under their skin, so you may see certain bones stick out more including elbows, knees, shoulder blades and hips.
- Their skin produces less oil making the skin dry and itchy. The skin also becomes wrinkled and develops brown “age spots” and moles. Older people are also more sensitive to the sun.
- Fingernails become dry, ridged and brittle, causing them to break more easily. Toenails become thick and hard, making them difficult to trim.

### TO HELP YOUR CLIENTS PREVENT SKIN PROBLEMS, YOU SHOULD:

- Keep their skin clean and dry, but don't use too much soap. Soap dries the skin and will make any problem with itching or flaking even worse. Apply moisturizing lotion to any areas of dry skin after bathing.
- File their fingernails as needed. But, don't trim their toenails unless specifically ordered to do so. Many elderly clients need to see a podiatrist (foot doctor) to have their toenails trimmed.
- Encourage them to change position frequently to prevent skin breakdown. If your clients can't change position by themselves, help them do so every two hours or as ordered.
- Help your elderly clients dress appropriately for the weather. Dressing in layers is a good idea. Then, they can put on or remove a layer depending on how they feel. In addition, help them avoid getting sunburned.
- Be very careful during client transfers. For example, it's very easy to tear skin when transferring elderly people from a bed to a wheelchair. Take your time during the transfer procedure and make sure your client is wearing socks and shoes.

### REMEMBER . . . WATCH FOR & REPORT:

- Signs of skin breakdown like pressure sores and skin tears.
- Bruises or “black & blue” areas.
- Signs of infection (like redness, swelling, pus and skin that is warm to the touch).
- New or worsening rashes.



# AGING AND THE SENSES

## AS PEOPLE GET OLDER:

- They have problems with their vision due to changes in the eye muscles. These problems include trouble reading small print without reading glasses, difficulty seeing objects off to the side, problems seeing in dim light or at night, and trouble seeing certain colors. (Blues, greens and purples all tend to look alike.)
- The eyes produce fewer tears causing dry eyes. In addition, cataracts and eye infections are common.
- Some gradual hearing loss is normal. It becomes more difficult to hear higher-pitched sounds.
- The inner ear stiffens causing it to distort sound or cause ringing in the ears. It may also affect a person's balance.
- The tongue has fewer taste buds, especially for sweet and salt. This can cause people to add too much salt or sugar to their food and they may lose their appetite.
- Their sense of smell is less sharp, so they may have trouble identifying common odors.



## THINK ABOUT IT!

***There are many devices available to help the elderly continue to live rewarding and productive lives . . . even with hearing and/or vision loss.***

Some tools that may help with hearing include:

- Hearing Aids.
- Amplified telephones with different frequency responses.
- Text telephones.
- Closed-captioned TV.
- A doorbell strobe light (can alert someone if there is a visitor at the door).

Some tools that may help with vision include:

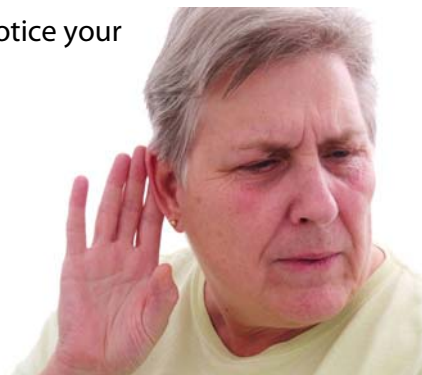
- Magnifiers.
- Special light bulbs.
- Large Print Books.
- Text to speech E-readers like the Nook or Kindle.

## TO HELP YOUR CLIENTS PREVENT SENSORY PROBLEMS, YOU SHOULD:

- Be sure to get their attention first before speaking to them. If they have some hearing loss, they'll have a better chance of understanding you if they look at you while you speak.
- Speak in short, simple sentences. In addition, lower the tone of your voice (since high-pitched sounds are harder to hear).
- Encourage them to use their hearing aids and/or glasses. If they don't seem to want to use them, try to find out why. For example, are the hearing aids uncomfortable? Perhaps they can be adjusted. Are the glasses the right prescription? Maybe the client needs an eye exam.
- Avoid moving furniture and/or personal items. This will help your clients with vision problems know their environment.
- Make sure your clients have good lighting, especially if they are trying to read or write. Use a night light near the bed and/or in the bathroom.
- Guard against falls . . . especially if you notice your client has a problem with balance.

## REMEMBER...WATCH FOR & REPORT:

- Any new vision problems.
- Any new hearing loss.
- Problems with hearing aids or eyeglasses.
- Problems with balance.





## THE NEXT STEP!

### SAVE YOUR STRAW!

***The next time you order a fast food drink, save the straw for this activity!***

With your straw, sit in a comfortable position, put the straw between your lips and breathe (through the straw) for one full minute.

- When you are finished, think about how it felt. Did it make you tired, dizzy, anxious, frightened?

Now, stand up and run in place for 20 seconds, then breath through the straw again for 30 seconds.

- Notice how just a tiny bit of exercise makes breathing so much harder?

Does this exercise help you to see why the elderly may need more frequent rest periods? What else did you learn from this?

***Pass the knowledge! Share this experience with your co-workers and supervisor!***

# AGING AND THE RESPIRATORY SYSTEM

## AS PEOPLE GET OLDER:

- The chest muscles become stiffer making it harder to take deep breaths. You may notice your elderly clients taking more frequent and shallow breaths. (The normal rate of breathing for an elderly person is 20 to 22 breaths per minute.)
- They have a decreased cough reflex. Remember, coughing is an important reflex because it helps the lungs get rid of infectious material. Without this reflex, elderly people have a higher risk of developing bronchitis and pneumonia—especially since the secretions that line the lungs get thicker with age.
- Their lungs bring less fresh oxygen into the body. With less oxygen, the body gets tired faster. This may also cause elderly people to become short of breath during activity.

## TO HELP YOUR CLIENTS PREVENT BREATHING PROBLEMS, YOU SHOULD:

- Allow frequent rest periods throughout the day.
- Report any respiratory changes such as shortness of breath, changes in breathing pattern, a new cough or an old cough that sounds different. (Remember that it's very important to catch a respiratory infection early—before it has a chance to develop into pneumonia.)
- Avoid exposing your elderly clients to cold and flu germs. (If you have a cold, you should wear a mask, wash your hands frequently and wear gloves during client care.) In addition, remind your elderly clients how important it is for them to get a flu shot every year.
- Encourage your clients to stop smoking. It's never too late to quit smoking! When people stop smoking, their lungs begin to repair themselves. This is true even for the elderly.
- Take notice of any activities that cause your older clients to become short of breath. Avoid these activities and/or find an easier way to do them. And, be sure to report the dyspnea (shortness of breath) to your supervisor.

## REMEMBER . . . WATCH FOR & REPORT:

- Difficulty breathing or shortness of breath.
- Cough, especially if it lasts more than a few days or if the client coughs up bloody or pus-filled sputum.
- Problems breathing when lying down.



# AGING AND THE DIGESTIVE SYSTEM

## AS PEOPLE GET OLDER:

- They may begin to lose their teeth, making chewing food more difficult.
- The body produces less saliva. This makes the mouth drier and can cause problems with swallowing. It may also lead to a poor appetite.
- It takes longer for swallowed food to reach the stomach. This can cause indigestion.
- Their stomachs produce less digestive juices. This can make some foods hard to digest, especially fatty foods.
- With age, the intestinal muscles weaken and are slower to work. This can lead to constipation.
- They may begin to lose weight, especially after age 75.

## TO HELP YOUR CLIENTS PREVENT DIGESTIVE PROBLEMS, YOU SHOULD:

- Assist them with mouth and teeth care. Keep in mind that most people lose their teeth because of preventable dental disease. With good care, teeth can last a lifetime!
- Make sure denture wearers are wearing their dentures at mealtime.
- Encourage your clients to eat slowly and to chew their food thoroughly.
- Take notice if your clients need their food cut for them or if they need soft foods because of chewing problems.
- Encourage them to drink plenty of fluids, especially water. (The average person should drink about two quarts of fluid every day.) Staying hydrated helps prevent constipation. In addition, frequent sips of water may be helpful if your clients complain of a dry mouth.
- Help your clients eat a balanced diet, including lots of fruits and vegetables and plenty of protein. In addition, high fiber foods—like bran and fresh vegetables—help keep the bowels regular.
- If your clients are prone to indigestion, have them sit up for at least 30 minutes after eating.
- Allow plenty of time in the bathroom for bowel movements. (This process may take longer for some elderly people.)

## REMEMBER . . . WATCH FOR & REPORT:

- Tooth pain, loose teeth or bleeding gums.
- Lost or broken dentures.
- Indigestion, excess gas, bloating or nausea.
- Constipation or diarrhea.
- Changes in appetite.



## GET OUT!

### THINK OUTSIDE OF THE BOX!

*Working with clients in the home often requires coming up with creative solutions to uncommon problems.*

- **THE PROBLEM:** You are caring for Marie, a 86 year old woman who suffers from diabetes and high blood pressure.
- The diabetic diet includes fresh fruits, vegetables and whole grains. However, Marie refuses to eat these foods because she says they make her feel “bloating, gassy and crampy.”
- **WHAT YOU KNOW:** You know that Marie needs these foods to stay as healthy as possible. But, you also understand why she is refusing.
- **GET CREATIVE:** What will you do? Think of three creative solutions you might try to help Marie become more comfortable with these foods.
- **TALK ABOUT IT:** Share your ideas with your co-workers and supervisor and find out how they would solve this problem.



## WHAT EXCITES YOU?

### Wii FOR THE ELDERLY!

Exercise type games like Wii can clearly benefit aging adults! These games require participants to become physically and mentally active and they promote social interaction.

One study in San Diego found that participants had a 50%+ reduction in depression. Many had a significant improvement in memory and reported better quality of life.

A study in London is linking Wii Fit games to increased strength and coordination which can decrease a client's falls risk.

If you've never played with a Wii, find a friend with a system now! Once you play you will see how these games can be beneficial to your elderly clients.

If you work in a facility, you may already have access to a system. In the home, ask family members to include your client in the games!

## AGING AND THE NERVOUS SYSTEM

### AS PEOPLE GET OLDER:

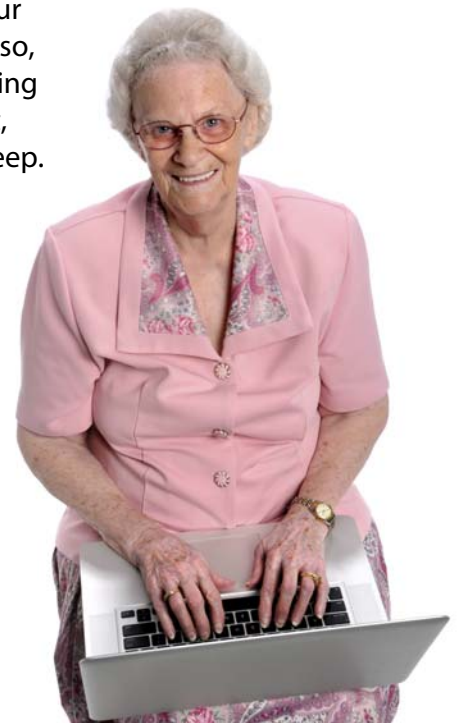
- The number of brain cells decreases.
- Their reflexes get slower. This can make some activities difficult or even dangerous . . . driving a car for example.
- Sleep patterns change as people get older. They may have trouble getting to sleep or trouble staying asleep. Generally, older people need fewer hours of sleep than younger people.
- Some memory loss is normal, especially short term memory. It's common to forget information like names, dates and telephone numbers.
- The nerves all over the body may not send or receive messages from the brain as well as before. For example, this means that elderly people may not feel it when they touch something hot. This puts them at risk for serious burns.

### TO HELP YOUR ELDERLY CLIENTS PREVENT PROBLEMS WITH THEIR NERVES AND BRAINS, YOU SHOULD:

- Encourage your clients to use their brains. Recent studies have shown that just like muscles, the brain needs to be exercised to stay strong. Use it or you lose it! Find out what your clients enjoy . . . crossword puzzles, reading, playing Scrabble, or learning a new hobby. (And remember that watching TV does not exercise the brain!)
- Avoid serving caffeine (coffee, tea, chocolate) after the evening meal. It might keep your clients from sleeping well. Remember, also, that alcoholic beverages can cause sleeping problems. If it's allowed on a client's diet, warm milk at bedtime may encourage sleep.
- Keep your clients' personal items in the same place all the time. This helps forgetful people remember where their things are. And, try to be patient with your older clients...even if they forget your name frequently!

### REMEMBER . . . WATCH FOR & REPORT:

- Unsteadiness.
- Anxiety.
- Forgetfulness and/or confusion.
- Insomnia.





## AGING AND THE CIRCULATORY SYSTEM

### AS PEOPLE GET OLDER:

- The heart muscle becomes less “elastic” and weaker so it pumps with less force. To make up for this, the heart beats more frequently. (The average pulse rate of an elderly person at rest is 70 to 76 beats per minute.)
- The arteries become a little harder and narrower. This can make the blood pressure go up, especially the systolic pressure (the top number).
- Because the circulatory system slows down with age, elderly people tend to feel cold, especially in their hands and feet.

### TO HELP YOUR ELDERLY CLIENTS PREVENT PROBLEMS WITH CIRCULATION, YOU SHOULD:

- Allow for rest periods, as needed during the day.
- Encourage daily exercise to keep their circulation stimulated. And, discourage your clients from wearing tight clothing that might cut off circulation—such as tight socks, tight pants or knee-high stockings.
- Encourage your clients to stop smoking. Smoking puts people at high risk for heart disease and high blood pressure.
- Encourage your clients to wear socks and shoes or slippers at all times to avoid cold feet.



### REMEMBER . . . WATCH FOR & REPORT:

- Edema.
- Angina (chest pain).
- Palpitations.
- Dizziness.
- Changes in blood pressure.



## AGING AND METABOLISM

### AS PEOPLE GET OLDER:

- Their internal 24-hour clock or circadian rhythm slows down. The internal clock is the process that creates daily cycles in body temperature, brain activity, hormone production and metabolism.
- A slower metabolism puts them at greater risk for weight gain and type 2 diabetes.
- They can't process regular adult doses of some medications and may be at risk for overdose.

### TO HELP YOUR ELDERLY CLIENTS PREVENT PROBLEMS WITH METABOLISM, YOU SHOULD:

- Help them manage their weight with diet and regular exercise.
- Help your clients with diabetes eat right, monitor their glucose levels and take their insulin as ordered.
- Pay close attention to medication side effects and report any abnormal reactions to your client's routine medications. The dosage may need to be adjusted.

### REMEMBER . . . WATCH FOR & REPORT:

- Excessive weight gain.
- Signs of diabetes (excessive thirst, excessive urination).
- Changes in side effects to commonly used medications.

# AGING AND THE URINARY SYSTEM

## AS PEOPLE GET OLDER:

- It gets harder for the kidneys to filter waste materials out of the blood. This can cause toxic substances to build up in the body. So, for example, when an elderly client, Mr. Edwards, takes medication, it stays in his blood longer than normal. He may end up being “poisoned” by his medication unless the doctor adjusts his dosage.
- The bladder gets smaller and weaker, so it holds less urine for a shorter period of time. Both men and women may need to urinate more frequently and may feel a sudden urge to go to the bathroom. They may need to get up during the night to urinate.
- Incontinence is more common in elderly people, but it is not a normal part of aging. Incontinence may result from infections, diseases or even as a side effect of medications.

## TO HELP YOUR CLIENTS PREVENT URINARY PROBLEMS, YOU SHOULD:

- Assist them to the bathroom regularly to prevent accidents due to the urgent need to void. (They may need to go to the bathroom every two hours or less.)
- Encourage them to wear clothing that can be removed easily when the urge to urinate hits. Try slacks with elastic waistbands rather than buttons or zippers.
- Clear the path to the bathroom or use a bedside commode at night.
- Avoid serving drinks with caffeine and salty foods for the evening meal. This helps prevent nighttime trips to the bathroom.
- Encourage your clients to drink plenty of fluids, especially water. This helps prevent urinary infections.
- Help them with their bathroom hygiene as needed. Keeping the perineal area clean also helps prevent urinary tract infections.

## REMEMBER . . . WATCH FOR & REPORT:

- Unusual frequency of urination.
- Sudden urgency to urinate.
- Straining to void.
- Incontinence.
- Blood in the urine or cloudy urine.



## TIME TO LAUGH!

### PERKS OF BEING OVER THE HILL

- You no longer think of the speed limit as a challenge.
- Your investment in health insurance is finally paying off.
- You can quit trying to hold in your stomach—no matter who walks into the room.
- Your secrets are safe with your friends because they can't remember them anyway.
- Your joints are more accurate meteorologists than the guy on the television.
- Your eyes won't get too much worse.
- Kidnappers are not very interested in you.
- You can eat dinner at 4:00 in the afternoon.
- In a hostage situation you are the most likely to be released first.
- No one expects you to run—anywhere.



## THINK ABOUT IT!

### EXERCISE IS POSSIBLE

*Tai Chi (pronounced TIE-chee) is a gentle, slow-motion form of ancient Chinese exercise.*

It is a safe alternative for older adults who cannot otherwise exercise. It is very low impact, does not require any special equipment, and can be done indoors or out

Individuals enrolled in Tai Chi exercise programs report:

- Stronger knees and ankles.
- Improved mobility and flexibility.
- Better balance.

Does your facility offer a Tai Chi class for residents? If so, observe a class one day to see if you think it might be right for your client.

If you work with clients in the home, look for a Tai Chi DVD or search your local senior center or YMCA for classes.

## AGING AND THE BONES AND MUSCLES

### AS PEOPLE GET OLDER:

- It's common for the spine to shorten. This causes people to "shrink" very gradually, losing from one to four inches in height. In some people, the upper spine also begins to curve, leading to a stooped posture.
- Their muscles get smaller, especially if they don't exercise. This can make them feel weak and tired more easily. In addition, if injured, older muscles take longer to heal.
- The bones can get thinner and weaker, especially in women. This puts elderly people at risk for broken bones. If they do break a bone, it will take longer to heal.
- Their joints become stiff which is especially noticeable after a night in bed. This loss of flexibility causes movement to be slower and sometimes painful.
- The cartilage in joints wears out over time. This weakens the joints and causes arthritis.

### TO HELP YOUR ELDERLY CLIENTS PREVENT PROBLEMS WITH THEIR MUSCLES AND BONES, YOU SHOULD:

- Assist them to exercise every day, even if it's just a slow walk or a series of range of motion exercises. (Only about one-third of elderly people get enough exercise.)
- Encourage them to use assistive devices as needed for ambulation. This includes canes, walkers, braces, and crutches.
- Help them "loosen" their stiff muscles and joints by doing range of motion exercises. In addition, make sure your clients change position every two hours. (Assist them as necessary.)
- Keep an eye out for times when your clients might need help. For example, they may not have the strength needed to open a food jar or a medication container. Or, their stiff joints may not bend to allow them to put the cap back on the toothpaste or to pick up a pen. Be ready to assist them as needed.
- Remember that elderly people move more slowly. Allow plenty of time for them to complete tasks. And be sure to build in some rest periods in between activities.

### REMEMBER . . . WATCH FOR & REPORT:

- Pain in limbs or joints or swollen joints.
- Weakness.
- Unsteady gait and problems with ambulation.
- Falls.



# AGING AND IMMUNITY

## AS PEOPLE GET OLDER:

- The thymus gland begins to shrink. This is the gland where T-cells go to become mature. T-cells help attack foreign invaders (like germs and viruses) in the body. Immature T-cells cannot fight off the invaders as well as they once did.
- There is an increased risk for getting sick and for getting sicker than others from even simple illnesses like the common cold.
- Immunizations, like the flu shot, may not work as well or last as long as expected.
- Sensation changes, gait changes, changes in the skin structure increase the risk of getting an injury where bacteria can enter broken skin.

## TO HELP YOUR CLIENTS PREVENT ILLNESSES, YOU SHOULD:

- Protect them from others who may be sick, like yourself, their friends or family, and other clients.
- Encourage your clients to get up-to-date on immunizations, even if they were immunized in the past. Doctors generally recommend:
  - Adult tetanus (Td) immunization every 10 years (a booster may be given sooner if there is a dirty wound).
  - Pneumovax (to prevent pneumonia or its complications).
  - Flu vaccine (yearly).
  - Hepatitis A and B immunizations.
- Help your clients avoid unnecessary illnesses by encouraging them to:
  - Exercise.
  - Eat well-balanced diet.
  - Stop smoking.
  - Limit alcohol use.
  - Avoid falls and other injuries.



## REMEMBER . . . WATCH FOR & REPORT:

- Signs of infection in a wound, such as redness, warmth, pain, discharge or a red line streaking away from the wound.
- Signs of cold and the flu, such as coughing, congestion, and runny nose with a fever, shaking or chills.
- Any excessive swelling, pain or redness in the joints.



## FIVE KEY POINTS!

### REVIEW WHAT YOU LEARNED!

1. Everyone ages. It can't be avoided! Some people age gracefully...while others just get old!
2. Although scientists have not yet discovered why and how we age, it's likely that aging is a *combination* of DNA, lifestyle and environment.
3. On average, individuals who are fortunate enough to reach age 65 can expect to live another 19 years.
4. Normal age related changes affect the skin, bones, digestion, immunity, the bladder and the brain!
5. While there is no "fountain of youth" there are ways to slow down the aging process with diet, exercise, stress reduction, humor and other healthy lifestyle choices.



## WHAT I KNOW NOW!

Now that you've read this inservice on normal aging, jot down a couple of things you learned that you didn't know before.

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## HELPING AGING CLIENTS STAY WELL

***While there is no “fountain of youth,” there are ways to slow down the aging process. You can help your clients feel their best by following these tips:***

- Remember that the elderly are at risk for injury from accidents. For example, many older people fall from tripping over something on the floor. Check your client's environment regularly for possible safety hazards—and fix or report any problems.
- Encourage your clients to stretch their muscles regularly. Even ten minutes of stretching every other day helps prevent age-related stiffness.
- Find something to laugh about with your older clients. It's important to hold onto a sense of humor as we age, and laughing helps people feel young and alive.
- Help your clients look their best . . . with tidy clothes, combed hair and clean nails. Your female clients might enjoy a touch of make up or fingernail polish. Make sure your male clients get a regular shave.
- Encourage your overweight clients to lose weight. Keep in mind that 33% of Americans are obese—and obesity causes people to age rapidly.
- Suggest that your older clients make regular visits to their physician, eye doctor and dentist. There are a number of screening tests that can be done to catch common illnesses early—including cancer, diabetes, glaucoma and thyroid disease.
- If the weather cooperates and your clients are physically able, encourage them to get some fresh air and sunshine every day. Thirty minutes of sunshine a day gives the body a healthy dose of Vitamin D.
- Remind your clients to wash their hands regularly—just as you do—to avoid spreading germs to themselves and others.
- Encourage your clients to stay in touch with the world around them by reading the newspaper, watching the news on TV or “surfing” the internet. (Yes, elderly people enjoy computers, too!)
- Above all, help your clients get some kind of exercise every day—whatever they can tolerate and their doctor will allow. Even a short walk, done daily, will help keep the body young and active. (What's that saying? Move it or lose it! So, get your clients moving and they'll feel and look younger.)



