

How to prevent and deal with possible age related impairments

Impairments that need attention to prevent further complication	Possible resulting risks	Reducing the risk	What to do when the problem is already present?	Duty of the caretaker	Nutrition
Arteriosclerosis – a general term describing any damage, hardening, thickening and loss of elasticity of arteries as a result of plaque forming on their walls.	<ul style="list-style-type: none"> ○ High blood pressure ○ Heart diseases like heart attack, Angina pectoris ○ Stroke ○ Vascular disorders ○ wounds 	<ul style="list-style-type: none"> ○ Healthier life style ○ Reduce weight ○ No smoking ○ Regular exercises ○ Diet: Avoid “bad” fats (esp. “inner parts” of animals), look for “good” fats (omega-3-fats acids in fish, nuts) ○ Vitamins esp A & E (fruits, vegetables), honey, onions, garlic are known to relieve arteriosclerosis ○ Control diabetes 		<ul style="list-style-type: none"> ○ Encourage and assist patient for a healthier lifestyle 	<ul style="list-style-type: none"> ○ “Good fats” in fish and nuts ○ Vit esp A&E (fruits vegetables) honey, onions, garlic
Dizziness, weakness	<ul style="list-style-type: none"> ○ Risk of falling, risk of reduced mobility 	<ul style="list-style-type: none"> ○ Exercises to improve the cardio-vascular system, muscle training ○ Balanced diet, drinks 	<ul style="list-style-type: none"> ○ Drinks and diet ○ Enough resting and moderate exercises ○ Fresh air ○ Using a stick to prevent falling ○ Go slow from lying to sitting position and from sitting to standing position 	<ul style="list-style-type: none"> ○ Promote exercises within patients abilities and limitations ○ Offer many drinks 	<ul style="list-style-type: none"> ○ Drinking ○ Balanced diet
Inability to turn in bed	<ul style="list-style-type: none"> ○ Pressure ulcers ○ (Wounds due to persistent and unrelieved pressure that reduces the blood supply of the 	<ul style="list-style-type: none"> ○ Encourage exercises ○ Provide balanced diet 	<ul style="list-style-type: none"> ○ Keep on changing the body position at least every three hours ○ Put a pillow under the lower legs to reduce pressure on the heels ○ Be careful with other delicate parts that are elbows, back, head 	<ul style="list-style-type: none"> ○ Assist the patient in turning ○ If an ulcer is present keep turning the patient, otherwise wounds can never heal and become worse ○ Wash wounds carefully with cold boiled water that contains some 	<ul style="list-style-type: none"> ○ Proteins needed for healing process -for building and repair ○ (Milk, eggs, fish, soya, meat.

	skin.)		<ul style="list-style-type: none"> ○ Allow others to assist you in turning 	<ul style="list-style-type: none"> ○ salt (should taste like tears) ○ Big wounds need supervision by a medical person 	<ul style="list-style-type: none"> ○ beans) ○ Vit C: for wound healing (fruits, milk)
<p>Incontinence :</p> <p>Inability of controlling urine or even stool</p>	<ul style="list-style-type: none"> ○ Increased risk of infection and wounds ○ Almost more important: isolation, people feel offended in their integrity and autonomy 	<ul style="list-style-type: none"> ○ Pelvic floor exercises 	<ul style="list-style-type: none"> ○ Pelvic floor exercises ○ Using pads or tissues ○ Using trousers that are easy put off, e.g. with elastics 	<ul style="list-style-type: none"> ○ Be aware that this a delicate topic that usually involves feelings of shame, failure and loss of independence ○ Provide pads or tissues and assist in elimination ○ Check if the old one is still able to go to the latrine, otherwise it would be possible to put there a chair with a hole. ○ If your patient is dement and keeps forgetting where the toilet is – then mark the latrine for easy locating 	<ul style="list-style-type: none"> ○ Pumpkin seeds, esp. for men
<p>Itching / rashes</p>	<ul style="list-style-type: none"> ○ Poor sleep ○ Wounds due to scratching ○ Risk of infections 	<ul style="list-style-type: none"> ○ Clean environment and body hygiene with daily bathing ○ Dry the skin carefully ○ Apply Vaseline for dry skin 	<ul style="list-style-type: none"> ○ Bath daily ○ Dry the skin carefully ○ Apply Hydrocortison cream tds ○ Apply Vaseline for dry skin ○ Keep nails short to prevent wounds by scratching 	<ul style="list-style-type: none"> ○ Encourage body hygiene and assist in cleaning the environment ○ Help applying the cream ○ Help people in cutting nails 	<ul style="list-style-type: none"> ○ _
<p>Poor ventilated lungs</p> <p>(Old people do not do many exercises / in case they feel pain they do not breathe deeply)</p>	<ul style="list-style-type: none"> ○ Pneumonia – infection of the lungs with fever, chest pain, cough... (some bacteria feel comfortable in poor ventilated corners of the lungs and start growing) 	<ul style="list-style-type: none"> ○ All exercises increasing the ventilation and perfusion of the lungs are effective prophylactics of pneumonia. ○ Breathing deeply ○ Singing ○ Exercises 	<ul style="list-style-type: none"> ○ When the inflammation is already present people need to see a doctor and to get medicine 	<ul style="list-style-type: none"> ○ Do breathing exercises with the patient ○ Observe your patient for signs of Pneumonia ○ Provide health service ○ Make sure the patient follows the instructions 	<ul style="list-style-type: none"> ○ Many drinks for prevention and treatment ○ Balanced diet to boost immunity

too)		<ul style="list-style-type: none"> ○ Blow a handkerchief Blow into a straw 			
Reduced bowel movements	<ul style="list-style-type: none"> ○ Constipation ○ (Difficult and painful bowel movements) 	<ul style="list-style-type: none"> ○ Exercises and movements have positive impact on constipation and can help to regulate bowel movements 	<ul style="list-style-type: none"> ○ Do exercises, massage the belly around the belly button clockwise 	<ul style="list-style-type: none"> ○ Encourage patient to do exercises, encourage drinking and provide soft food 	<ul style="list-style-type: none"> ○ Drink much!!! ○ Soft food like greens, fruits, fats
Reduced movements	<ul style="list-style-type: none"> ○ Stiff joints ○ (Shortage of muscles, tendons and ligaments which lead to stiff joints) 	<ul style="list-style-type: none"> ○ Only regular movements (active and passive) can prevent this stiffness of joints 	<ul style="list-style-type: none"> ○ Do exercises and massaging. But careful according to the abilities – never force a joint to move 	<ul style="list-style-type: none"> ○ Encourage patient to do exercises and move joints 	
Reduced sense of balancing, reaction, coordination	<ul style="list-style-type: none"> ○ Increased risk of falling 	<ul style="list-style-type: none"> ○ Exercises for balancing, reaction and coordination 	<ul style="list-style-type: none"> ○ Use walking aids and move carefully ○ Adequate lighting at night ○ Exercises for balancing, reaction and coordination 	<ul style="list-style-type: none"> ○ Provide a stick and remove tripping hazards to prevent falling 	<ul style="list-style-type: none"> ○ Drinks ○ See “Dementia” for further suggestions how to improve the diet
Reduced strength Reduced flexibility Reduced mobility	<ul style="list-style-type: none"> ○ Immobility ○ Further complications (see down) ○ Risk of falling ○ Isolation ○ Dependence 	<ul style="list-style-type: none"> ○ Exercises of all kind ○ Muscle and condition training ○ Stretching ○ Improvement of cardio-vascular system ○ ○ 	<ul style="list-style-type: none"> ○ Exercises of all kind in a moderate and adjusted way ○ Muscle and condition training ○ Stretching ○ Improvement of cardio-vascular system ○ 	<ul style="list-style-type: none"> ○ Promote exercises within patients abilities and limitations ○ Tell the old ones to move around, to engage in small works 	<ul style="list-style-type: none"> ○ Balanced nutrition ○ Esp. Magnesium for muscles (milk) ○ Drink sufficiently!
Reduced senses: Exercises for perception can train the different senses as well as the ability of concentrating and processing the information.					
Feeling	<ul style="list-style-type: none"> ○ Can burn their mouth or skin easily, can have small 	<ul style="list-style-type: none"> ○ Touch the person with an item like a brush, a towel, a stone ... and ask what it was. Write with a finger a letter or a number on the back of the person. 			

	thorns in the feet without recognizing	What is it?			
Hearing	<ul style="list-style-type: none"> o Isolation, doesn't hear a warning, aggressions, shame 	<ul style="list-style-type: none"> o Clean the ears properly or let them be cleaned by a doctor o Talk in an appropriate voice, talk slow o Encourage conversations o Everyone closes his / her eyes and one person should say or sing something. Who is the one? o Everyone closes his / her eyes and one person makes some noise (lighting a match, tiring a paper, broom the floor...). What noise was it? o Every one closes his / her eyes for about one minute. What has been heard? 	<ul style="list-style-type: none"> o Talk loud and clear and slow. Make simple sentences o Include the old ones in the conversation and inform them about what is going on <p>Try to avoid isolation</p>		
Seeing	<ul style="list-style-type: none"> o Falling, not recognizing people, insecurity, shame 	<ul style="list-style-type: none"> o Go for medical check up o Provide glasses o Ask them to look attentively around for about one minute. Afterwards they should close their eyes and you can ask them a question. ("What colour has the frame, name something here that is red, what is seen on the picture over the door...") After every question let them look around again. 	<ul style="list-style-type: none"> o Assist them by reading for them, by providing books with big letters, o Explain how the environment looks like, who has come for visits etc 	<ul style="list-style-type: none"> o Vitamins, esp. Vit A that is found in carrots, (red vegetables, milk, eggs, liver, mangoes, pumpkins) 	
Smelling	<ul style="list-style-type: none"> o Can't smell signs of fire, can't smell any longer that maybe the room or they themselves are dirty o Decreased appetite and taste 	<ul style="list-style-type: none"> o Provide different smells (coffee, tea, orange, grass ...), ask people to close their eyes and let them smell. What is it? 	<ul style="list-style-type: none"> o Assist them in Hygiene and make them gently aware that they started smelling. For them it is truly difficult to smell o Provide food that is even appetizing to look at 		
Tasting	<ul style="list-style-type: none"> o High sugar or salt intake, complaining about food, no appetite 	<ul style="list-style-type: none"> o Everyone should close their eyes and you can give them a small thing to eat. 	<ul style="list-style-type: none"> o Provide food that is even appetizing to look at o Provide small plates and control the sugar and salt intake 		
Weak bones	<ul style="list-style-type: none"> o Increased risk of breaking o Slow healing 	<ul style="list-style-type: none"> o Balanced diet, esp. Calcium and vitamin D rich food o Strengthen the muscles for 	<ul style="list-style-type: none"> o See prevention o Reduce the risk of falling by removing 	<ul style="list-style-type: none"> o Promote exercises within patients abilities and limitations o Offer balanced diet 	<ul style="list-style-type: none"> o Vit D for the bones (fish and eggs)

		protecting the bones by doing exercises	tripping hazards, like steps, stones, items on the floor. etc.	○ Create and maintain a safe environment that allows safe movements	○ Calcium for bones (milk, egg, fish...) ○ Magnesium for the muscles (milk, nuts)
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Impairments requiring small medical treatment	Possible resulting risks	Reducing the risk	What to do when the problem is already present?	Duty of the caretaker	Nutrition
Dementia	<ul style="list-style-type: none"> ○ Poor hygiene ○ Forget to eat and drink, to take drugs as prescribed ○ Can get lost ○ Communication difficulties ○ Neglecting social contacts ○ Problems in orientation or recognizing people 	<ul style="list-style-type: none"> ○ Drink much ○ Physical exercises ○ Mental exercises ○ Keep social contacts ○ Have sufficient sleep ○ Balanced diet 	<ul style="list-style-type: none"> ○ Talk to people in an appropriate way (short simple sentences and orders, keep eye contact...) ○ Use communication approaches ○ Prepare a safe environment ○ Provide much drinks and balanced diet ○ Encourage mental and physical exercises ○ Assist in daily activities 	<ul style="list-style-type: none"> ○ Much drinks ○ “Good fats” (nuts, soya, avocado, fish and olive oil.) ○ Natural antioxidants (beans, berries, garlic, onions, green pepper, cabbage, beetroot, spinach) ○ Vitamins (in fruits and vegetables) 	
Diarrhoe – running stomach (If diarrhoe is present for more than 1 day or when people are very weak send them to	<ul style="list-style-type: none"> ○ Dehydration, weakness, dizziness 	<ul style="list-style-type: none"> ○ Wash or boil food and water to prevent food poisoning ○ Wash hands after the toilet and before eating 	<ul style="list-style-type: none"> ○ ORS or if not available many drinks with salt and sugar to replace electrolytes ○ Metronidazol 2x3 5/7 	<ul style="list-style-type: none"> ○ Monitor toilet behaviours and water intake ○ Monitor drug intake 	<ul style="list-style-type: none"> ○ Water, salt, sugar, yellow bananas, bread

see a doctor)					
Dry cough (if longer than 2 weeks send people to the hospital for check-up)	<ul style="list-style-type: none"> ○ Poor sleep, painful throat 	<ul style="list-style-type: none"> ○ Exercises to increase lung ventilation (see pneumonia prophylaxis) 	<ul style="list-style-type: none"> ○ Cough linctus 2 teaspoons tds 3/7 ○ Avoid smoke and smoking 	<ul style="list-style-type: none"> ○ Monitor cough and drug intake 	<ul style="list-style-type: none"> ○ Much drinks
Fungus infection (usually affected are toes and fingers: the nails become thick and yellowish, some small spots...)	<ul style="list-style-type: none"> ○ Cracks, further infections 	<ul style="list-style-type: none"> ○ Body hygiene and carefully drying between toes and fingers, 	<ul style="list-style-type: none"> ○ Clotrimoxazol cream tds ○ Dry the skin carefully after bathing, ○ Avoid hands from being in water for a long time, ○ the towel used for the affected area should not be used for other body parts, ○ Continue applying after healing for about one week. 	<ul style="list-style-type: none"> ○ Monitor the use of medicine ○ Remind the patients to keep the skin dry 	<ul style="list-style-type: none"> ○ Vitamins to improve the immunity
Hypertension BP >150/90 mm/Hg	<ul style="list-style-type: none"> ○ Spoilt arteries, heart attack, stroke 	<ul style="list-style-type: none"> ○ Healthy life style ○ Balanced diet ○ Avoid adiposity ○ Regular exercises ○ No smoking 	<ul style="list-style-type: none"> ○ Reduce salt intake ○ Drink or eat dry Avocado seed powder ○ Take drugs regularly as described by the doctor ○ Regularly check-ups ○ Exercises 	<ul style="list-style-type: none"> ○ Monitor the health ○ Provide herbs ○ Monitor drug intake ○ Encourage exercises and low salt intake 	<ul style="list-style-type: none"> ○ No salt, balanced diet ○ Passion fruits ○ Pulverized seed of an avocado taken as tea three times a day
Hypertensive crises BP>200/120m			<ul style="list-style-type: none"> ○ Make people sit and let them rest ○ If you are a medical person you could provide medicine like 		

m/Hg			<p>Aprinox 5mg stad</p> <ul style="list-style-type: none"> ○ Send people as soon as possible to the doctor or look for someone who could help 		
Low immunity, malnutrition, no appetite	<ul style="list-style-type: none"> ○ Risk of getting infections ○ Slowed down process of healing ○ Weakness, tiredness 	<ul style="list-style-type: none"> ○ Balanced nutrition ○ Vitamins and minerals ○ Body exercises ○ Fresh air ○ Relaxation ○ Enough sleep 	<ul style="list-style-type: none"> ○ See Prevention, further ○ Careful body and environment hygiene ○ Avoiding sick people, draft ○ Multivitamins II tds 2/52 	<ul style="list-style-type: none"> ○ Keep the patient and the room clean ○ Observe patient for signs of low immunity and infections ○ Provide balanced diet ○ Offer small portions and decorate it well 	<ul style="list-style-type: none"> ○ Balanced diet, intake of vitamins esp. ACE, minerals (fruits, milk, vegetables, nuts) much water ○ Citrus fruits
Productive cough (cough with yellowish or greenish sputum, chest pain, difficult breathing) Send people to the doctor after 1 whole day without any improvement	<ul style="list-style-type: none"> ○ Weakness, Pneumonia 	<ul style="list-style-type: none"> ○ Improve immunity ○ Exercises to increase lung ventilation (see pneumonia prophylaxis) 	<ul style="list-style-type: none"> ○ If you are a medical person you could provide Amoxicillin 500mg tds 5/7 or another antibiotic. ○ Otherwise take the patient to the hospital ○ Exercises for eased coughing up 	<ul style="list-style-type: none"> ○ Monitor coughing, pain and drug intake 	<ul style="list-style-type: none"> ○ Much drinks ○ Vitamins
Simple Pain (known joint pain, backache, headache...)	<ul style="list-style-type: none"> ○ Immobility, stiff joints, poor lung ventilation leading to pneumonia 	<ul style="list-style-type: none"> ○ Exercises to keep joints soft, to strengthen muscles, to increase blood circulation and lung ventilation 	<ul style="list-style-type: none"> ○ Mentho plus for massaging ○ Diclofenac gel for massaging ○ Encourage exercises ○ Are ulcers present? <ul style="list-style-type: none"> ○ No: Ibuprofen 400mg tds 3/7 ○ Yes: Paracetamol 1g tds 3/7 	<ul style="list-style-type: none"> ○ Massaging ○ Encouraging exercises ○ Monitor drug intake ○ Listening and counseling 	<ul style="list-style-type: none"> ○ Herbs like Melissa, lemongrass, Valerian, Chili, Eucalyptus, Mint, Chamomile, Sage
Swelling legs due to vascular	<ul style="list-style-type: none"> ○ Risk of thrombosis – Clotting of blood in a blood vessel; 	<ul style="list-style-type: none"> ○ Increasing the blood flow is a very effective way of preventing 	<ul style="list-style-type: none"> ○ Go to a doctor to check for the reason of the swelling legs ○ Big swollen legs should be 	<ul style="list-style-type: none"> ○ Promote exercises within patients abilities and limitations ○ Remind and assist people in 	<ul style="list-style-type: none"> ○ Drinks

<p>problems, often due to slowed down blood flow, damaged vessels/ valves or changed viscosity.</p>	<ul style="list-style-type: none"> ○ One of the main reasons of thrombosis is a slowed down blood flow, often due to immobility or lack of fluids. ○ Wounds, ○ Pain 	<p>thrombosis and swollen legs. This can be realized among others by mobilization, exercises (activation of the muscle pump) massage towards the heart</p> <ul style="list-style-type: none"> ○ Elevating legs 	<p>presented to a doctor to clear the reason</p> <ul style="list-style-type: none"> ○ Otherwise it is advisable to do exercises, to walk or elevate the legs, but not to stand or sit for a long time ○ Also massages can help ○ Bandaging the leg 	<p>elevating legs</p> <ul style="list-style-type: none"> ○ Massage towards the heart 	
<p>Peptic Ulcers (upper abdominal pain and sometimes backache after eating or when the stomach is empty)</p>	<ul style="list-style-type: none"> ○ Much pain, poor sleep, no appetite and losing weight 	<ul style="list-style-type: none"> ○ Balanced diet ○ Regular meals 	<ul style="list-style-type: none"> ○ Leave food that makes it worse (citrus fruits, matooke) ○ Regular food intake ○ Omeprazol 20mg tds 3/7 ○ Sending people to the doctor when there is no improvement 	<ul style="list-style-type: none"> ○ Monitor pain ○ Monitor drug intake 	<ul style="list-style-type: none"> ○ Milk
<p>Worms</p>	<ul style="list-style-type: none"> ○ Anaemia, pain 	<ul style="list-style-type: none"> ○ Wash hands after using the toilet, before eating, ○ wash or boil food and water 	<ul style="list-style-type: none"> ○ Mebendazol 500 mg stad every six month 	<ul style="list-style-type: none"> ○ Monitor hygiene 	
<p>Wounds</p>	<ul style="list-style-type: none"> ○ Risk of infections ○ Limited mobility ○ Pain ○ Damage of muscles and bones 	<ul style="list-style-type: none"> ○ Improve blood circulation by doing exercises ○ Keep the skin strong and healthy by proper body hygiene and the use of vaseline products ○ Short nails to prevent wounds by scratching ○ Reduce the risk of falling ○ Treat diabetes to have stable blood sugar 	<ul style="list-style-type: none"> ○ If wounds are big or dirty go for medical check ○ Clean wound with Hydrogen peroxide or iodine, or if not available with cold boiled water containing salt (should taste like tears) ○ Clean “clean” wounds from inside to outside and “dirty” wounds from outside to inside ○ Cover the open wound to protect it from dust, flies and other insects 	<ul style="list-style-type: none"> ○ Dress the wound once a day ○ Monitor healing process ○ Offer protein-rich food 	<ul style="list-style-type: none"> ○ Much proteins (eggs, milk, soya, beans, meat) ○ Vitamins (fruits, vegetables)

		<ul style="list-style-type: none">○ Reduce the risk of pressure ulcers for bedridden patients (see above)	<ul style="list-style-type: none">○ Change the dressing every day or every two days		
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