How things change as we age

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Living at Home
- Life expectancy is >78 years
- Most rate health as good-excellent

Nursing Homes
- Only 5% of older people at any one time
- Changing Role
- Other options
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Activities of Daily Living (ADLs)

- Eating
- Bathing
- Grooming
- Dressing
- Toileting
- Locomotion
- Transferring
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Instrumental Activities of Daily Living (IADLs)
- Preparing meals
- Taking medicines
- Using the phone
- Shopping
- Housecleaning
- Walking outside
- Balancing a checkbook…
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- Heterogeneity
- “Normal” changes related to aging
  - Decrease in sensorium
  - Changes in appetite
  - Decrease in skin turgor, body fat, bone and muscle mass
  - Short-term memory changes
  - Slowing of mental processing
  - >83: Increase in frailty, chronic illness
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Predictors of institutionalization

Related to Older person

- Depression
- Incontinence
- Injury
- Decreased function
- Dementia
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Levels of Cognitive Function

- Cognitive level 6: normal, independent
- Cognitive level 5: loss of STM, functional ability
- Cognitive level 4: marked decline in all areas of thinking, loss of independence
- Cognitive level 3: profound confusion
- Cognitive level 2: requires total care
- Cognitive level 1: Reflexive response, total care
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Predictors of institutionalization

Related to Caregiver

- Gender
- Spouse vs. non-spouse
- Distance from care recipient
- Employment
- Use of community resources
- Health
- Well-being
- Burden**
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Technology as caregiver

 Majority of older people

- Monitor lapses in normal routine (memory loss)
- Provide reminders/information
  - ADLs
  - IADLs
- Provide safe environment
  - Adequate lighting
  - Controlled entry, exit
  - Links to quick response in emergency
- Interactive easy links to caregivers
  - Easy input of information
  - Adjustable noise levels
  - Sensitive to decreasing sensorium
- Provide new and/or updated information
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Technology as caregiver

To support caregivers
• Provide flexibility to customize based on need
• Provide easy access to care recipient
• Provide information
  – About care recipient
  – About available resources
• Provide capacity to exchange information
  – With care recipient
  – With health care system