

# [Health promotion of the older adult](https://assignbuster.com/health-promotion-of-the-older-adult/)

[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/)

While previous perceptions o fhealthonly included the physical body, health is now considered from a holistic point of v eel, encompassing the body, mind, andenvironmentas opposed to only the absence of disease ( Chem., Hung, Line, Hang & Yang). I believethat while assessing one's health, especially that of a n older adult, the wellbeing of both the body and mind should be equally taken into considerate on. While this mindset takes on a holistic approach, I feel that it is possible to have an illness while still maintaining a degree of health.

An example of this would be one who suffers fromdiabetesbut lives an otherwise positive and productive lifestyle. My perception of health has been influenced by the examples my parents have e set Out for me. While my father put a lot ofstresson the importance of the physical asps CT of health, encouraging an active lifestyle and proper nutrition, my mother taught the IM parlance of coping skills and positive environments. Both parents view themselves as relatively h lately and lead active lifestyles regardless of the genetically endowed illness such as heart disk ease with my ether anddepressionwith my mother.

Myeducationis another influence of my perception of 3 health. Learning about the body and what it needs to function has made health h promotion and the maintenance of a healthy lifestyle important to me. After examining Mrs.. Hernandez case, several issues have been identified w which may impede the processes of healthy aging. Two of the issues selected for indents focus included Mrs.. Hernandez poor coping skills and poor access to necessary resources. During her assessment, Mrs..

Hernandez stated that prior to the loss of her husband, she often prepared her own meals, whereas now she relies on prepackaged, and microwavable meals . Mrs.. Hernandez additionally stated that she no longer has an appetite and no longer enjoys the e taste or smell offood. These changes seem to coincide with the loss of her husband. Consequent entry, Mrs.. Hernandez level of health, as well as emotional well being would benefit fro m an improved level of coping skills. Mrs.. Hernandez seems to also lack active engagement in her life as a result of her poor coping skills. This is apparent in Mrs..

Hernandez statement rage ding her abundance of time spent watching television as well as the little amount of it me she spends outside of her apartment. While examining limitations in Mrs.. Hernandez pr access of healthy aging, consideration Of her inaccessibility to appropriate resources is essential I. Mrs.. Hernandez stated that she obtains her food and supplies at the corner store. Immobility due to pain in her hips not only decreases her activities of daily living, but also isolates her as SSH e spends the majority of her time resting at home. A possible intervention for Mrs..

Herman ex could be utilization of services that provides transportation to grocery stores, medical appointments, and social clubs. Effective management of her hip pain and possible physiotherapy y may also increase her physical functionality which could enable her to comfortably spend more time outside the home. 4 There are several chronological assessment tools available that cover many a aspects of healthy aging. The assessment tools that are especially pertinent to Mrs.. Here anode's current situation are the PANCAKES assessment, thefamilyPAGE, and the Geriatric

Depression scale (Toothy, Jet, Abstractors, & McCauley, 2012). PANCAKES is a comprehensive asses semen tool that incorporates the requirements needed in order to complete the activities of d lily living. This tool would help identify the needed resources and services in order to develop a p rationalized and efficient care plan. This assessment tool also helps with identifying any potent ail health and safety risks (Toothy et al. , 2012). This is especially important for Mrs.. Hernandez z as she currently resides alone. Due to the fact that Mrs..

Hernandez has recently suffered from the loss of a loved one, it is recommended that she receives a Familiarity test, which measure s the availability and quality of social supports. Using the results from this tool, a strategy cool d be implemented to help Mrs.. Hernandez develop positive relationships and ultimately, improve e On her coping skills. Finally, there is the Geriatric Depression Scale, which is used for mood measurement. This particular tool is recommended as Mrs.. Hernandez has shown signs of d oppression through her loss of appetite and level of activity.