

Health promotion of the older adult

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While previous perceptions of health only included the physical body, health is now considered from a holistic point of view, encompassing the body, mind, and environment as opposed to only the absence of disease (Chen, Hung, Line, Hang & Yang). I believe that while assessing one's health, especially that of an older adult, the wellbeing of both the body and mind should be equally taken into consideration. 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 from diabetes but lives an otherwise positive and productive lifestyle. My perception of health has been influenced by the examples my parents have set out for me. While my father put a lot of stress on the importance of the physical aspects of health, encouraging an active lifestyle and proper nutrition, my mother taught the importance of coping skills and positive environments. Both parents view themselves as relatively healthy and lead active lifestyles regardless of the genetically endowed illness such as heart disease with my father and depression with my mother.

My education is another influence of my perception of health. Learning about the body and what it needs to function has made health promotion and the maintenance of a healthy lifestyle important to me. After examining Mrs. Hernandez's case, several issues have been identified which may impede the processes of healthy aging. Two of the issues selected for further focus included Mrs. Hernandez's 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 taste or smell of food. These changes seem to coincide with the loss of her husband. Consequently, Mrs. Hernandez level of health, as well as emotional well being would benefit from 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's statement regarding her abundance of time spent watching television as well as the little amount of time she spends outside of her apartment. While examining limitations in Mrs. Hernandez's access to healthy aging, consideration of her inaccessibility to appropriate resources is essential. 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 she spends the majority of her time resting at home. A possible intervention for Mrs. Hernandez 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 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 aspects of healthy aging. The assessment tools that are especially pertinent to Mrs. Hernandez's current situation are the PANCAKES assessment, the familyPAGE, and the Geriatric

Depression scale (Toothy, Jet, Abstractors, & McCauley, 2012). PANCAKES is a comprehensive assessment tool that incorporates the requirements needed in order to complete the activities of daily living. This tool would help identify the needed resources and services in order to develop a personalized and efficient care plan. This assessment tool also helps with identifying any potential health and safety risks (Toothy et al., 2012). This is especially important for Mrs. Hernandez 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 measures the availability and quality of social supports. Using the results from this tool, a strategy could be implemented to help Mrs. Hernandez develop positive relationships and ultimately, improve 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 depression through her loss of appetite and level of activity.