

DIGNITY THROUGH ACTION WORKSHOP

PART 2

Older Peoples' Challenges

What is an Older Person?

World average **life expectancy** is about **66 years** (Source UN).
'Old age' could be considered as being any age beyond this.

Average Britain believes 'youth' ends at 35 and 'old age' begins at 58.

Daily Telegraph 17 March 2010

There is really no clear definition - natural aging process - chronological, biological, physical and psychological measures.

'I will never be an old man. To me old age is always 15 years older than I am'

(Bernard Baruch, 1870-1965)

Aging:

Some people never feel old and look fit until quite advanced years.

Other people seem to age prematurely due to illness, injury & environment.

Aging Population

In the United Kingdom in 2005

60 million Total Population

11 Million State Pension Age

9m	England.
1m	Scotland
0.6m	Wales.
0.3m	Northern Ireland

Older People Projections

12 million by 2011

13 million by 2026

15 million by 2031

- Fastest growing age group = 80 years and older
- Male and females about the same up to about 70 years
- Females outnumber males from about 70 years on (Ratio = 3:1 by the age of 90).
- Spike in the aging population caused by post second World War 'baby boomers'.
- Only 5% of the aging population is in care homes.

Stereotyping and Prejudice

There is an increasing number of older people due to the **SUCCESS** of improvements to living conditions and health and social care.

BUT it can be viewed **negatively** where older people are:

- **Not valued for their experience**
(Western Society attribute)
- **Not seen as contributing to the economy**
- **Increasing cost to the employed.**

But many older people:

- **Contributed through working life**
- **Work on to afford pensions**
- **Do not retire – enjoy work**
- **Care for grandchildren**
- **Care for even older relatives**

Older People: Poor Terminology

Ambiguous Terms
Aged Boomers Seniors Elderly Oldies Old folks Older people !!!

Negative Behavioural Terms
Scroungers Grumpys Leakies Old fogies Old fools Old biddys Grannies Old codgers Old geezers

Negative Physical Attribute Terms
Double Chins Saggies Dried up Little old ladies Slapheads Baldies Squinties

What other negative terms have you heard in common use ?

*What **positive** collective terms can we use ?*

Older Peoples' Challenges

What challenges do older people face?

Older Peoples' Challenges



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graph TD; A[Older Peoples' Challenges] --- B[Ageing & Physical]; A --- C[Medical]; A --- D[Discrimination (Ageism)]; A --- E[Neglect]; C --- F[Mental Health]; D --- G[Abuse];
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The diagram illustrates the challenges faced by older people, centered around a main title 'Older Peoples' Challenges'. This title is connected to six sub-challenges: 'Ageing & Physical' (green box), 'Medical' (light blue box), 'Discrimination (Ageism)' (yellow box), 'Neglect' (red box), 'Mental Health' (light blue box), and 'Abuse' (red box). The boxes are arranged in a hierarchical structure, with 'Medical' and 'Discrimination (Ageism)' positioned between 'Ageing & Physical' and 'Neglect'. 'Mental Health' is positioned below 'Medical', and 'Abuse' is positioned below 'Neglect'.

**Ageing &
Physical**

Medical

**Discrimination
(Ageism)**

Neglect

Mental Health

Abuse

Physical and Mental Challenges

'If I knew I was gonna live this long,
I'd have taken better of myself'

(Eubie Blake, 1883-1983)

Older Peoples' Challenges

Ageing & Physical Changes

Impairments

Sight

Hearing

Speech

Injury

Loss of functions

Decreased intellectual abilities

Lower span of attention

Changes in behavior

Medical

Injury

Illness

Concurrent Illnesses

Neurological

Cardiovascular

Respiratory

Musculoskeletal

Bladder/Bowels

Terminal Illnesses

Mental Health

Depression

Mental Illnesses

Dignity through Action Workshop: Older People & Vulnerabilities

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Concurrent Illnesses
Neurological
Cardiovascular
Respiratory
Musculoskeletal
Bladder/Bowels
Terminal Illnesses

Mental Health

Depression
Mental Illnesses

Discrimination (Ageism)

Availability of Resources
Proper Assessment
Obtaining diagnosis
Obtaining treatments
Access to Services
Quality of Life
Resuscitation

DOES AGE DISCRIMINATION REALLY EXIST IN THE CARE OF THE OLDER PERSON?

Witnesses to the UK Joint Committee on Human Rights (2008) quoted:

- Discrimination is less common following NSF for Older People
- 50% of a sample of 85 Doctors said they are influenced by age.
- Patients over 65 are less likely to be referred to a cardiologist.
- Cardiologists are also less likely to recommend operations.

Age Concern's Report on Age Discrimination (2007) quoted:

- Treatment for minor strokes is covertly rationed for people over 80 yrs.
- Doctors less likely to refer angina sufferers to see a specialist – if over 65 yrs.
- National health and social care priorities - restrict targets to under 75 yrs.
- Invitations to breast screening stop for women over 70 yrs.
- Older people tend to be excluded from drug trials.

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Resuscitation

Neglect

Nutrition
Mobility
Foot Care
Poverty

Abuse

Psychological Abuse
Physical Abuse
Financial Abuse
Theft
Sexual Abuse
Abuse through Ignorance

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Hearing

Speed

Injury

Loss of fu

Decrease

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Lower

Changes in

Dis

Neglect

ion

Your 'thinking framework' for dignity

Treat older people with dignity
(respect as a human being with rights)

&

Preserve the personal dignity of older people
(to meet their personal needs)

Mental Illness

Abuse

Abuse

Abuse through Ignorance

HASCAS: Dignity through Action