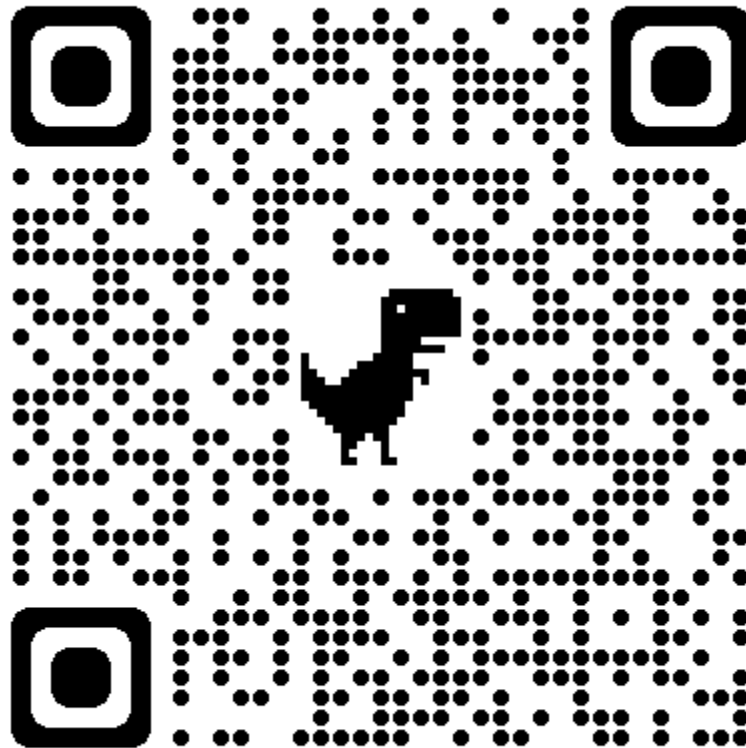


Chapter 11

Elders in the community 2021

Elders in Jordan



Intended learning outcomes

- Describe the global and national health status of older adults.
- Identify and refute at least four common misconceptions about older adults.
- Describe characteristics of healthy older adults.
- Provide an example of primary, secondary, and tertiary prevention practices in the elderly population.
- Identify four chronic conditions most commonly found in the elderly population.
- Describe various types of living arrangements and care options as older adults age in place

Definitions

**Older adult: according to WHO depending on •
different perspectives and purpose and
categorized into the following groups:**

Age 60-74 (young- old) •

Age 75-84 years (middle –old) •

> 85 (old-old) •

Health status of older adult

Life Expectancy

- Life Expectancy at Birth in Jordan gained 5.7 years from the period 1980-1985 to the period 2005-2010, increasing from 67.3 years to 73.0 years.
- It is projected to reach 79.0 years for the period 2045-2050.

Life expectancy in Jordan

Table 3: Life Expectancy at Birth in Jordan, 1980-2050

Year	Life Expectancy at Birth (years)		
	Male	Female	Total
1980-1985	65.9	68.8	67.3
1985-1990	67.9	70.6	69.1
1990-1995	69.1	71.9	70.4
1995-2000	70.0	72.8	71.3
2000-2005	70.8	73.8	72.2
2005-2010	71.5	74.6	73.0
2010-2015*	72.2	75.5	73.8
2015-2020*	72.9	76.4	74.5
2020-2025*	73.6	77.1	75.3
2025-2030*	74.4	77.9	76.1
2030-2035*	75.1	78.6	76.8
2035-2040*	75.9	79.2	77.5
2040-2045*	76.7	79.9	78.3
2045-2050*	77.6	80.5	79.0

Source: United Nations, World Population Prospects: The 2012 Revision,
Available on: http://esa.un.org/unpd/wpp/unpp/panel_indicators.htm

* Projections (medium variant)

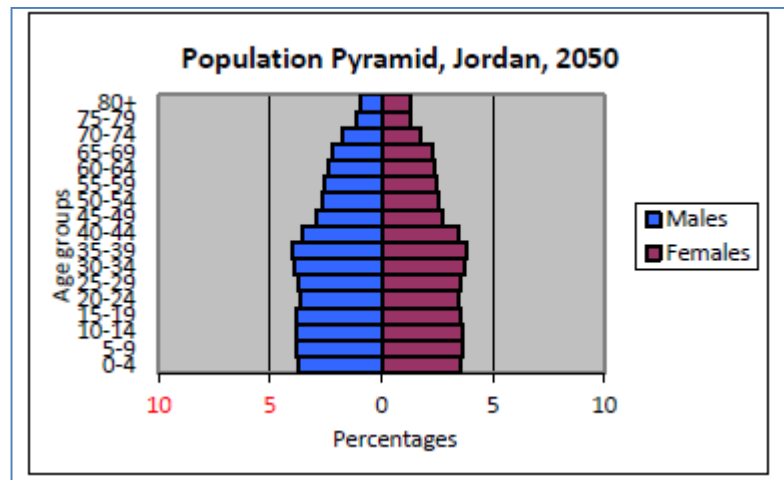
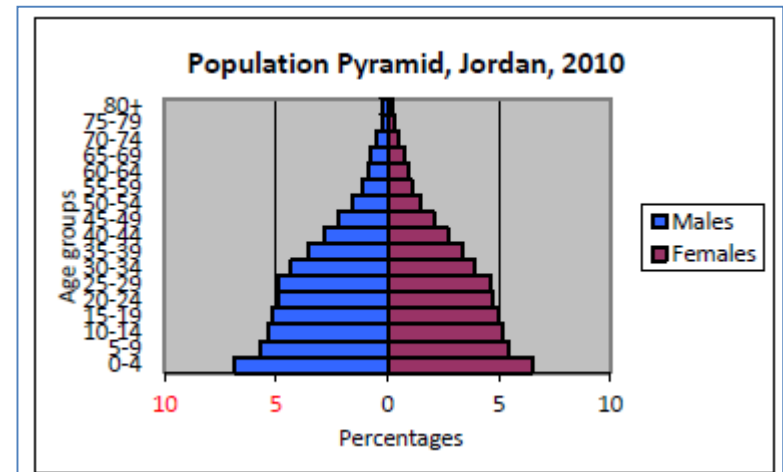
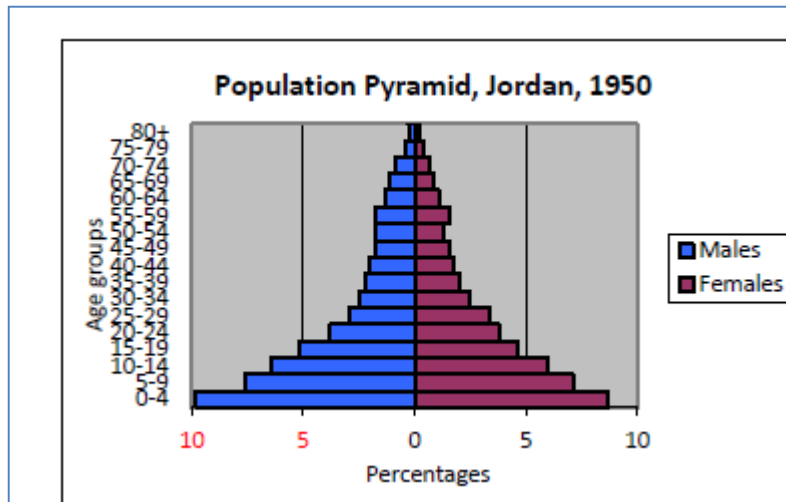
Table 10: Population Distribution by Broad Age Groups in Jordan, 1980-2050 (per cent)

Year	Population by Age Group (%)			
	0-4	5-14	15-64	65+
1980	18.5	30.5	47.8	3.2
1985	17.6	29.6	49.3	3.6
1990	16.7	29.6	50.5	3.3
1995	14.7	26.0	56.3	3.0
2000	14.6	24.8	57.5	3.1
2005	13.6	24.3	58.9	3.2
2010	13.3	21.7	61.5	3.4
2015*	12.5	20.9	63.0	3.6
2020*	11.4	22.3	62.2	4.1
2025*	9.8	21.3	64.2	4.7
2030*	9.0	19.0	66.3	5.8
2035*	8.6	17.0	67.2	7.2
2040*	8.3	16.1	66.8	8.9
2045*	7.8	15.6	65.9	10.7
2050*	7.3	15.0	65.0	12.7

Source: United Nations, World Population Prospects: The 2012 Revision,
Available on: http://esa.un.org/unpd/wpp/unpp/panel_indicators.htm

* Projections (medium variant)

Change in Age Structure



Health Status of Older Adults

People living longer because

- Improvement of health care
- Eradication and control of communicable diseases
- Use antibiotics and other medicines
- Healthier dietary practices
- Safe water supplies
- Exercises
- Better quality of life

Challenges

- Burden of chronic diseases
- Injuries
- Disabilities
- Future caregiving
- Rapid health care costs

Characteristics of Healthy Older Adults

- What is healthy old age?
- It is maintaining the maximum possible degree of physical, mental and social strength.
- Wellness among the older population varies considerably. It is influenced by many factors:
 - personality traits
 - Life experiences
 - Current physical health
 - Current societal supports
 - Personal health behaviors including smoking, obesity, and excessive alcohol use.

Characteristics of healthy older adult

- 1. Being able to function as independently as possible**
- 2. Maintaining as much physical, mental, and social vigor as possible**
- 3. Adapting to life's changes while coping with the stresses and losses**
- 4. Still being active and able to engage in meaningful activity.**

Elderly Needs according to Levels of • Prevention

Prevention Practices

1. Primary prevention

- Health education
 - personal health practices (e.g., flossing, seat belt use, exercise)
 - Recommended routine screenings
 - Maintenance of an appropriate immunization schedule ensure that older adults are doing all that they can to maintain their health.

Prevention Practices

Primary Prevention

- Healthy diet
- Oral health
- Rest and sleep
- Safety needs
- Promoting exercise
- Economic and security needs
- Psychosocial enhancement
 - Coping with multiple losses
 - Maintain independence
 - Social interaction
 - safety needs

Assignment

- Select one major accident elders are exposed frequently and discuss how we can prevent it

Prevention Practices

Secondary Prevention

- Early detection of diseases
- Promote intervention
 - Obtain routine screening
 - Screening program

Tertiary Prevention

- Follow up and rehabilitation after disease

Recommended Health Screening/Immunizations—Older Adults

• Test	Age 50–64	Age 65_ <i>Men and Women</i>
• Blood pressure	1–3 years	Yearly more often if elevated
• Total cholesterol	5 years 5 years	More often if elevated
• Flexible sigmoidoscopy	10 years	10 years —
• Vision	4 years	2 years —
• Hearing	Not recommended	Once Evaluate at regular health care practitioner visits
• Pneumonia vaccine	Not recommended	Once —
• Influenza vaccine	Yearly	Yearly —
• Tetanus and diphtheria	10 years	10 years After wounds

Role of the CHN With Future and Present Older Adults

- Case management for resources and referrals
- Development of creative living arrangements and services
- Encouraging healthy lifestyle changes to avoid disease and disability
- Teach about immunizations and fall prevention