

Aging with Independence

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How do you envision your later years?



OR

Put Grandma in Prison

In Prison She would get:

- ▶ Shower every day
- ▶ Video Surveillance in case of problems
- ▶ 3 meals a day
- ▶ Access to a Library, TV, Computers, Gym, Doctors on-site
- ▶ Free Medication if Needed

In the Nursing Home:

- ▶ Lay in bed most of day, hopefully un-soiled
- ▶ Lights out at 7pm
- ▶ 2 Showers per Week
- ▶ Live in a smaller room with 3-25 min wait on call light
- ▶ Are told when you are allowed to stand/go to the bathroom/socialize/get out of bed
- ▶ Pay \$235/day (\$7,050 per month) (2018)

8 Better B's Balance, Breathing, Bones, Bites, Bladder, Butt, Brain, & Boogie

Better Balance

- ▶ Postural Balance: Bony Butt Bones
- ▶ Static vs Dynamic Balance
- ▶ Falls are the leading cause of injury-related visits to emergency departments in the United States and the primary etiology of accidental deaths in persons over the age of 65 years. ... Determining and treating the **underlying cause of a fall** can return patients to baseline function and reduce the **risk** of recurrent falls – AFP

Better Breathing

- ▶ Oxygen and Carbon Dioxide Balance
- ▶ Pneumonia
- ▶ Your Nose has a Purpose!
- ▶ Your breathing muscles – are you using the right ones?

Better Bones

- ▶ Osteopenia 43.9% and Osteoporosis 10.3%
- ▶ 59% of patients with PMO have never been TOLD they have it
- ▶ Osteoporosis: 10.3% and Ost43.9% of Older Adults
- ▶ Testing: A **DEXA** stands for dual energy x-ray absorptiometry—a mouthful of a term that actually tells a lot about this procedure, in which two X-ray beams are aimed at the bones.

Are Your Bones at Risk for Osteoporosis?



What Is Osteoporosis?

Osteoporosis is a disorder of the bones in which the bones become brittle, weak, and easily damaged or broken. A decrease in the mineralization and strength of the bones over time causes osteoporosis.

Fractures:

- ▶ 20% of patients with Hip Fracture die in <1 year
- ▶ 1/3 will be in a nursing home for at least a year
- ▶ >80% of patients do not connect their fracture to Osteoporosis
- ▶ Risk of Fracture doubles after the first fracture
- ▶ Most are PREVENTABLE!! (Blue Print for Safety!)
- ▶ Osteoporosis Prevention
 - ▶ Bricks = Calcium, Mortar = Vitamin D
 - ▶ Brick Layer = Force / Weight

Better Bites

- ▶ Malnutrition in older adults can lead to various health concerns, including: A weak immune system, which increases the risk of infections. Poor wound healing and increased risk of pressure sores. Muscle weakness and decreased bone mass, which can lead to falls and fractures.
- ▶ Balanced Nutrition from a Varied Diet
- ▶ Can you pronounce the ingredients?
- ▶ Don't forget **WATER**

Better Bladder

- ▶ Incontinence is one of the leading causes of nursing home admissions, and you can treat this!

Better Butt

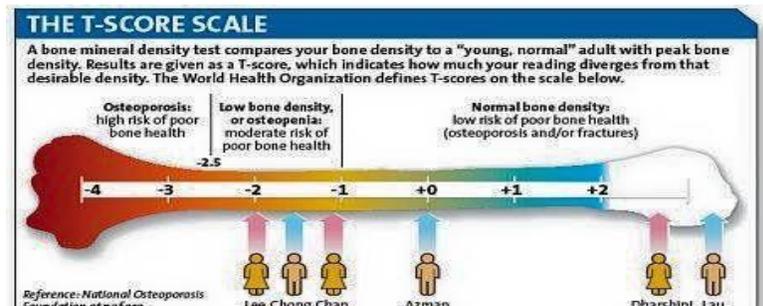
- ▶ How to tell if a patient will go home or to a skilled nursing facility: The **TOILET TEST!!**
- ▶ Where can I get a better bum? Daily Habits and Exercise

Better Brain

- ▶ Positivity, Risk of Depression
- ▶ Purkinje Fibers: Balance and the Brain
- ▶ Blood Flow and Oxygen
- ▶ Use it or Lose It!!! Cross Word Puzzles, Phone Apps, Community/Social

Better Boogie

- ▶ How much are you shaking it every day??
- ▶ Any activity that makes you smile and gets you moving!

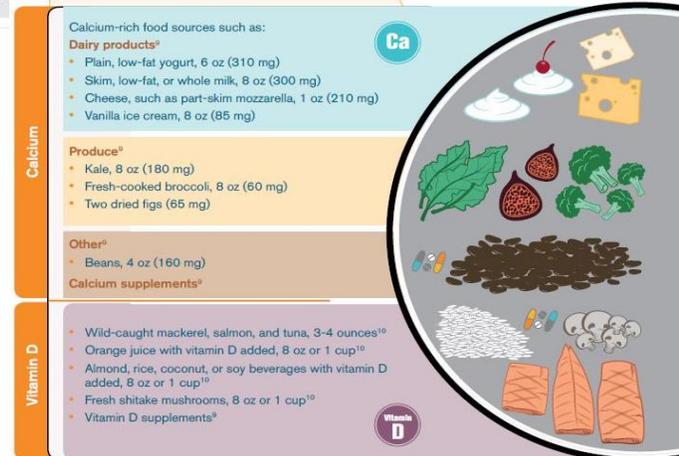


Calcium and vitamin D supplements

Do you eat foods with calcium each day? These include dairy products—milk, yogurt, and cheese, and other foods like beans, kale, and almonds.^{1,7}

	Standard recommendation ^{3,8}
Ca Calcium	
≤ 50 and ≤ 70 years of age	1,000 mg daily (or about 3 glasses of milk)
> 50 and > 70 years of age	1,200 mg daily (or about 4 glasses of milk)
Vitamin D Vitamin D	
and ≤ 70 years of age	600 International Units daily
and > 70 years of age	800 International Units daily

Take action: Ask your doctor if you need calcium and vitamin D supplements.



Where to get help and information:

- ▶ In a changing healthcare environment: **YOU MUST BE YOUR OWN ADVOCATE**
- ▶ Your Doctor, Nurse, Physical or Occupational Therapist, Endocrinologist
- ▶ OsteoLink
- ▶ GOOGLE! Fall Prevention, How to Decrease My Fall Risk

What Next? ACTION PLAN!!

- ▶ What steps can you take NOW: Do a **fall-risk walk through** in your home and common community routes with a friend: look for hazards – especially between the bed and toilet
- ▶ Do a **daily inventory of Your 8 Better B's**: Balance, Breathing, Bones, Bites, Bladder, Butt, Brain, & Boogie
- ▶ Talk to your doctor about your T-Score and **ASK for a consultation** with an Endocrinologist, PT or OT, and a Nutritionist or Dietician
- ▶ Set up a consultation at **865-236-0340 with Marino Physiotherapy**