

Examples of Physiological Issues related to Aging

As people age, there are a number of physiological changes that do not yet affect younger populations. As a result, it is critical to ensure that rehabilitation programs take these issues into consideration.

Medical	<ul style="list-style-type: none"> • Larger adhesions and shortening of tissue cause decreased flexibility of muscles and other tissue • Susceptibility to secondary infections such as pneumonia and chronic obstructive pulmonary diseases like emphysema. • Decreased skin sensation • Extended healing time frames (i.e. add 4-6 weeks onto standards)
Severe Pain	<ul style="list-style-type: none"> • Severe pain affects 15% of those with pain and 20% of pain sufferers aged 45-64
Mobility Problems	<ul style="list-style-type: none"> • affect more than 1.1 million persons aged 65 and over • Nationally, 23.3% of adults aged 65 to 74 reported having mobility problems and 42.9% for those 75 and over
Respiratory Issues	<ul style="list-style-type: none"> • Incidence of acute respiratory failure requiring mechanical ventilation increases 10-fold from the ages of 55 to 85 years.
Osteoarthritis	<ul style="list-style-type: none"> • affects 35-40% of older adults • 50% of older adults have some type of arthritic condition
Stroke	<ul style="list-style-type: none"> • Incidence doubles for every decade after 55 years of age
Hip Fractures	<ul style="list-style-type: none"> • 95% of hip fractures occur in individuals aged 50 and older • Over age 60 there is a doubling of incidence of hip fracture every 5-7 years
Memory Problems	<ul style="list-style-type: none"> • Among adults aged 65 and over, 153,000 persons reported being limited by memory problems or periods of confusion, representing 4.3% of Canadian seniors.

Please see the reverse side for a 50+ Checklist designed to help you assess whether it is appropriate to refer your client to a program that specializes in this population.

1.800.363.8900

50+ Checklist

Please use the following checklist to determine whether it would be most effective to refer your client to a program that specializes in this population.

CRITERIA	RATIONALE / BENEFITS
<input type="checkbox"/> Age (50+ years old)	<ul style="list-style-type: none"> • 50+ population has extended healing timeframes and is susceptible to secondary infections. • 23.3% of adults aged 65 to 74 have mobility problems (42.9% for those 75 and older).
If your client is 50 years or older with one or more of the following criteria, consider referring to a program that specializes on the 50+ population:	
<input type="checkbox"/> Early Intervention/Discharge Planning (Requires assistance with re-integration to home)	<ul style="list-style-type: none"> • 50+ population has longer recovery and rehabilitation timeframes making early intervention imperative. • To maximize independence in the community, the 50+ client may need to draw on the expertise of healthcare professionals to help establish relationships with specialized health/community services tailored to this population.
<input type="checkbox"/> Complex/Multiple Injuries (Suffers from complex or multiple injuries)	<ul style="list-style-type: none"> • Regardless of age, complex/multiple injuries require the skills of a wide range of healthcare professionals. Clients 50+ require the additional expertise of professionals experienced with this population and/or with graduate work in Gerontology to ensure the use of assessment tools especially relevant for this population.
<input type="checkbox"/> Extensive Medical History (Has extensive pre-MVA medical history)	<ul style="list-style-type: none"> • 50+ population often has pre-MVA medical conditions/injuries that must be addressed before initiating treatment. • Assessment of benefits needs to incorporate pre-existing medical information. • Future Care Cost Assessments may be necessary to determine any extraordinary costs related to medical and rehabilitation needs.
<input type="checkbox"/> Remote Geographic Location (Lives in a remote area)	<ul style="list-style-type: none"> • Remote locations often lack appropriate healthcare professionals to assist in a timely manner.
<input type="checkbox"/> Limited Support (Lacks medical and/or family/community support)	<ul style="list-style-type: none"> • 28% of those over 65 live alone and the trend is towards staying in the home setting as long as possible, making the assessment of community, social and medical support increasingly relevant for the 50+ population.
<input type="checkbox"/> Primary Caregiver (Is a primary caregiver)	<ul style="list-style-type: none"> • 50+ population often has dual responsibility of caring for children as well as parents, making the need to assess additional assistance requirements increasingly important.
<input type="checkbox"/> Pre-existing Mobility Issues (Has pre-existing deficits)	<ul style="list-style-type: none"> • 23.3% of adults aged 65 to 74 have mobility problems (42.9% for those 75 and older), making comprehensive assessment of pre-accident mobility status critical.
<input type="checkbox"/> De-conditioning (Has pre-MVA de-conditioning)	<ul style="list-style-type: none"> • 32% of adults over 50+ suffer from chronic pain/discomfort, 39% have experienced some level of activity restriction due to a chronic health problem, making assessment of prior de-conditioning critical as it may negatively impact recovery.
<input type="checkbox"/> Psychosocial Issues (Has psychosocial changes since the MVA)	<ul style="list-style-type: none"> • Psychosocial issues, may affect the 50+ population. Addressing prior psychosocial functioning and relating the information to an overall rehabilitation plan will facilitate timely recovery.
<input type="checkbox"/> Vocational Issues (Needs vocational alternatives assessed)	<ul style="list-style-type: none"> • Largest percentage of today's workforce is 45 years or older, making vocational assessments necessary regardless of age.
<input type="checkbox"/> Alternative Residence (Resides in convalescent or adult living environment)	<ul style="list-style-type: none"> • Transportation and disruption of regular routine often impact recovery and cause anxiety, making assessment/treatment within the client's familiar environment practical and beneficial.

For more information about Sibley Plus: Sibley & Associates' specialized services for 50+ please call us at 1.800.363.8900.