

Chapter 9

The Older Person

Lesson 9.1

- Define the key terms and key abbreviations in this chapter.
- Identify the developmental tasks of each age-group.
- Identify the psychological and social changes common in older adulthood.
- Describe the physical changes from aging and the care required.

Lesson 9.1 (Cont.)

- Describe the gains and losses related to long-term care.
- Describe the sexual changes and needs of older persons.
- Explain how to deal with sexually aggressive persons.
- Explain how to promote PRIDE in the person, the family, and yourself.

Development

- People live longer, are healthier, and are more active than ever before.
- Late adulthood involves these age ranges:
 - Young-old—between 65 and 74 years of age
 - Old—between 75 and 84 years of age
 - Old-old—85 years of age and older
- Gerontology is the study of the aging process.
- Geriatrics is the care of aging people.
- Aging is normal.
 - Normal changes occur in body structure and function.

Growth and Development

- Growth is the physical changes that are measured and that occur in a steady and orderly manner.
- Development relates to changes in mental, emotional, and social function.
- Growth and development occur in a sequence, order, and pattern.
 - Certain skills must be completed during each stage.
 - A stage cannot be skipped.
 - Each stage has its own characteristics and developmental tasks.

Psychological and Social Changes

- Retirement is a reward for a life-time of work.
- Retirement often means reduced income.
- Social relationships change throughout life.
- Some children care for older parents.
- A partner dies (the person loses a lover, friend, companion, and confidant).

Physical Changes

- Body processes slow down.
- Energy level and body efficiency decline.
- The changes occur over many years.

Nursing Center Care

- Nursing centers are options for older persons who cannot care for themselves.
- The person needing nursing center care may suffer some or all of these losses:
 - Loss of identity as a productive member of a family and community
 - Loss of possessions
 - Loss of independence
 - Loss of real-world experiences
 - Loss of health and mobility

Sexuality

- Sexuality is the physical, emotional, social, cultural, and spiritual factors that affect a person's feelings and attitudes about his or her sex.
- Love, affection, and intimacy are needed throughout life.
- Attitudes and sexual needs change with aging.
 - They are affected by life events.

Meeting Sexual Needs

- Meeting sexual needs
 - The nursing team promotes the meeting of sexual needs.
 - Married couples in nursing centers can share the same room.
 - They can share the same bed if their health permits.
 - Single persons may develop relationships.

Sexual Aggression

- The sexually aggressive person
 - Often there are reasons for the person's behavior. Reasons include:
 - Nervous system disorders
 - Confusion, disorientation, and dementia
 - Drug side effects
 - Fever
 - Poor vision
 - Changes in the person's mental function
 - Gaining attention

Sexual Aggression (Cont.)

- Touching or fondling the genitals can be:
 - For sexual pleasure
 - From genital soreness or itching
 - From poor hygiene
 - From being wet or soiled from urine or feces
 - From health problems
- Sometimes the purpose of touch is sexual.
 - You must be professional about the matter.
 - Ask the person not to touch you.
 - Tell the person that you will not do what he or she wants.
 - Tell the person what behaviors make you uncomfortable.
 - Allow privacy if the person is becoming aroused.
 - Discuss the matter with the nurse.
 - Follow the care plan.

Sexual Aggression (Cont.)

- The person must be protected from unwanted sexual comments and advances.
 - This is sexual abuse.
 - Tell the nurse right away.