

Current perspectives of ageing. Frailty and resilience



Module 1: The ageing process --- Video 2



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Healthy ageing

“The process of developing and maintaining the functional ability that enables wellbeing in older age”.

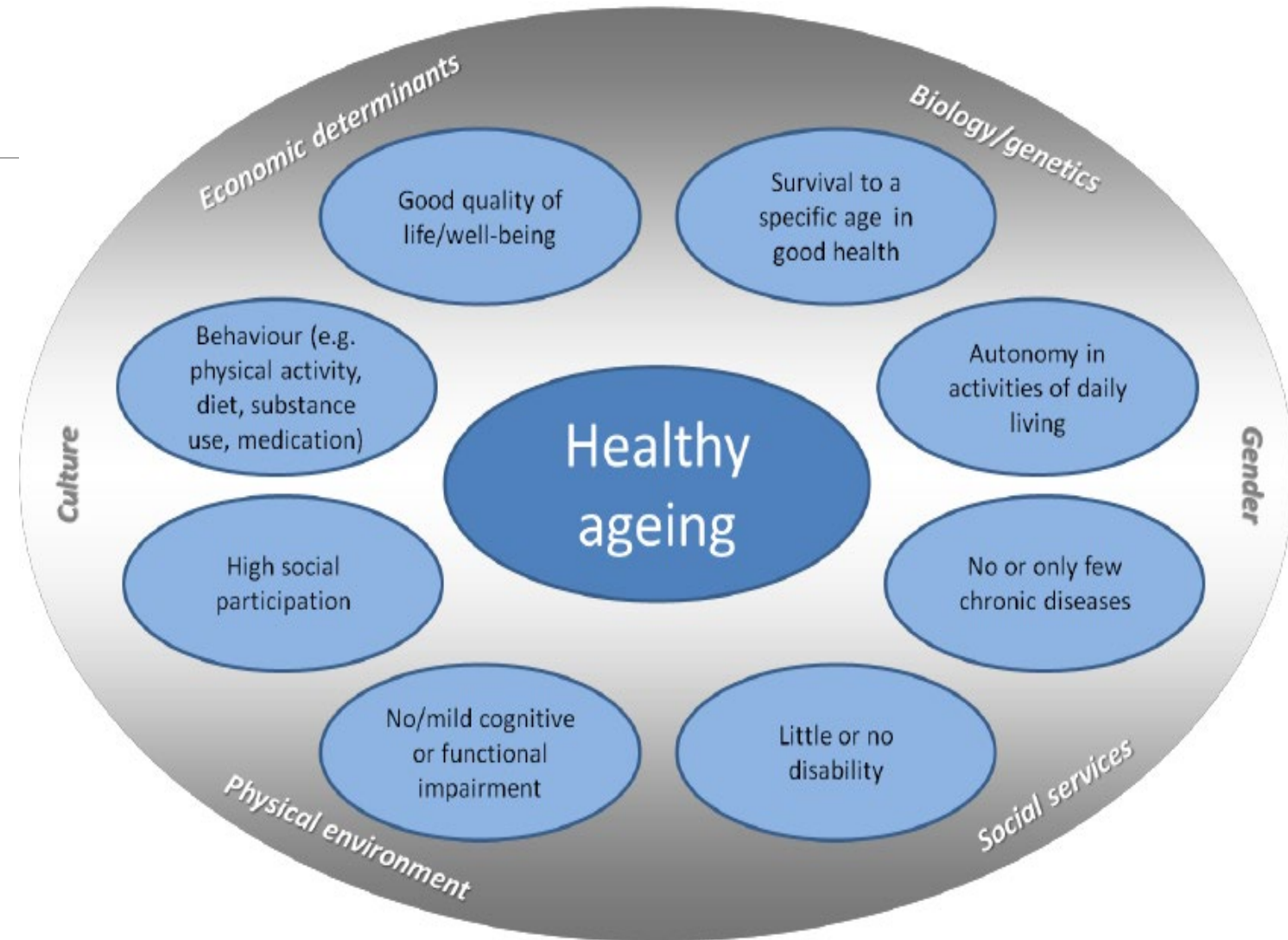


Figure 1. Components of healthy ageing.

Active ageing

“Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age”.



It allows people to realize their potential for physical, social, and mental well being throughout the life course and to participate in society according to their needs, desires and capacities, while providing them with adequate protection, security and care when they require assistance.

Successful aging

“The absence of chronic diseases and the ability to function effectively at the physiological and psychological level.”

if there is disease, it has little influence on the individual in terms of limitations

there is a cognitive and physical functionality

the individual can actively make choices

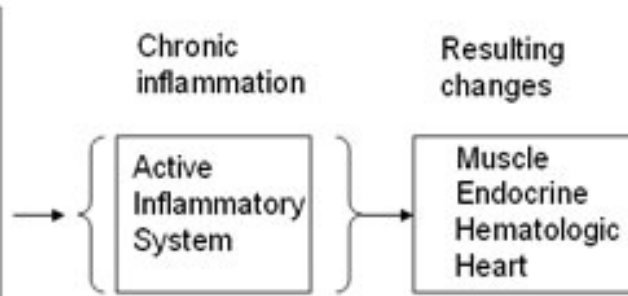
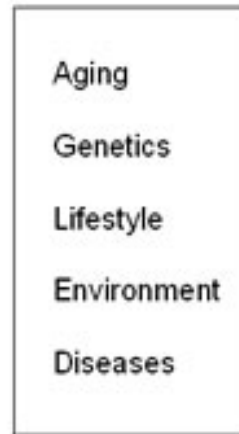
Frailty

A physical phenotype consisting of weight loss, exhaustion, physical inactivity, slowness and weakness.

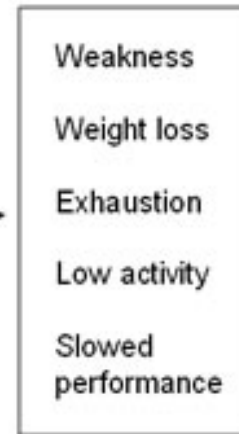
Frailty in Elderly



Risk Factors



Frailty Signs



Outcomes



Modified from: Chen et al Clinical Interventions in Aging 9:436, 2014

Resilience

It is revealed by an individual's ability to cope and recover from crises, sustain a sense of purpose and vitality, and emerge stronger from stressful experiences.



Different areas of resilience leading to the summation of a person's total resilience later in life

Resources:

- ❖ Slide 1: Image from www.flickr.com
- ❖ Slide 3: Fig1. Components of healthy ageing – from Indicators for Healthy Ageing – A Debate Article in International Journal of Environmental Research and Public Health · December 2013 DOI: 10.3390/ijerph10126630 · Source: PubMed
- ❖ Slide 4: Image from www.freepik.com/
- ❖ Slide 6 “Frailty in elderly” Image retrieved from <https://muschealth.org/medical-services/geriatrics-and-aging/healthy-aging/frailty>
- ❖ Slide 6 www.flickr.com
- ❖ Slide 7: Figure Adapted from: Wild, K., Wiles, J. L., & Allen, R. E. (2013). Resilience: thoughts on the value of the concept for critical gerontology. Ageing and Society, 33(01), 137-158.
- ❖ Information: <https://nursingandhealth.asu.edu/sites/default/files/resilience-in-aging.pdf>