



WELL-BEING

MODULE 2 IMPACT OF AGEING ON QOL OF AAWID

SEQUENCE 2: QOL AND AAWID

LESSON 4



Funded by the
Erasmus+ Programme
of the European Union

Partnership Agreement n° 2018-1-ES01-KA204-050348 TRIADE II.



Disclaimer

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

All pictures used in this PowerPoint are downloaded from Pixabay.com/nl.

The QoL logo's have been developed by HOGENT, Belgium.



Emotional well-being



Emotional well-being

AAWID report **relatively high levels** of emotional well-being

Psychological changes that might occur:

- diminished levels of energy and quality of sleep,
- augmented anxiety and insecurities,
- feelings of loss and mourning,
- loneliness,
- difficulties to process new information,
- dementia,
- fear of becoming more dependent on others for the daily care and mobility,...



Emotional well-being



Do I know what are the wishes of my clients concerning ageing and retirement?

Do I know their fears?

How do I assess their knowledge and understanding about the process of ageing?

Do I support my clients in making their own choices?

Physical well-being



Multiple co-morbidities

Lower life expectancy

Restricted access to preventive health care

Unhealthy lifestyles

Physical well-being

It is important to be alert for a decrease in the level of functioning of the client to facilitate healthy ageing and a good QoL.



Material well-being

Living accommodations

- Having personal stuff
- Cosy and familiar environment
- Adjustment of living environment

Having financial resources

- To remain independent if possible
- To choose where to live



Material well-being

Are my clients happy with their current living situation?

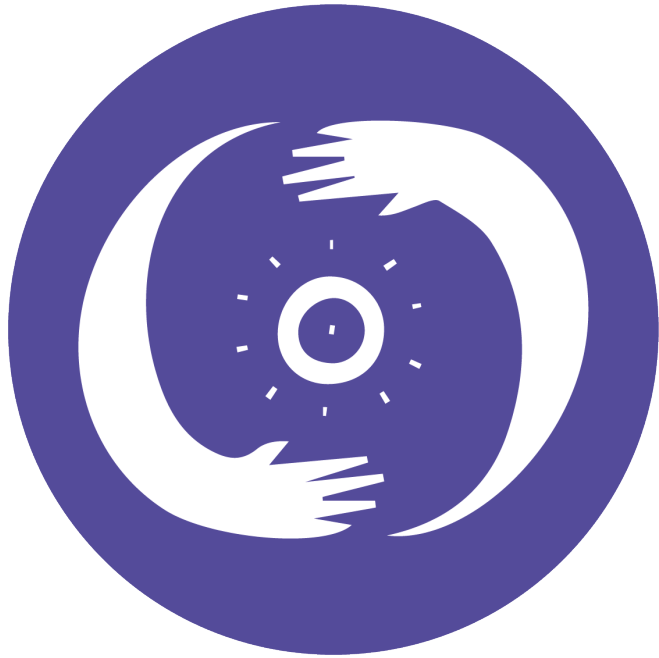
Do I know their wishes for the future? Do they wish to age in place or would they rather move to another place?

Does my client have access to his personal stuff?

...



Spiritual and existential well-being



“Who am I now I’m ageing?”

“What gives meaning to my life?”

“How can I still contribute to society?”

“Who will take care of me when my parents die?”

“What will happen to me when I become sick?”

“What if I die?”

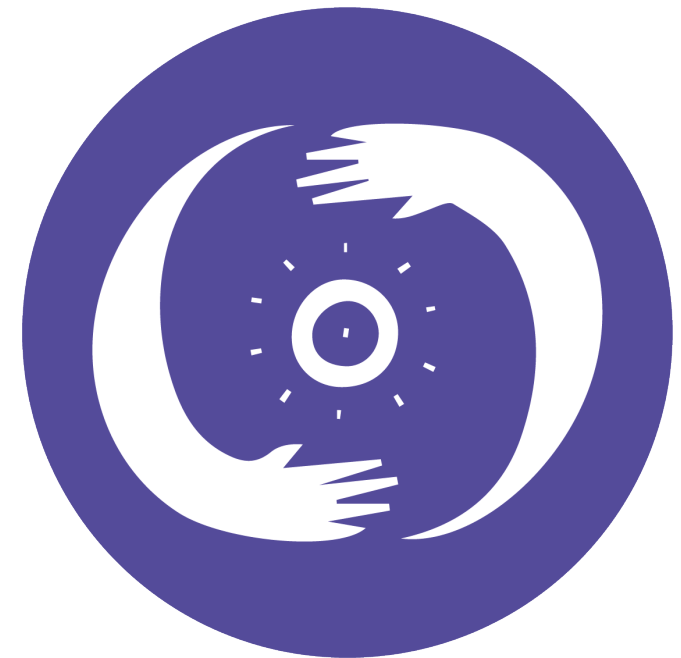
Spiritual and existential well-being

What is my client's current framework/background of knowledge?

What does he understand about what is happening in his life right now? What does he understand about the future?

How much more could he be helped to understand? What 'knowledge chunks' could, and should, be added to his current framework of knowledge?

Truffey-Wijne, I. (2013). *How to break bad news to people with intellectual disabilities. A guide for carers and professionals*. London: Jessica Kingsley Publishers



Thank you for listening

