



Promoting Independence among Older People

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ABOUT THE STUDY

Eldercare, also known as elderly care, caters to the needs and demands of senior citizens. It includes long-term care, nursing facilities, hospice care, assisted living, adult daycare, and home care. Elderly care places a strong emphasis on the social and psychological needs of senior individuals who want to age with dignity yet require support with everyday tasks and medical treatment. The majority of geriatric care is provided without payment. As there are many different aged care needs and cultural perspectives on the old around the world, elderly care encompasses a wide array of techniques and institutions.

Cultural and geographic differences

The type of care given to senior citizens varies widely by nation and even region and is evolving quickly. Worldwide, older folks are the age group that spends the most on health care. Additionally, there are a rising percentage of older people worldwide, especially in emerging countries where there is still pressure to reduce fertility and the size of families.

In the past, family members have always been in charge of providing care for elderly people in the extended family home. Care is now increasingly being offered by public or nonprofit organizations in modern nations. Family sizes are decreasing, people are living longer, and families are geographically dispersed, among other factors, causing this development. Asia is now progressively being impacted by these developments, despite the fact that European and North American countries were initially afflicted.

Residential family care homes, stand-alone assisted living facilities, nursing homes, and continuing care retirement communities are the types of care facilities used for elderly people in the majority of western nations. A family care home is a residential facility run by a company, organization, or person that offers housing, meals, personal care, and rehabilitation services to no more than six people in a family-like setting.

Promoting independence

More than they fear death, older folks fear losing their independence. By encouraging self-care independence, older persons may be able to keep their independence for longer and have a sense of accomplishment when they finish a task without assistance. The risk of losing independence with self-care duties

is higher for older persons who need help with everyday activities since dependent personal behaviors are frequently reinforced by caregivers. It is crucial for caregivers to make sure that actions are taken to preserve and increase function rather than to contribute to older adults with physical limitations declining in status.

Elderly patients should be allowed to keep as much independence as possible, and caregivers must be aware of acts and behaviors that make older persons dependent on them. The elderly patient may be able to recognize the advantages of practicing self-care independently if you explain to them why it is crucial to do so. Encourage the older adult in their efforts to maintain independence, even if they require supervision or are able to do self-care tasks on their own. This will give them a sense of accomplishment and will enable them to do so for a longer period of time.

Improving physical mobility

A significant health issue for older persons is mobility impairment, which affects 50% of those over 85 and at least a fourth of those over 75. Adults become totally incapacitated as they lose the capacity to walk, climb stairs, or get up from a chair. People over 65 represent the attendance segment that is rising the quickest, so the issue cannot be disregarded.

Therapy aimed at enhancing mobility in elderly individuals typically focuses on identifying and correcting certain problems, such as diminished strength or unstable balance. It is reasonable to draw comparisons between older people trying to increase their mobility and athletes trying to speed up their splits. Both groups perform better when they track their development and strive to achieve particular strength, aerobic capacity, and other physical attributes targets.

When deciding which mobility problems to address in an effort to help an older adult, there is frequently little scientific support for any of the choices. Many caregivers today priorities balance and leg strength. According to recent studies, mobility may also be influenced by limb velocity and core strength. Elderly people now have more independence and movement thanks to assistive technologies and developments in the healthcare industry. Today, a number of platforms use artificial intelligence to recommend assistive technology to the elderly in order to make a better fit. A well-designed fitness programme that incorporates several types of exercise, such as balance, functional, and resistance training, can lower the rate of falls in older adults.

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