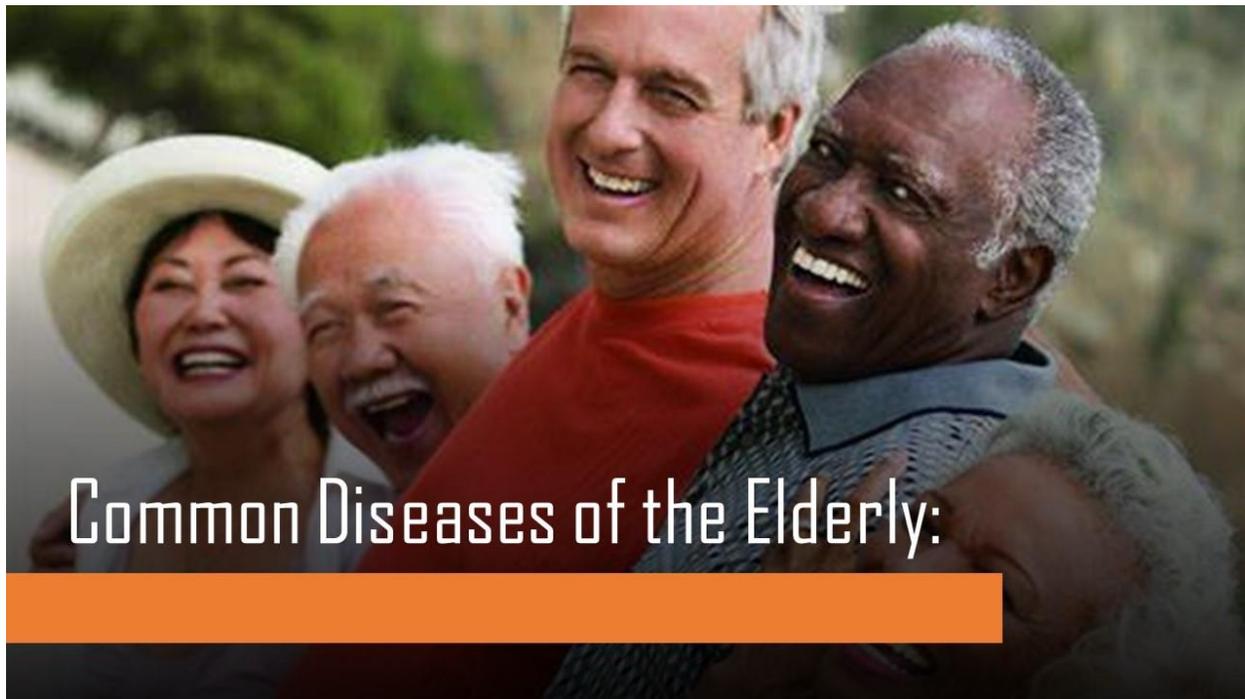




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What To Know As You Age



There are some diseases and conditions that become more common with age. It is therefore imperative to watch out for signs and symptoms of such conditions as you offer daily caregiving services.

1. **Arteriosclerosis:** Is the hardening of the arteries, reducing blood flow to some parts of the body, causing poor blood circulation, especially in the extremities (hands and feet). Moderate exercise and a low-fat diet may help prevent it.
2. **Fractures:** As people age, their bones become more brittle and break more easily. Fractures of the hip are common from falls. Older women with Osteoporosis are especially prone to breaking bones.
3. **Cataracts:** Clouding of the lens of the eye, causing decreased vision. Surgery can sometimes repair the damage.



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4. **Congestive Heart Failure:** Inability of the heart to pump enough blood, which causes difficulty in breathing, and accumulation of fluid in the extremities.

5. **Alzheimer's Disease:** A progressive mental disorder that slowly takes away all mental functioning. There is no cure.

6. **Dementia:** Mental disorders that are caused by changes in the brain which affect a person's ability to think, reason, judge, understand and behave normally. It's usually caused by Alzheimer's disease, but it may be due to a curable condition. Contact a medical provider if you notice new signs of confusion or disorientation in a client.

7. **Diabetes Mellitus:** Usually called diabetes. It is a disease of the metabolism that makes it hard for the body to turn carbohydrates into energy. In Type 1 diabetes, the body lacks the hormone called insulin. The person must regularly get an insulin injection. In Type II, which becomes more common with aging, the condition can sometimes be brought under control with exercise, careful diet and oral medications.

8. **Hypertension (High blood pressure):** You would identify this condition when you take the resident's blood pressure. There often no symptoms but if it becomes very high there can be headaches and changes in vision. Treatments usually include exercise, diet (no salt), and medications. This is common in older people due to changes in the blood vessels as a person ages.