

wellness check for elderly

Wellness Check for Elderly: Ensuring a Happy and Healthy Later Life

Are you worried about your aging parents or a beloved grandparent? Do you find yourself wishing there was a simpler way to ensure their wellbeing? Navigating the complexities of senior care can be daunting, but knowing you're taking proactive steps towards their health and happiness is invaluable. This comprehensive guide explores the crucial aspects of a wellness check for the elderly, covering everything from practical considerations to emotional support. We'll delve into the different types of checks, how to perform them effectively, and the resources available to help you. By the end, you'll feel confident and empowered to contribute to a better quality of life for your elderly loved ones.

Understanding the Importance of Regular Wellness Checks for the Elderly

As we age, our bodies and minds naturally undergo changes. These changes can subtly increase the risk of falls, illnesses, and social isolation, all impacting overall wellbeing. Regular wellness checks aren't just about identifying potential health problems; they're about proactively supporting independence, promoting a sense of security, and fostering a positive emotional state. A comprehensive wellness check goes beyond a simple physical examination; it considers the entire person – their physical health, mental wellbeing, social connections, and even their living environment.

Types of Wellness Checks for Elderly Individuals

Several approaches exist for conducting wellness checks, each offering unique benefits:

In-Person Visits: These provide the most thorough assessment, allowing for personal observation of physical health, cognitive function, and emotional wellbeing. You can check their home environment for safety hazards and directly interact to assess their mood and alertness.

Phone Calls: A quick and easy option, particularly suitable for frequent, less intensive checks. This method allows you to hear their voice, assess their clarity of thought, and check in on their emotional state. However, it doesn't provide visual assessment of their surroundings or physical condition.

Video Calls: Bridging the gap between in-person visits and phone calls, video calls allow for visual interaction, enabling you to observe their physical state and environment remotely. This is particularly

helpful for those living further away.

Professional Home Health Assessments: These are provided by trained professionals who can conduct comprehensive assessments, including medical checks, cognitive testing, and safety evaluations. This provides a more objective assessment than family-based checks.

Technology-Assisted Monitoring: Wearable devices and smart home technology can track various health metrics, such as activity levels, sleep patterns, and even potential falls. This allows for early detection of changes and potential health concerns.

Conducting a Comprehensive Wellness Check: A Step-by-Step Guide

While the specifics will vary depending on the individual and the type of check, a comprehensive wellness check generally includes:

1. **Physical Health:** Assess their mobility, check for any signs of injury or illness (bruising, unusual weight loss, etc.), inquire about medication adherence, and note any changes in appetite or sleep patterns.
1. **Mental Wellbeing:** Engage in conversation to assess their cognitive function, mood, and emotional state. Look for signs of depression, anxiety, or confusion. Encourage open communication and create a safe space for them to share concerns.
1. **Social Connections:** Inquire about their social activities and interactions. Social isolation is a significant risk factor for elderly individuals, so encouraging social engagement is crucial.
1. **Living Environment:** Assess their home for safety hazards, such as loose rugs, poor lighting, or cluttered walkways. Ensure they have easy access to essential amenities and that their living space is comfortable and clean.
1. **Medication Management:** Review their medications to ensure proper dosage and adherence. Help

them organize their medications and check for any potential drug interactions.

1. **Emergency Preparedness:** Ensure they have readily accessible emergency contact information and a plan in place in case of an emergency.

Resources and Support for Elderly Wellness

You don't have to navigate this alone. Several resources are available to assist in maintaining the wellbeing of elderly loved ones:

Home healthcare agencies: Provide professional assistance with personal care, medication management, and other health-related needs.

Senior centers: Offer social activities, meals, and opportunities for socialization.

Adult day care centers: Provide daytime supervision and care for seniors, offering respite for caregivers.

Geriatric care managers: Experienced professionals who coordinate care and provide guidance on managing various aspects of senior care.

Online resources and support groups: Numerous websites and online communities offer information, support, and advice for caregivers.

Addressing Specific Concerns During a Wellness Check

Certain concerns require extra attention:

Cognitive decline: Changes in memory, confusion, or difficulty with everyday tasks warrant a thorough assessment by a medical professional.

Falls: Falls are a major concern for older adults, often leading to serious injuries. Assess their environment for fall risks and consider assistive devices.

Social isolation: Actively encourage social interaction and engagement to combat loneliness and depression.

Nutrition: Monitor their dietary intake to ensure adequate nutrition and hydration.

Depression and anxiety: Be vigilant for signs of mental health issues and seek professional help when

needed.

Conclusion: Prioritizing Wellness for a Fulfilling Later Life

Regular wellness checks for elderly loved ones are not just acts of kindness; they are essential for maintaining their physical and mental wellbeing, promoting independence, and enhancing their quality of life. By proactively monitoring their health, addressing concerns promptly, and utilizing available resources, you can contribute significantly to their happiness and overall well-being in their later years. Remember, a holistic approach that considers the physical, mental, and social aspects of their lives is key to ensuring a fulfilling and healthy aging journey.

FAQs

1. How often should I perform a wellness check? The frequency depends on the individual's needs and health status. Weekly checks might be necessary for someone with significant health challenges, while monthly checks might suffice for others.
1. What if I notice a significant change in my loved one's health during a wellness check? Seek immediate medical attention if you observe any concerning symptoms, such as sudden confusion, severe pain, or difficulty breathing.
1. Are there financial assistance programs available to help with elderly care? Yes, various government and private programs offer financial assistance for senior care, depending on location and income level. Contact your local Area Agency on Aging for more information.
1. How can I involve my elderly loved one in the wellness check process? Encourage their participation by asking their opinions, listening to their concerns, and respecting their autonomy. This fosters a sense of control and independence.
1. What if my elderly loved one refuses a wellness check? Respect their wishes while gently explaining the importance of the check. Consider involving their physician or another trusted

individual to help facilitate the conversation.

wellness check for elderly: Families Caring for an Aging America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

wellness check for elderly: Retooling for an Aging America Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. Retooling for an Aging America calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use Retooling for an Aging America to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

wellness check for elderly: Social Isolation and Loneliness in Older Adults National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health

and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

wellness check for elderly: Aging Well George E. Vaillant, 2008-12-12 “An outstanding contribution to the study of aging” from a psychiatrist and professor at Harvard Medical School (Publishers Weekly). In an unprecedented series of studies, Harvard Medical School has followed 824 subjects—men and women, some rich, some poor—from their teens to old age. Harvard's George Vaillant now uses these studies—the most complete ever done anywhere in the world—and the subjects' individual histories to illustrate the factors involved in reaching a happy, healthy old age. He explains precisely why some people turn out to be more resilient than others, the complicated effects of marriage and divorce, negative personality changes, and how to live a more fulfilling, satisfying and rewarding life in the later years. He shows why a person's background has less to do with their eventual happiness than the specific lifestyle choices they make. And he offers step-by-step advice about how each of us can change our lifestyles and age successfully. Sure to be debated on talk shows and in living rooms, Vaillant's definitive and inspiring book is the new classic account of how we live and how we can live better. It will receive massive media attention, and with good reason: we have never seen anything like it, and what it has to tell us will make all the difference in the world. “A respected researcher. . . . offers suggestions for successful and happy aging. Highly recommended.” —Library Journal “Astonishing observations. . . . [Aging Well] provides the only available longitudinal assessment of the factors that will permit us to age well.” —New England Journal of Medicine “Perceptive, understanding, and often tinged with delightful humor.” —Booklist

wellness check for elderly: The Lost Art of Healing Bernard Lown, 1999-02-02 The real crisis in medicine today is not about economics, insurance, or managed care--it's about the loss of the fundamental human relationship between doctor and patient. In this wise and passionate book, one of our most eminent physicians reacquaints us with a classic notion often overlooked in modern medicine: health care with a human face, in which the time-honored art of healing guides doctors in their approach to patient care and their use of medical technology. Drawing on four decades of practice as a cardiologist and a vast knowledge of literature and medical history, Dr. Lown probes the heart and soul of the doctor-patient relationship. Insightful and accessible to all, *The Lost Art of Healing* describes how true healers use sympathetic listening and touch to hone their diagnostic skills, how language affects the perception of illness, how doctors and patients can cultivate a relationship of trust, and how patients can obtain the most complete and beneficial care through a combination of healing techniques and conventional practices. As Dr. Lown explains, the art of healing does not mean abandoning the spectacular advances of modern science, but rather incorporating them into a sensitive, humane, enlightened approach to medical care. With its urgent message and poignant, fascinating vignettes, *The Lost Art of Healing* is a book of vital, universal importance.

wellness check for elderly: Rethinking Aging Nortin M. Hadler, M.D., 2011-09-12 For those fortunate enough to reside in the developed world, death before reaching a ripe old age is a tragedy, not a fact of life. Although aging and dying are not diseases, older Americans are subject to the most egregious marketing in the name of successful aging and long life, as if both are commodities. In *Rethinking Aging*, Nortin M. Hadler examines health-care choices offered to aging Americans and argues that too often the choices serve to profit the provider rather than benefit the recipient, leading to the medicalization of everyday ailments and blatant overtreatment. *Rethinking Aging* forewarns and arms readers with evidence-based insights that facilitate health-promoting decision

making. Over the past decades, Hadler has established himself as a leading voice among those who approach the menu of health-care choices with informed skepticism. Only the rigorous demonstration of efficacy is adequate reassurance of a treatment's value, he argues; if it cannot be shown that a particular treatment will benefit the patient, one should proceed with caution. In *Rethinking Aging*, Hadler offers a doctor's perspective on the medical literature as well as his long clinical experience to help readers assess their health-care options and make informed medical choices in the last decades of life. The challenges of aging and dying, he eloquently assures us, can be faced with sophistication, confidence, and grace.

wellness check for elderly: The Caregiving Trap Pamela D. Wilson, 2015-10-06 The *Caregiving Trap* combines the authentic life and professional experience of Pamela D. Wilson, who provides recommendations for overwhelmed and frustrated caregivers who themselves may one day need care. The *Caregiving Trap* includes stories about Pamela's actual personal and professional experience along with end of chapter exercises to support caregivers. Common caregiving issues include: A sense of duty and obligation to provide care that damages family relationships Emotional and financial challenges resulting in denial of care needs Ignorance of predictive events that result in situations of crises or harm Delayed decision making and lack of planning resulting in limited choices Minimum standards of care supporting the need for advocacy

wellness check for elderly: Patient Safety and Quality Ronda Hughes, 2008 Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- *Patient Safety and Quality: An Evidence-Based Handbook for Nurses*. (AHRQ Publication No. 08-0043). - online AHRQ blurb, <http://www.ahrq.gov/qual/nursesfdbk/>

wellness check for elderly: Getting Your Affairs in Order , 1988

wellness check for elderly: *TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)* U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

wellness check for elderly: Providing Healthy and Safe Foods As We Age Institute of Medicine, Food and Nutrition Board, Food Forum, 2010-11-29 Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

wellness check for elderly: Healthy Aging For Dummies Brent Agin, Sharon Perkins, 2011-05-04 Look to this book for advice, techniques, and strategies to help people stay vigorous and healthy as they grow older. People are becoming increasingly knowledgeable about managing their health as they age. *Healthy Aging For Dummies* explains how people can embark on a healthy lifestyle that will enable them to feel young, both mentally and physically, even as they're getting older. It covers tips and advice on choosing the ideal physician; starting an exercise program; learning to meditate; taking the right vitamins and herbs; dealing with or preventing heart disease,

cancer, and dementia; replacing negative thinking with positive thinking; and building memory and learning skills.

wellness check for elderly: Nursing for Wellness in Older Adults Carol A. Miller, 2009
Now in its Fifth Edition, this text provides a comprehensive and wellness-oriented approach to the theory and practice of gerontologic nursing. Organized around the author's unique functional consequences theory of gerontologic nursing, the book explores normal age-related changes and risk factors that often interfere with optimal health and functioning, to effectively identify and teach health-promotion interventions. The author provides research-based background information and a variety of practical assessment and intervention strategies for use in every clinical setting. Highlights of this edition include expanded coverage of evidence-based practice, more first-person stories, new chapters, and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing.

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wellness check for elderly: Aging Well Jean Galiana, William A. Haseltine, 2019-03-20 This open access book outlines the challenges of supporting the health and wellbeing of older adults around the world and offers examples of solutions designed by stakeholders, healthcare providers, and public, private and nonprofit organizations in the United States. The solutions presented address challenges including: providing person-centered long-term care, making palliative care accessible in all healthcare settings and the home, enabling aging-in-place, financing long-term care, improving care coordination and access to care, delivering hospital-level and emergency care in the home and retirement community settings, merging health and social care, supporting people living with dementia and their caregivers, creating communities and employment opportunities that are accessible and welcoming to those of all ages and abilities, and combating the stigma of aging. The innovative programs of support and care in Aging Well serve as models of excellence that, when put into action, move health spending toward a sustainable path and greatly contribute to the well-being of older adults.

wellness check for elderly: Hope for the Caregiver Peter Rosenberger, 2015-10-15 There are 65.7 million caregivers in America, making up 29 percent of the U.S. adult population. Where does the caregiver turn when dealing with their own need for encouragement and renewal?

wellness check for elderly: Age-Friendly Health Systems Terry Fulmer, Leslie Pelton, Jinghan Zhang, 2022-02 According to the US Census Bureau, the US population aged 65+ years is expected to nearly double over the next 30 years, from 43.1 million in 2012 to an estimated 83.7 million in 2050. These demographic advances, however extraordinary, have left our health systems behind as they struggle to reliably provide evidence-based practice to every older adult at every care interaction. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), designed Age-Friendly Health Systems to meet this challenge head on. Age-Friendly Health Systems aim to: Follow an essential set of evidence-based practices; Cause no harm; and Align with What Matters to the older adult and their family caregivers.

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wellness check for elderly: The Savvy Senior Jim Miller, 2004 If you're looking for answers to senior questions, here is the solution. Why spend endless hours searching the Internet or talking to

automated phone systems trying to figure out your Social Security benefits? Spend only what you need to on your prescription drugs, and get what you're owed from Medicare. Turn to the source that millions of readers have trusted - Jim Miller, the author of The Savvy Senior newspaper column, published in over 400 newspapers nationwide.

wellness check for elderly: Seniors' Guidebook to Safety and Security, 2017 This guide is for seniors, their family members, care-givers, friends, and anyone else who may find it useful. It is not meant to include everything but tries to answer some common concerns when it comes to seniors' safety and security. The goal is to raise awareness of seniors' safety issues to improve their quality of life. The information in this guide can also be used to help people and their loved ones discuss this topic to help recognize a potential crime situation and show how to reduce or remove the risk--Page 2.

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Print+CourseSmart

wellness check for elderly: Profiles in Caregiving Carol S. Aneshensel, Leonard I. Pearlin, Joseph T. Mullan, Steven H. Zarit, Carol J. Whitlatch, 1995-09-15 Given medical advances and greater understanding of healthful living habits, people are living longer lives. Proportionally speaking, a greater percentage of the population is elderly. Despite medical advances, there is still no cure for dementia, and as elderly individuals succumb to Alzheimer's Disease or related dementia, more and more people are having to care their elderly parents and /or siblings. Profiles in Caregiving is practical source of information for anyone who teaches caregiving, acts as a caregiver, or studies caregiving. This book discusses recent research on stress factors associated with caregiving, and what factors impact on successful versus non-successful adaptation to the care-giving role. This is an expanding field in gerontology, and is also of interest to personality and social psychologists studying stress and interpersonal relations. Although there are many books on the cause and treatment of dementia, there has been a book that provides a research investigation into the factors associated with effective caregiving to dementia patients. - Conceptualizes caregiving as a multistage career whose impact on the caregiver continues to be felt after in-home care has ceased - Based upon a longitudinal survey of a demographically diverse sample of principal caregivers over a three-year period - Identifies caregivers who are most at-risk for adverse adaptation to the role - Describes preventative and clinical intervention strategies - Identifies post-care risk and issues - Identifies antecedents to successful adaptation - State of the art analytic techniques - Graphic presentation of empirical findings - Renowned multidisciplinary research team

wellness check for elderly: A Man's Guide to Healthy Aging Edward H. Thompson Jr., Lenard W. Kaye, 2013-11-25 Explores all aspects of health as men reach middle age and beyond. As they reach middle age, most men begin looking forward to what's next. They gear up to experience renewed productivity and purpose and are more conscious of their health. A Man's Guide to Healthy Aging is an authoritative resource for them, and for older men, as well. In collaboration with a variety of medical experts, the authors provide a comprehensive guide to healthy aging from a man's perspective. Edward H. Thompson, Jr., and Lenard W. Kaye—a medical sociologist and a gerontologist and social worker—offer invaluable information in four parts: • Managing Our Lives describes the actions men can take to stay healthy. Here is information about how to eat well, reduce stress, and stay active for better overall health. • Mind and Body considers how physical health and state of mind are connected. It explores sleep, drug and alcohol use, spirituality, and attitudes about appearance—and explains how all of these factors affect mental health. • Bodily Health examines how body systems function and what changes may occur as men age. It covers the body from head to toe and reviews how to manage chronic diseases such as cancer, diabetes, and heart conditions. • Living with Others shows the importance of interacting with friends and family. Topics include sexual intimacy, friendship, and caregiving, as well as how men can make the best decisions about end-of-life issues for themselves and their loved ones. Refuting the ageist stereotype that men spend their later years winding down, this book will help men reinvent themselves once, twice, or more—by managing their health, creating new careers, and contributing their skills and

experiences to their communities.

wellness check for elderly: *Emotion, Aging, and Health* Anthony D. Ong, Corinna E. Löckenhoff, 2016-03-01 Although older adults may face significant health challenges, they tend to have better emotion regulation skills than younger or middle-age adults. Why is this and how might we use this knowledge to promote better health and well-being in adulthood and later life? *Emotion, Aging, and Health* explores the reciprocal relations between aging and emotion as well as how best to promote mental and physical health across the lifespan. The authors discuss the neural and cognitive mechanisms behind age-related shifts in affective experience and processing. In addition to presenting emotion-regulation strategies for offsetting age-related declines in mental and physical functioning, they examines the role of culture and motivation in shaping emotional experience across the lifespan along with the factors that determine human illness and human flourishing in old age. By highlighting these major advances in interdisciplinary research, the authors suggest promising avenues for intervention. Book jacket.

wellness check for elderly: *Assessing Capacities of Older Adults* Jennifer Moye, 2020 This book demonstrates how to address practical and ethical challenges when assessing older adults with neurocognitive disorders, like dementia. Expanding on the ABA/APA's *Assessment of Older Adults with Diminished Capacity: A Handbook for Psychologists*, it explores the tension between ensuring a client's autonomy while protecting them from harm, particularly when decision-making capacity or daily living skills are impaired. Chapters cover a range of complex issues in careful detail, including financial exploitation, undue influence, sexual consent, and medical aid in dying.

wellness check for elderly: *Falls in Older Persons* Rein Tideiksaar, 1998 In both hospitals and long-term care facilities it's the older patients and residents who are most prone to falling and most vulnerable to serious injury from a fall. Staff must constantly be on the alert for hazardous situations and know how to deal with falls. This easy-to-read guide provides just the right amount of information needed by health care staff to prevent and manage this common problem among older adults. This book presents a wealth of practical recommendations, modifications, equipment, and resources that will improve the health and safety of older adult patients and long-term care residents.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

wellness check for elderly: *Cannabis for Seniors* Beverly A. Potter, PhD, 2024-09-12 CANNABIS FOR SENIORS is written for independent seniors - as well as for family members and caretakers seeking ways to manage their everyday health concerns without resorting to powerful, habit-forming, potentially dangerous medications. CANNABIS FOR SENIORS reviews the latest scientific research regarding the health effects of marijuana and the effectiveness of various cannabis strains for managing specific health conditions. It also presents anecdotal reports on cannabis use by seniors - so readers can learn about people "just like them" who have tried medical marijuana and had good results. It addresses the myths and worries that many seniors have about marijuana use showing which concerns are founded in fact and which are simply based on inadequate or partial information. CANNABIS FOR SENIORS discusses various methods of administering medical marijuana, explaining which conditions are best handled by smoking, eating, or using skin patches containing active medicinal cannabis components. It deals in detail with the major conditions that cannabis can help: • Sleep issues • Depression • Alzheimer's disease • Chronic pain • Anxiety • Digestive disorders • Cancer • Glaucoma • Multiple sclerosis • Parkinson's disease • Concussions • Stroke •and many more For each condition, CANNABIS FOR SENIORS explains the scientific research and personal anecdotes supporting use of medical marijuana; helping seniors decide for themselves, or with the help of a caregiver, how best to cope with their personal health situations. CANNABIS FOR SENIORS also discusses social elements of life that are facilitated by marijuana. Research shows that seniors who remain connected to friends, family members and community live longer, happier and healthier lives. The book shows how medical marijuana can help with these important social connections.

wellness check for elderly: *Mobile Technology for Adaptive Aging* National Academies of

Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, 2020-10-25 To explore how mobile technology can be employed to enhance the lives of older adults, the Board on Behavioral, Cognitive, and Sensory Sciences of the National Academies of Sciences, Engineering, and Medicine commissioned 6 papers, which were presented at a workshop held on December 11 and 12, 2019. These papers review research on mobile technologies and aging, and highlight promising avenues for further research.

wellness check for elderly: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

wellness check for elderly: Calm Night K.D. Cross, 2023-10-31 About the Book What is the bright sun without the night sky? Perhaps at first it would appear pleasant. Constant sun filled days is ideal. Is it not? But in all actuality it would be a turning point of an unconceivable event with an unexpected aftermath. A new world government is birth out of calamity and the greatest devastation the entire earth has ever succumb. Lordia, the young queen with no crown decked with gems nor a palace on high is the promise for a simple way of life. Along with an orphan born to be a king a purpose if fulfilled. But in the mist is a secret that holds the power to destroy the government. With the purpose fulfilled, the promise becomes ensnared with the secret. The outcome is altered for both the promise and the secret. "The sun is neither friend nor foe." per Jacob the father of the young queen and the visionary mind of the government known as The Thirteen. However, according to the knowledge of a gate keeper the sun has always been at odds with the earth. Lordia is not only the embodiment of the promise but the vessel as well. The Thirteen has become her allies of strength. Lordia in return will become their bravest protector. In despite of her snare with the secret Lordia will keep the promise. About the Author K.D. Cross known as Kim lives in Danville Virginia. She was born in the spring of April on the 8th day in 1976. Kim began creative writing in 2015. Calm Night was her stress reliever after a long work night and a quick workout at the gym. When Kim arrived home she would type. The initial writing of Calm Night was to be a short story. But with each new

day Kim fell in love with Calm Night referring to the writing as her first born. Kim would stay awake inside her tiny studio apartment and type until her eyes became heavy with sleep. But that is when Kim's eclectic imagination would explode. She dreamed of Calm Night when she slept. The dreams are now chapters in the book. Each character was brought to life with what Kim's idea of wholeness, ability and concord is. Kim's political views, opinions of society and her fondest passions were her muse to write Calm Night. The book cover is Kim's work of art. She named the painting Sisters because both beings are identical but with different dedications toward the same objective. Kim finished the painting of Sisters in the winter of February on the 1st day of 2015. A few months after in the spring of May on the 15th day Kim began the writing of Calm Night. In the autumn of October on the 28th day in 2019 Kim completed Calm Night. She is happy to share Calm Night with you. From Kim's imagination to your enjoyment.

wellness check for elderly: Money Smart for Older Adults Resource Guide Federal Deposit Federal Deposit Insurance Corporation, Bureau of Bureau of Consumer Financial Protection, 2019-03 This recently updated guide produced by the Bureau of Consumer Financial Protection (BCFP) and the Federal Deposit Insurance Corporation (FDIC) provides information on common frauds, scams and other forms of elder financial exploitation and suggests steps that older persons and their caregivers can take to avoid being targeted or victimized. The mission of the BCFP, a government agency, is to make markets for consumer financial products and services work for consumers by making rules more effective, by consistently and fairly enforcing those rules, and by empowering consumers to take more control over their economic lives. The FDIC is an independent agency created by the Congress to maintain stability and public confidence in the nation's financial system.

wellness check for elderly: Preventing Alzheimer's Disease National Institutes National Institutes of Health, National Institute National Institute on Aging, 2017-02-16 This booklet summarizes what scientists have learned so far and where research is headed. There is no definitive evidence yet about what can prevent Alzheimer's or age-related cognitive decline. What we do know is that a healthy lifestyle—one that includes a healthy diet, physical activity, appropriate weight, and no smoking—can maintain and improve overall health and well-being. Making healthy choices can also lower the risk of certain chronic diseases, like heart disease and diabetes, and scientists are very interested in the possibility that a healthy lifestyle might have a beneficial effect on Alzheimer's as well. In the meantime, as research continues to pinpoint what works to prevent Alzheimer's, people of all ages can benefit from taking positive steps to get and stay healthy.

wellness check for elderly: Elderly Parent Caregiver Guide HowExpert, Rebecca Rehak, 2019-08-08 Elderly Parent Caregiver 101 is the ultimate guide for adult children who are or will become their parents' caregivers. Filled with valuable information and ideas, this book offers hope, support, and plenty of practical advice for anyone caring for their elderly parents. Each chapter describes a different area of caregiving, including: • Becoming a Caregiver • Medical Providers • Facility Care • Caregiver Support • Financial Concerns • Medical Devices • Special Circumstances • End of Life As the author guides you through the maze of caregiving, she shares her knowledge as a nurse and examples from her own journey of caregiving for her elderly parents. This book defines medical terms, explains insurance options, and highlights the many tools available to caregivers. Through these topics, you'll gain the understanding needed to be a caregiver for your elderly parents. Each section offers helpful information and true insights only a caregiver can provide. The tips in every chapter are practical facts and advice for every area of your caregiving. You are not alone in your caregiving journey. Don't struggle without having the best resource for knowing everything you need to know about caring for your elderly parents. This guide is your trusted companion for that journey. About the Expert Rebecca Rehak, LPN, is a nurse, writer, and public speaker who has worked in the medical field for over 20 years, including kidney dialysis, community health, and Memory Care. As a public speaker, she helped advance programs for dialysis access care and currently teaches science camps for children. Her work has touched the lives of thousands of people. After caring for both her elderly parents, she now devotes much of her time to writing

articles, blogs, and providing support for other caregivers. She and her husband live with their big, furry dog in Wisconsin. The author would like to thank the doctors and staff at Froedtert Hospital, the Medical College of Wisconsin, and Horizon Home Care and Hospice for the wonderful care they provided to both her parents. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

wellness check for elderly: How to Care for Aging Parents Virginia Morris, 2004-10-15 Thoroughly updated and expanded, a compassionate, single-volume reference to the many emotional, legal, financial, medical, and logistical issues associated with caring for aging parents covers such areas as nursing homes, finances, finding a good doctor, legal arrangements, redefining parental relationships, and handling emotional challenges. Original.

wellness check for elderly: Reichel's Care of the Elderly Jan Busby-Whitehead, Samuel C. Durso, Christine Arenson, Rebecca Elon, Mary H. Palmer, William Reichel, 2022-07-21 This eighth edition of Dr Reichel's formative text remains the go-to guide for practicing physicians and allied health staff confronted with the unique problems of an increasing elderly population. Fully updated and revised, it provides a practical guide for all health specialists, emphasizing the clinical management of the elderly patient with simple to complex problems. Featuring four new chapters and the incorporation of geriatric emergency medicine into chapters. The book begins with a general approach to the management of older adults, followed by a review of common geriatric syndromes, and proceeding to an organ-based review of care. The final section addresses principles of care, including care in special situations, psychosocial aspects of our aging society, and organization of care. Particular emphasis is placed on cost-effective, patient-centered care, including a discussion of the Choosing Wisely campaign. A must-read for all practitioners seeking practical and relevant information in a comprehensive format.

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wellness check for elderly: Be Fit For Life: A Guide To Successful Aging - A Wellness, Weight Management, And Fitness Program You Can Live With Steven R Gambert, 2010-01-21 Be Fit for Life: A Guide to Successful Aging is a self-help book for anyone interested in living a happier and healthier life. Aging is a life-long process and the sooner one accepts this and better prepares for the years ahead, the more successful his/her aging process will be. Dr Gambert, a noted authority in the field of aging and medicine, takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process, avoid disease, and recognize and treat problems early. This book also offers practical information to help the reader choose the right diet, exercise plan and lifestyle that will help promote a more successful aging process.

wellness check for elderly: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based—the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and

Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

wellness check for elderly: Grant Writing For Dummies Beverly A. Browning, 2016-09-12
Your go-to guide for getting that coveted grant Though hundreds of thousands of grant opportunities exist, finding the right one can be a challenge. Grant Writing For Dummies, 6th Edition offers expert guidance for locating available grants, carefully applying, and ultimately winning a grant. From writing compelling applications to properly adhering to strict guidelines and parameters, it takes the intimidation out of the process and shows you how to increase your ability to get a piece of the billion-dollar pie for your non-profit or for-profit organization. You'll even have access to sample applications, letters, and budgets online to help you stand out from the competition. As the amount of established granting foundations increases, so does the amount of money available. But for most grant-seekers, the application process can be long, tedious, and highly competitive. Packed with step-by-step instructions for registering with Grants.gov, up-to-date grant opportunities available via newly created websites and online databases, updated resources and best practices—and more—Grant Writing For Dummies is your all-encompassing guide to navigating the entire grant-writing process. Find grant opportunities in the public or private sector Create strong statements of need tailored for your prospects Navigate federal regulations Apply for grants online If you're ready to create powerful, successful applications and proposals that convey your need for grant funding, help is a page away!

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