

wellness check for seniors

Wellness Check for Seniors: Ensuring a Thriving Golden Age

Are you concerned about the well-being of your aging parents, grandparents, or other senior loved ones? Navigating the complexities of senior health can be daunting, but proactive wellness checks are crucial for maintaining their quality of life and independence. This comprehensive guide provides an in-depth look at wellness checks for seniors, covering everything from understanding the importance of regular checkups to practical tips for implementing a robust wellness plan. We'll explore various aspects of senior wellness, addressing physical, mental, and social health to help you ensure your loved ones are thriving in their golden years.

Understanding the Importance of Wellness Checks for Seniors

As we age, our bodies and minds undergo significant changes. Conditions like arthritis, heart disease, and dementia become more prevalent, and the risk of falls and other accidents increases. Regular wellness checks for seniors are not just about addressing existing health issues; they're about proactively identifying potential problems before they become serious, promoting early intervention, and maximizing overall well-being. These checkups are crucial for:

- Early Disease Detection: Many age-related diseases progress subtly at first. Early detection through regular screenings significantly improves treatment outcomes and quality of life.
- Preventative Care: Wellness checks allow healthcare providers to offer tailored advice on preventative measures, such as diet, exercise, and vaccinations, significantly reducing the risk of future health problems.
- Managing Chronic Conditions: For seniors already managing chronic conditions, regular checkups are essential for monitoring disease progression, adjusting medication as needed, and preventing complications.
- Maintaining Independence: By addressing health concerns promptly, wellness checks help seniors maintain their independence and avoid unnecessary hospitalizations or nursing home placements.
- Improved Quality of Life: Proactive healthcare and support contribute significantly to a senior's overall happiness, mental well-being, and quality of life. Feeling healthy and supported empowers seniors to remain engaged in life's activities.

What to Expect During a Senior Wellness Check

A typical wellness check for seniors involves a multifaceted approach, incorporating several key components:

Physical Examination: This includes checking vital signs (blood pressure, heart rate, respiration), assessing mobility and balance, and examining the body for any signs of illness or injury.

Medical History Review: A thorough review of the senior's medical history, including current medications, allergies, and previous illnesses, is crucial for personalized care.

Cognitive Assessment: Depending on the individual's needs, a cognitive assessment may be conducted to evaluate memory, thinking skills, and overall cognitive function.

Mental Health Screening: Mental health is an integral part of overall wellness. The checkup may include screening for depression, anxiety, or other mental health concerns.

Lifestyle Assessment: This involves discussing the senior's lifestyle habits, including diet, exercise, sleep patterns, and social activities. Recommendations for improvement will be made based on the assessment.

Vaccinations: Staying up-to-date on vaccinations, such as the flu shot and pneumonia vaccine, is crucial for protecting against preventable illnesses.

Laboratory Tests: Blood tests and other laboratory tests may be ordered to screen for various diseases and monitor organ function. These tests are tailored to the individual's age, health history, and risk factors.

Beyond the Doctor's Office: Holistic Wellness for Seniors

A truly comprehensive wellness check for seniors extends beyond the traditional medical examination. It encompasses a holistic approach that considers all aspects of their well-being:

Nutrition: A balanced diet rich in fruits, vegetables, and whole grains is crucial for maintaining energy levels, supporting immune function, and preventing chronic diseases.

Physical Activity: Regular exercise, tailored to the individual's capabilities, improves physical function, reduces the risk of falls, and enhances mood. Activities like walking, swimming, or chair exercises can be beneficial.

Social Engagement: Maintaining strong social connections is essential for preventing loneliness and social isolation, both major contributors to declining health in seniors. Encourage participation in social activities, hobbies, and community events.

Mental Stimulation: Keeping the mind active through activities like reading, puzzles, or learning new skills helps maintain cognitive function and prevent cognitive decline.

Sleep Hygiene: Ensuring adequate sleep is crucial for overall health and well-being. Establishing a regular sleep schedule and creating a relaxing bedtime routine can improve sleep quality.

Environmental Safety: Assessing the senior's home environment for fall hazards and other safety risks is essential for preventing accidents and injuries.

Finding the Right Healthcare Provider for Senior Wellness

Choosing the right healthcare provider is crucial for ensuring your loved one receives the best possible care. Consider these factors:

Geriatric Specialists: Geriatric specialists are physicians specializing in the care of older

adults, possessing expertise in age-related health issues.

Primary Care Physicians: A knowledgeable and experienced primary care physician can also provide excellent comprehensive care for seniors.

Nurse Practitioners and Physician Assistants: These healthcare professionals can provide many of the same services as physicians, offering convenient and accessible care.

Making Wellness Checks a Routine Part of Life

Regular wellness checks shouldn't be a one-time event; they should be incorporated into a routine to maximize their benefits. Establishing a schedule and making appointments well in advance can help prevent delays and ensure continuity of care. Open communication between the senior, their family, and healthcare providers is crucial for effective management of their health.

Conclusion:

Wellness checks for seniors are not just about preventing illness; they're about proactively promoting a thriving and fulfilling life. By embracing a holistic approach that prioritizes physical, mental, and social well-being, we can help our aging loved ones enjoy their golden years to the fullest. Remember, proactive care is the key to a happier, healthier, and more independent life for our seniors.

FAQs:

1. How often should seniors have a wellness check? The frequency depends on the individual's health status and risk factors. Annual checkups are generally recommended, but more frequent visits may be necessary for those with chronic conditions or other health concerns.
1. What if my loved one is resistant to wellness checks? Approach the conversation with empathy and understanding. Explain the benefits of regular checkups and address any concerns they might have. Consider involving other family members or friends for support.
1. How can I help my loved one maintain their independence during aging? Encourage physical activity, social engagement, and mental stimulation. Make necessary modifications to their home to ensure safety and accessibility. Provide assistance with daily tasks as needed, but also empower them to maintain as much independence as possible.

1. What are some warning signs I should look for that indicate a need for immediate medical attention? Sudden changes in behavior, confusion, severe pain, difficulty breathing, significant weight loss, or persistent falls require immediate medical attention.
1. How can I find resources and support for caring for an aging loved one? Numerous resources are available, including local senior centers, community organizations, government programs (such as Medicare and Medicaid), and online support groups. Contact your local Area Agency on Aging for a comprehensive list of resources.

wellness check for seniors: *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 seniors: *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 seniors: *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 seniors: *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 seniors: **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 seniors: *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 seniors: **Senior Fitness** Ruth E. Heidrich, 2005-03 The senior years don't have to be filled with aches and pains. At age seventy, Ruth Heidrich has the bone mass density of a woman in her early thirties and a resting heart rate of forty-four. Since being diagnosed with breast cancer at the age of forty-seven, she has won more than nine hundred athletic trophies and medals and has been cancer-free for more than twenty years. In *Senior Fitness*, the other Dr. Ruth shows how to maintain and even increase physical and sexual fitness at any age--and dramatically reduce the risk of prostate cancer, varicose veins, osteoporosis, diabetes, cardiovascular disease, arthritis, Alzheimer's, and a host of other ailments and diseases. Full of detailed medical information, this inspiring handbook is the ideal resource for all those seeking to make life after fifty full of fun and dynamism.

wellness check for seniors: 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?

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wellness check for seniors: **Money Smart for Older Adults Resource Guide** Federal Deposit Insurance Corporation, 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.

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wellness check for seniors: *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.

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wellness check for seniors: **Designing for Older Adults** Arthur D. Fisk, Wendy A. Rogers, Neil Charness, Sara J. Czaja, Joseph Sharit, 2004-01-14 As life expectancy increases, older workers and the retired form a large and growing proportion of the world's population. Professionals working to develop systems and environments need to better accommodate the user needs of the older adult. This new guide provides a practical introduction to human factors and the older adult. It considers

the subject primarily from an engineering psychology perspective, heavily grounded in today's scientific knowledge. The authors show how current understanding of age-related issues of perception, cognition, and movement control can be applied in practice. They also provide a reference source with guidelines and advice for design issues ranging from lighting, computer input device selection, and web site design, to training program development and work task design. The text draws on research-oriented work and presents this in a form that can be used by the broad audience of product designers, health care practitioners, managers, and others who need answers to problems and require sound recommendations for design.

wellness check for seniors: *Preventing Alzheimer's Disease* National Institutes of Health, 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 seniors: *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 seniors: *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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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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wellness check for seniors: **The Wim Hof Method** Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENON 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has radioactive charisma' RUSSELL BRAND

wellness check for seniors: Live Long and Strong: Essential Exercise Tips for Seniors Shu Chen Hou, Unlock a Lifetime of Health and Vitality with Live Long and Strong: Essential Exercise Tips for Seniors! Are you ready to embrace the golden years with confidence, energy, and a zest for life? Look no further! Live Long and Strong is your ultimate guide to redefining aging through the power of exercise. Discover the Fountain of Youth: Uncover the secrets to maintaining a vibrant, active, and independent lifestyle as a senior. Tailored to Your Needs: Whether you're a seasoned fitness enthusiast or just starting your journey, our expert advice is tailored to your unique fitness level and goals. Holistic Approach: Explore a comprehensive range of exercises designed to enhance strength, flexibility, balance, and mental well-being. Proven Results: Benefit from evidence-based strategies that can help reduce the risk of chronic diseases, boost cognitive function, and improve overall quality of life. Empower Yourself: Take charge of your health and well-being with easy-to-follow tips, practical advice, and inspiring success stories from seniors just like you. It's never too late to prioritize your health and enjoy the active, fulfilling life you deserve. Join countless others who have transformed their lives with Live Long and Strong. Don't miss out on this life-changing opportunity! Order your copy today and embark on a journey to live your best, healthiest life as a senior. The adventure is just beginning!

wellness check for seniors: **Health Care for Older Adults** Francisco José Tarazona Santabalbina, Sebastià J Santa Eugènia González, José Viña, 2021-09-29 In recent decades, life expectancy has been increasing. This is a historical milestone in the history of humanity. We have never lived so long before. In these circumstances, giving the best care to older adults efficiently is one of the greatest challenges of developed countries. This book explores different initiatives that result in the improvement of health conditions of older adults, such as multicomponent physical exercise programs, interventions that try to avoid loneliness and social isolation, and multidisciplinary assessment, and the treatment of frailty and other geriatric syndromes, of the elderly in various settings such as the Emergency Unit, Orthogeriatrics, and Oncogeriatrics. This

book offers different manuscripts to readers, each trying to improve life satisfaction, quality of life, and life expectancy in older adults in different scenarios. It is up to us to achieve these goals. We are sure that these interesting chapters will contribute to improving clinical practices. Following the completion of the Special Issue Health Care for Older Adults for the international Journal of Environmental Research and Public Health, the Guest Editors felt the satisfaction of having reached 18 published manuscripts and the possibility of transforming this volume into a book. This book was born from the need to show how health and social advances have increased human longevity as never before. We live longer, knowing more and more the epigenetic mechanisms of this longevity, as extended aging also coexists with the least favorable aging trajectories. Among them, a syndrome stands out from the gerontological and geriatric perspective: frailty. Due to the pandemic, a social problem has increased its presence in clinical practice: ageism. Older adults have found it difficult to access the necessary clinical resources due to the simple matter of age. However, at this moment, we are able to detect and to reverse frailty. In the same way, we should aim to prevent loneliness and social isolation, involved in social frailty. Geriatric syndromes are underdiagnosed and undertreated, but clinical and geriatric knowledge provide diagnostic tools and non-pharmacological approaches to prevent and to treat them. All health professionals working together in an interdisciplinary team could improve the clinical practices to develop a quality health care for older adults, improving their life satisfaction and quality of life perception too.

wellness check for seniors: *Elder Law in a Nutshell* Lawrence A. Frolik, Richard L. Kaplan, 2006 *Elder Law in a Nutshell*, 4th ed. updates the previous edition to reflect the fast pace of legal change in this area of the law. Special attention is paid to major changes in Medicare, including the new Part D prescription drug program, means-testing of premiums, Medigap policies, and appeals procedures, as well as the 2006 amendments to Medicaid eligibility requirements that pertain to asset transfers, home equity limitations, and long-term care insurance incentives. The latest edition introduces the reader to the rapidly growing legal specialty of elder law. Addressing the myriad of legal issues encountered by the elderly, the book is a succinct overview of this complex intersection of law and social policy, including such areas as health care decision-making, pensions, Social Security, reverse mortgages, nursing homes, guardianship, long-term care, age discrimination in employment, and veterans benefits. The book is designed to assist anyone who has regular contact with older persons, including lawyers, law students, social workers, health care personnel, retirement planners and gerontologists or anyone who wishes a better insight into the world of elder law.

wellness check for seniors: *Senior Dogs For Dummies?* Susan McCullough, 2011-04-20 Covers wellness, nutrition, and socialization Keep your dog happy and healthy through the golden years Senior dogs are special creatures with special needs. This friendly guide provides reassuring, positive advice on handling the physical and emotional issues involved in caring for your beloved companion. You'll see how aging affects your dog, how to cope with common ailments, and what you can do to help your senior live a joyful, high-quality life. Praise for Senior Dogs For Dummies The book is a resource that will enhance life both for senior dogs and for the humans who love them. - Teri Goodman, Coordinator, The Senior Dogs Project, www.srdogs.com A dog who has lived his lifetime with you is a precious jewel to be loved and treasured. Susan has captured that spirit. - Liz Palika, author of Purebred Rescue Dog Adoption Discover how to: * Meet your senior's dietary needs * Safely exercise your senior * Manage health costs * Teach an older dog new tricks * Gain inspiration from stories about super senior dogs

wellness check for seniors: *Health Promotion and Aging* David Haber, PhD, 2019-08-14 This acclaimed text promotes healthy aging by demonstrating how health practitioners, program developers, and policymakers can prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The eighth edition encompasses major new research that substantially updates previous recommendations. It provides important new content on Medicare, Medicaid, Social Security and the ACA; clinical preventive services; global aging; sexual health; saving for retirement; long-term care alternatives; and much more. Accessible and

comprehensive, this text is supported by abundant tables, figures, and illustrations. It describes practical strategies—including model community and government initiatives—that have proven markedly successful, as well as health-promotion tools, resource lists, assessment tools, and checklists. New trends such as green burials, LGBT aging, yoga, and dancing exercise regimens are also covered. Additionally, each chapter features key terms, learning objectives, summary, and thought-provoking questions. An improved instructor package includes upgraded PowerPoints, a new test bank, sample syllabi, chapter summaries, discussion questions, chapter exams, and more. Purchase includes access to the ebook for use on most mobile devices or computers. New to the Eighth Edition: Updated research findings, demographics, figures, and statistics regarding health/social/medical trends/exercise/weight management New content on global aging, sexual health, and substance abuse New information on medical screening recommendations, cancer treatments, complementary and alternative medicine, and more New findings regarding mental health and older adults Significant updates to Medicare, Medicaid, Social Security, and the ACA Expanded section on global health and older adults Upgraded instructor support package Key Features: Provides an interdisciplinary view of how practitioners, program developers, and policymakers can improve health and wellness in older adults Describes successful community and government model programs and initiatives Delivers health-promoting tools, resource lists, checklists, and assessment tools Offers key terms, learning objectives, critical-thinking questions and reflection boxes Includes a robust instructor package

wellness check for seniors: Community Resources for Older Adults Robbyn R. Wacker, Karen A. Roberto, 2018-06-13 Community Resources for Older Adults provides comprehensive, up-to-date information on programs, services, and policies pertaining to older adults. Authors Robbyn R. Wacker and Karen A. Roberto build reader awareness of programs and discuss how to better understand help-seeking behavior, as well as explain ways to take advantage of the resources available to older adults. The substantially revised Fifth Edition includes new topics and updated research, tables, and figures to help answer key questions about the evolution and utilization of programs for older adults and the challenges that service providers face.

wellness check for seniors: Whole Body Vibration for Seniors Becky Chambers, 2020-02-28 As a world expert in Whole Body Vibration and author of the 2013 best-selling book on the subject, Whole Body Vibration: The Future of Good Health, Chambers brings her expertise now to helping seniors with Whole Body Vibration for Seniors. Seniors, especially, can benefit from vibration's revolutionary capacity to boost energy, mood, memory, sleep, libido, muscle strength, bone density, balance, and flexibility, provide dramatic physical therapy for many joint and mobility issues, and promote weight loss. Vibration can even improve memory and decrease inflammation - lowering the risk of heart disease, diabetes, hypertension, obesity, osteoporosis, hip and knee replacement, arthritis, etc. With her trademark engaging and accessible style, Chambers presents the latest research on whole body vibration with seniors and shows them how to get even better results than the published research!

wellness check for seniors: Ethical Practice in Geropsychology Shane S. Bush, Rebecca S. Allen, Victor Molinari, 2016-12 Working with an older adults can present a unique array of ethical issues, such as balancing respect for client autonomy with beneficence. This book presents a decision-making framework and clinical vignettes to help clinicians navigate such complex quandaries.

wellness check for seniors: Rays of Sunshine Revised and Expanded Don Sucio, 2014-06-02 Rays of Sunshine Revised and Expanded is a unique collection of health facts along with a bundle of poems. This book was written to promote healthy lifestyles and habits. It offers helpful advice for people who are struggling with health problems such as obesity, diabetes, and heart disease, in order to prolong their lives and revive their over-all well-being. There is an emphasis on health tips, dietary advice, and mental health to recognize common health problems in order to restore wholeness in the readers' lives. The poetry sections encourage wholesome family relationships, inspire good moral values and entertain readers with stimulating ideas. An

assemblage of spiritual poems advocates readers to establish and strengthen their relationship with God. In a world filled with danger, diseases and doubt --these poems provide comfort, reassurance and optimism to every day people. This book is important because a person's health and body are the only two things someone will have with them from the cradle to the grave. True happiness is found in positive, long-lasting relationships --not money or material things. The information and poems in this book offers readers productive possibilities to change their lives and improve their health. Like bright, shining rays of sunshine, this book is intended to restore broken relationships, repair and sustain physical, mental and spiritual health, and rouse provoking thoughts to urge readers to ponder the direction of their lives while they think of ways they can improve themselves.

wellness check for seniors: Successfully Navigating Your Parents' Senior Years Star Bradbury, 2023-03-21 No matter your parents' age or stage of life, this comprehensive guide walks you step-by-step through developing a flexible, proactive plan that will allow you to make the most informed decisions for your parents' well-being—and your own. Millions of Americans are in an active caregiver role or will be in one in the future, yet few have a solid plan for the inevitable challenges of aging. Whether your parents are in their 60s or their 90s, and whether they have years of health ahead of them or already need more support, *Successfully Navigating Your Parents' Senior Years* provides the framework and information you need to prepare for and handle with confidence the changes to come. The responsibility of caring for an aging loved one is often daunting—and when trouble hits, the sudden barrage of questions you face can be overwhelming. Have your parents executed their Advance Directives? Do you know what to look for in a senior community (and how to ensure a spot is available when you need it)? If your parents want to stay in their home, what can you do to ensure their safety? Certified aging life care specialist and CEO of Senior Living Strategies Star Bradbury draws on her 25 years of experience in senior living to bring you an up-to-date, comprehensive guide to navigating the tricky waters ahead—starting with putting a plan in place now that maximizes your parents' independence while providing them with the support they need. *Successfully Navigating Your Parents' Senior Years* covers: How to bring up sensitive topics with your aging parents Steps you can take to keep your parents safely independent in their own homes for longer Red flags that indicate your parents may need more help Senior living options and the key questions to ask in choosing any kind of retirement community Alternative living arrangements to consider for aging parents, such as senior roommates, cohousing, and/or niche retirement communities How to get help paying for your parents' medical care (you have more options than you think!) Legal and financial documents to have on hand in case of a sudden medical emergency Insider tips, helpful checklists, and more Don't wait for a crisis to begin planning for the future. *Successfully Navigating Your Parents' Senior Years* is an indispensable blueprint that will give you the tools and knowledge you need to advocate for your parents when they need you most.

wellness check for seniors: *Handbook of Rehabilitation in Older Adults* Robert J. Gatchel, Izabela Z. Schultz, Christopher T. Ray, 2019-02-27 This book discusses the state of the research and cutting-edge practice with regard to chronic illnesses and rehabilitation in older adults. It emphasizes biopsychosocial and culturally appropriate rehabilitation approaches to reduce the degree of disability and maximize independence in the activities of daily living among the burgeoning aging population. Organized in four sections—Introduction and Overview, Major Illnesses and Problems in Aging Populations, Evaluation of Functional Rehabilitation Approaches for Aging Populations, and Future Clinical Research Needs—the book includes chapters on the “graying” of the West with implications for increased chronic illnesses and disabilities; a review of biopsychosocial rehabilitation approaches; important “aging” issues such as slips-and-falls, musculoskeletal pain, chronic disabling conditions such as cancer and cardiovascular disease, and work-related factors to maintain work engagement in older workers. The US Census Bureau projects that by the year 2030, about 20% of the U.S. population will be 65 or older, contributing to the increased concern about healthcare and rehabilitation issues among older adults. /div This work will be of interest to healthcare, rehabilitation, vocational, human resource and disability management professionals, policy makers as well as researchers in areas of aging, gerontology, chronic illness,

disability, rehabilitation, social work, medicine and psychology.

wellness check for seniors: *Health Technology for Seniors: Learning the Basics* Bill Stonehem, 2016-06-29 There are many persons that are aging gracefully that can benefit from health technology that is now available to the market. There are many service providers that offer home based services and lifestyle advice through technology that allow persons to follow and develop patterns that are useful and beneficial to their age and current lifestyle. Many of the technology choices can be applied and customized to the persons needs and can make daily living better. It can be beneficial to both the healthcare provider and the individual. This is so as person's can monitor their vital signs such as weight, blood pressure, glucose and possible engaging in video conferencing over their current issues.

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wellness check for seniors: *Housing Choices and Well-Being of Older Adults* Leon A Pastalan, Benyamin Schwarz, 2013-10-08 Make housing for the elderly comfortable, efficient, and appropriate to their special needs! Today people are living longer lives than ever before, and elderly people need to live in settings that reflect their individual capabilities. They need safe and appropriate homes, appliances, and furnishings that they will not lose the ability to use and enjoy in the years of decline. *Housing Choices and Well-Being of Older Adults: Proper Fit* addresses the challenge of matching the attributes of residential settings for older adults with the competence of the people who live in them. This book views housing for the elderly as a special case in terms of the person-environment paradigm. It highlights the recurring themes that give housing for the elderly a measure of order

and predictability. Care providers, consultants for retirement communities, researchers in the fields of aging and environment or gerontology, university libraries, and members of housing associations for the elderly will benefit from the timely and vital information in this book. Easy-to-understand charts and tables make the information even more accessible. Housing Choices and Well-Being of Older Adults discusses: the state of theory development in environmental gerontology housing needs of the elderly quality issues in this type of setting design and development issues kitchen, bathroom, and bedroom applications for elderly people in various states of health home safety issues and much more! and the issues surrounding continued aging and its implications for: supportive environmental, health, and psychosocial services the economic and financial concerns of aging adults housing management and community issues Use what you'll find in Housing Choices and Well-being of Older Adults to ensure that the elderly people in your life are comfortable in an environment that is safe and appropriate.

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