



CASE

CASE WESTERN RESERVE UNIVERSITY

Care for Caregivers *Prentiss Care Networks Project*

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Exercise and Health Promotion in Older Adults:

The benefits of exercise throughout the lifespan are widely discussed. While exercise for the older adult may change in nature it is still important and the benefits for the older adult can even be greater than those of the middle aged or the young adult. Benefits include increased postural control, the reduced incidence of falling, and increased cerebral blood flow, and the prevention of chronic diseases (Hogan, 2005.) Also, there are not only benefits for physical health but studies show increased reports of satisfaction with life in older adults who exercise. (Elavsky, 2005.)

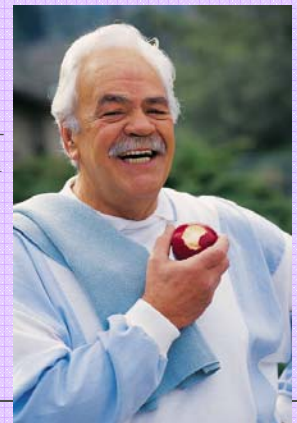
Motivating individuals to exercise can be difficult, especially older adults who may fear falling or stressing their bodies too much. It is important to discuss these fears with the older adult and help them to understand safe exercising. The Center for Disease Control performed a study on effective ways to increase physical activity. Example of what the study results suggest include point of decision signs, (i.e. signs saying take the stairs at the elevator) and making sidewalks, and trails safer. For more information at http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/recommendations/community_guide.htm.

The NIH has developed a webpage designed specifically for older adults to encourage them and help them to prepare for and take part in exercise, and safety: <http://nihseniorhealth.gov/exercise/toc.html> There are four types of exercises that the NIH recommends. Strength training to increase metabolism and better control blood sugars. Balance exercises which help to build leg muscles and help to prevent falls. These exercises can be done by using a chair or with the support of another person. The stretching exercises are recommended to increase range of motion. The NIH, also, recommends endurance exercises to increase circulation. If you take care of someone else, these sites are not only helpful for the individual you are caring for, but can benefit you too. So don't forget to consider your own exercise needs. If you are walking with the person you care for or working with him/her on balance, these can be beneficial to you. If you are a formal caregiver, consider taking the stairs at the facility you work in or walking with your patients to exercise.

Hogan, M. (2005). Physical and cognitive activity and exercise for older adults. *International Journal of aging and human development*, 60(2), 95-126.

Elavsky, S., McAuley E., Motyl R. W., and Konopack, J. F. (2005). Physical activity enhances long-term quality of life. *Annals of Behavioral Medicine*, 30(2), 138-145.

T. Schumann



Recent Activities at Prentiss :

Prentiss has been very active over the past few months. Projects include:

A symposium by Diana Morris, Evanne Juratovac, and Stacey Rokoff on "Integrating the Education of Formal and Informal Caregivers and Undergraduate and Graduate Students" An Academic Community Partnership.

A presentation for the AARP, the NAACP and Cuyahoga County Department of Health and Human Services forum for "Thinking Ahead: Help your aging loved ones and keep your wits"

"Exercise and Health Promotion for Older Adults and Their Caregivers" was developed and presented to both formal and informal caregivers. Currently developing "Nutritional Needs of the Cognitively Impaired Older Adult"

The Prentiss Care Network web is now linked to Gero-Nurse online, a web site designed to provide the current best practice information for the care of older adults.

This month's Highlights:

For other tips on exercising : [The NIH Senior Health web:](http://nihseniorhealth.gov/exercise/toc.html)

<http://nihseniorhealth.gov/exercise/toc.html>
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For Information and support on caregiving for older adults visit the [long term care workforce initiative:](http://www.directcarejobs.info)

<http://www.directcarejobs.info>

Save the Date:

November 6-7

Reflecting on 100 Years of Alzheimer's: The global Impact on Quality of Lives

A two day international conference bringing together world leaders from many disciplines to discuss diagnosis, management and care of persons with dementia.

White House Conference on Aging Initiative

On December 12th, 2005 the White House Conference on Aging closed after agreeing on the 50 resolution about issues in aging today. These recommendation were sent to Congress and the President. The committee published their top 10 resolutions. Three of the resolutions are related to the training needs of those who care for older adults:

- “Support geriatric education and training for all health care professionals, paraprofessionals, health profession students, and direct care workers.”
- “Improve recognition, assessment and treatment of mental illness and depression among older Americans”
- “Attain adequate numbers of health care personnel in all professions who are skilled, culturally competent and specialized in geriatrics.”

Thompson, M.T, Weolowski, B., (December 14, 2005). [2005 White House Conference on Aging Closes: Top 10 Resolutions Announced.](#) Press Release.

The Prentiss Care Networks provides support and training for the core knowledge which caregivers need.

E. Juratovac and T. Schumann

Another Top Ten:“The top ten topics in aging”

This top ten is a good read for caregivers of older adults, and would be an excellent reference for teaching students in gerontology courses. This article is classified as an editorial, likely because of the selection of ten phenomena and conditions that the author ranks as prominent. The document more closely resembles a review article. The ten “hot topics” include cognitive difficulties, depression, mobility, nutrition, hormone replacement therapy, frailty, cardiovascular disease, immune system, longevity, and geriatric systems. Surprisingly absent is a distinct emphasis on pain assessment and management, though this might be assumed under frailty. Some depth to the discussion of geriatric systems could come from the inclusion of a discussion of workforce issues and caregiving. Overall, this is a concise article with an enormous reference list, which – in and of itself – is a reason to recommend its inclusion in a reading list for gerontology course.

Morley, J. E. (2004). The top ten topics in aging. *Journals of Gerontology: Medical Sciences*, 59A(1), 24-33.

E. Juratovac

Calendar of Events

| Date | Event |
|-------------------|--|
| Every Friday– 8AM | Topics in Geriatric Medicine– Western Reserve Geriatric Aging Center |
| March 10th | United Way of Greater Cleveland Annual Meeting |
| March 24th | Fairhill Breakfast club– Medicare Part D |
| March 27th-28th | 20th Annual OCAPS Conference "The Next Step: Action Against Elder Abuse"- Dublin, OH Admin on Aging |
| April 6th 2006 | Hands–On Longevity to Enhance Workforce Longevity in Geriatric Healthcare- Cuyahoaga Community College |
| May 12th, 2006 | Celebrating Direct Care Workforce Success– LTCWI conference |



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Find more Information at: <http://caregiving.case.edu>