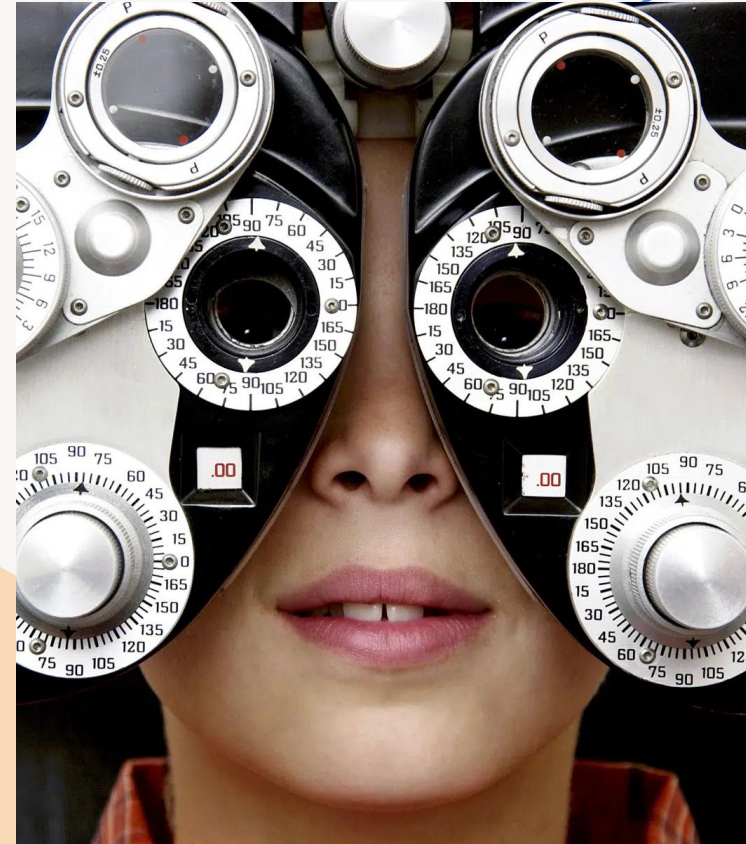


THROUGH THEIR EYES

Nancy Ann Schwartz, RN, MBA

Quality/Medical Issues Consultant
and Instructor





OBJECTIVES

- 1) To understand mobility challenges, vision changes, and hearing losses affecting adults.**
- 2) Empathize with the concerns and perspectives of many seniors.**
- 3) Cultivate insight into the lives of our members.**

LET'S TAKE A LOOK AT OUR POPLUATION

By 2040:

- ❖ 81.2 million people will be 65 & older
- ❖ Approximately 20% of the population

Number of Adults 65 and older:

2010: 1 in 8 adults
2040: 1 in 5 adults



By 2030....

- ❖ The census predicts that older adults will outnumber the younger generation.
- ❖ First time in the history of the United States!

Senior Population in California is 11% of total
= 4.5 million seniors

Quality of Life As We Age

- ❖ Impairments Increase with Age:
 - ❖ Mobility
 - ❖ Vision
 - ❖ Hearing
- ❖ Increased Isolation
- ❖ Increased Health Problems

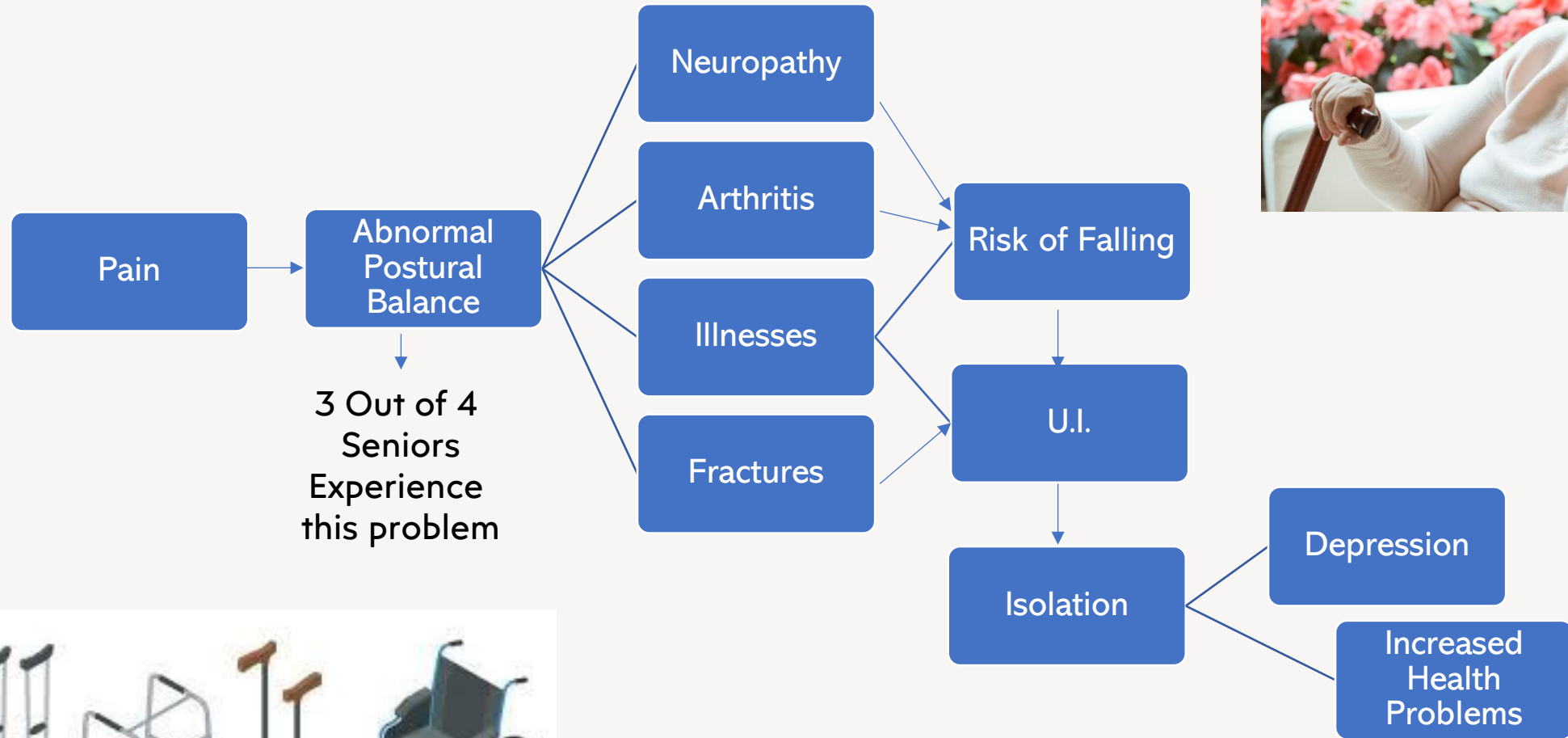


Mobility Challenges



Issues dealing with overall problems that affect the Activities of Daily Living.

Mobility Challenges



Getting into Character





Simple Activities to Maintain Physical Strength



Telehealth Visits



Best Practices to Assist

Who should
be seen in
office or
Telehealth

Assess
computer
literacy

Dedicated
space for
Telehealth
visits

Confirm
internet,
video and
audio
connection

Provide a
call back
number if
call
disconnects

Review
Medication
List

Discuss
reason for
visit...ask
three main
concerns

Arrive 15
minutes
prior to
appointment

Vision Changes



Approximately 1 in 3 adults have serious problems with their vision by the age of 65.

Yellowing of the Lens



Common Changes In Vision



**Difficulty adjusting
to changes in light
– low levels to
darkness**

**Problems
discriminating
between colors.**

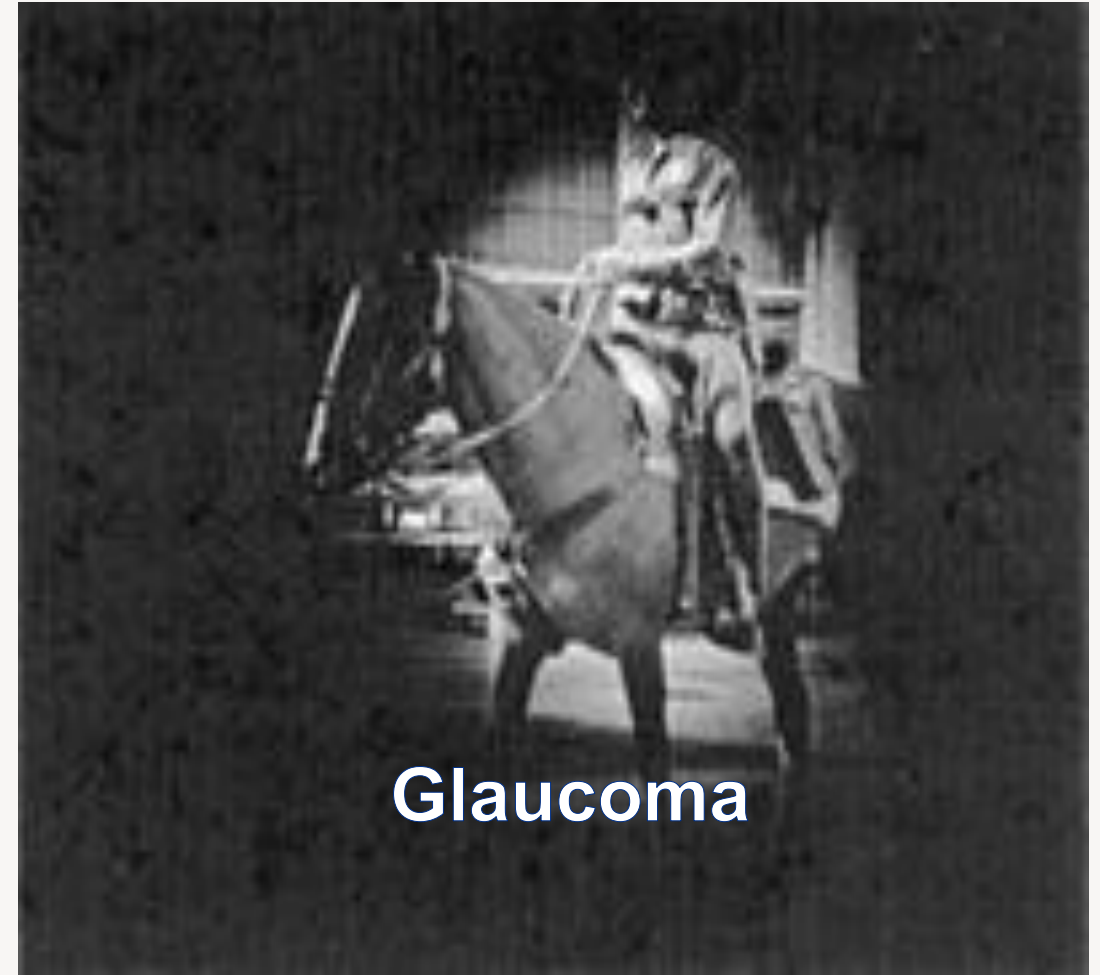
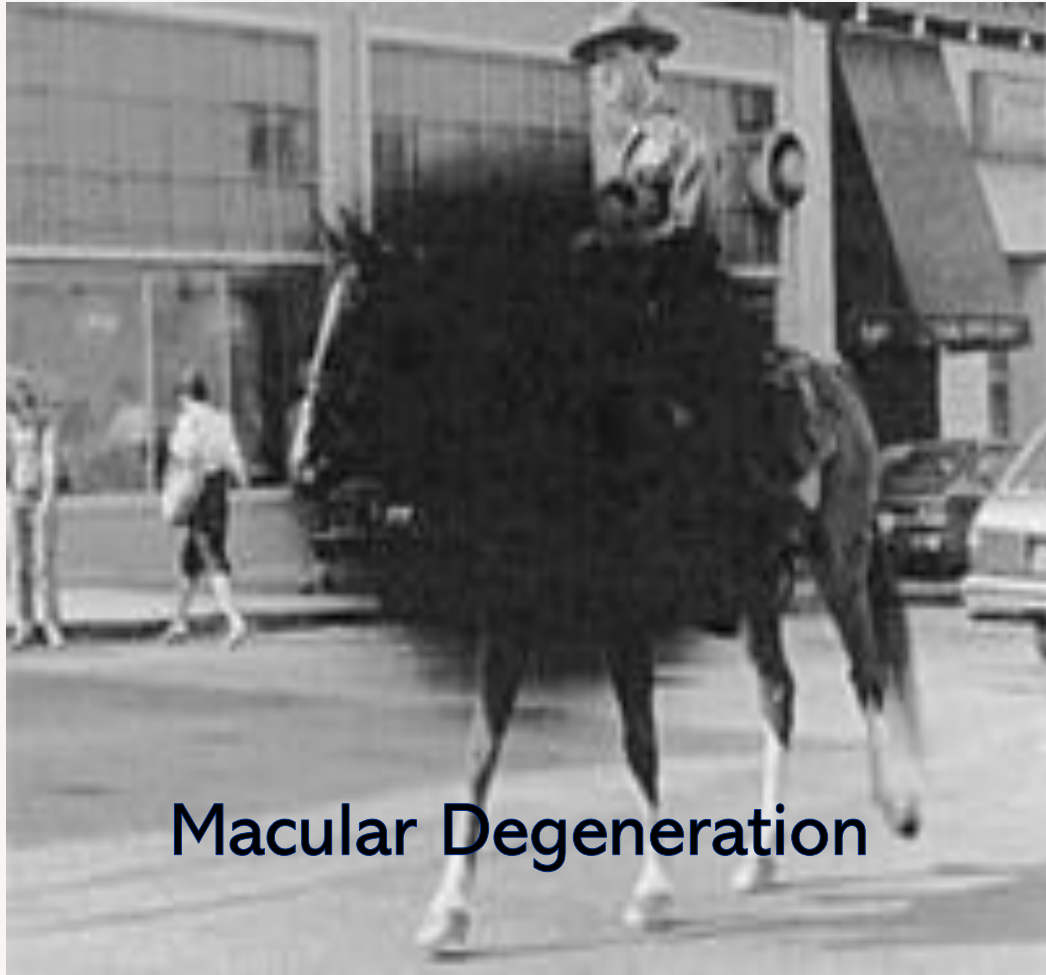
**Hold written
materials close to
face.**

**Harder to identify
objects...bump
into chairs or
walls.**

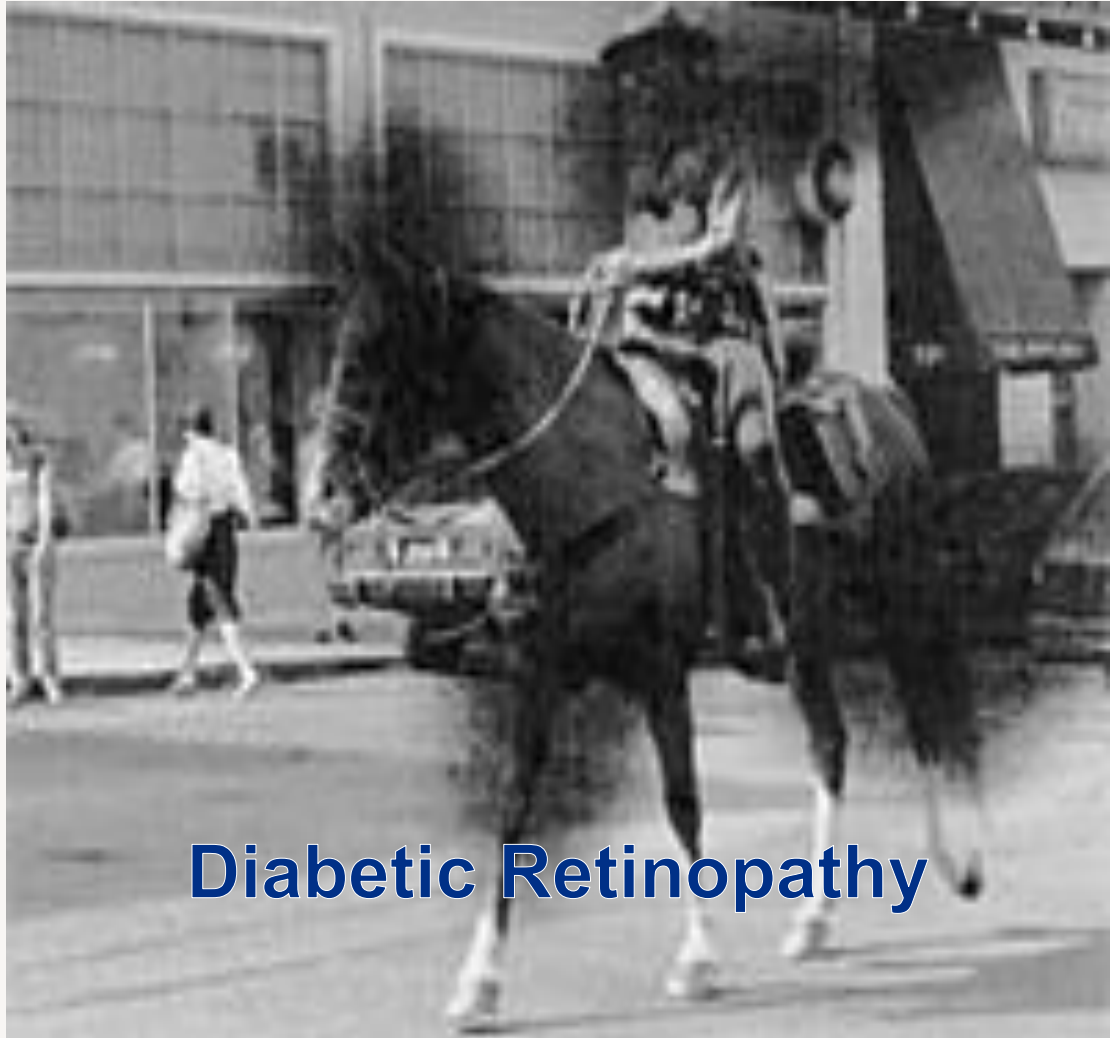
**Loss of
Peripheral vision.
Hard to see out
of corners of
eyes**

**Shuffling feet or
walking with
uncertainty.**

Medical Conditions of the Eyes



Medical Conditions of the Eyes

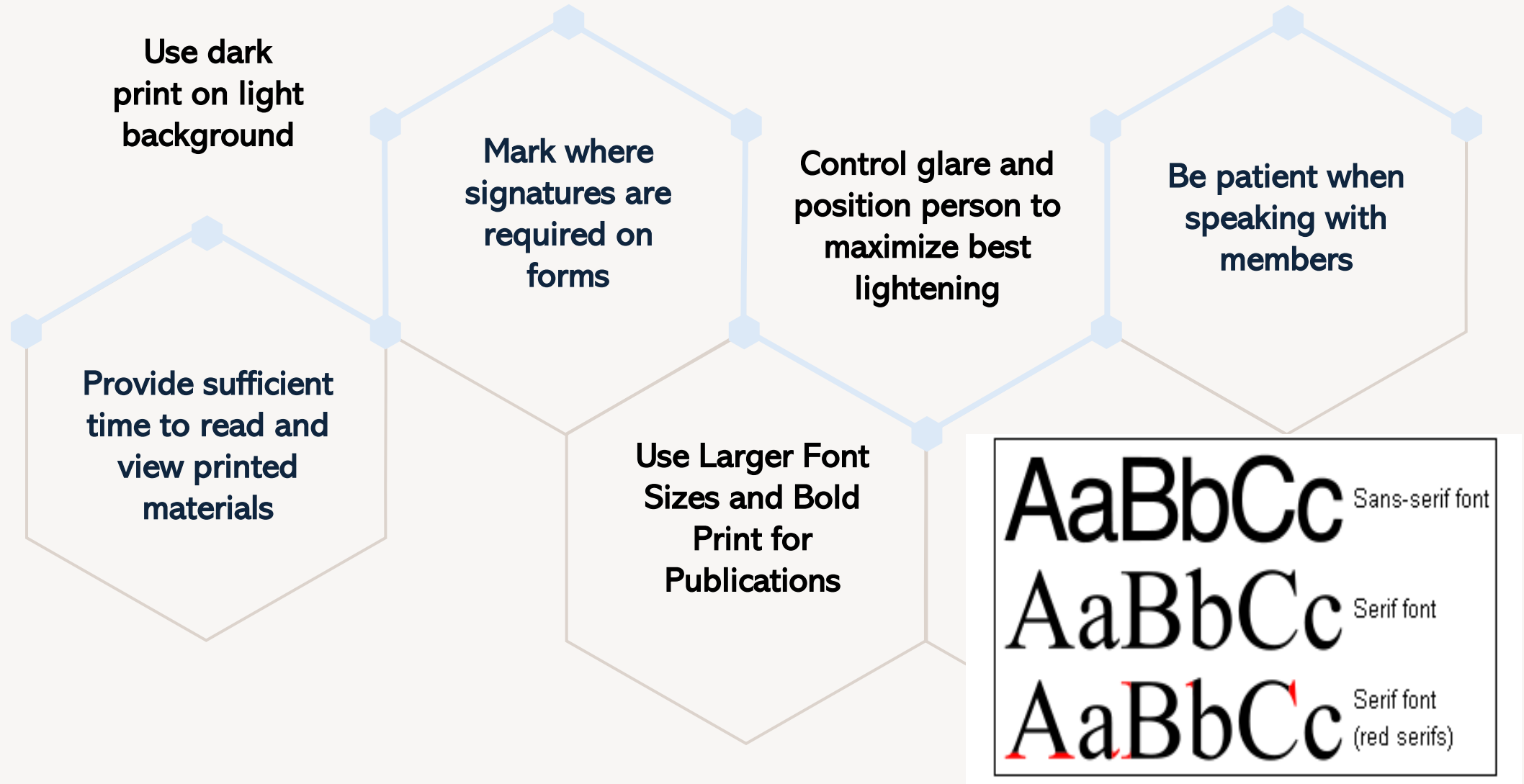


Diabetic Retinopathy



Cataracts

Best Practices



Hearing Losses



Test from Teacher Tools Takeout Marketplace
Subsidiary of Support Success for Children with Hearing Loss

Common Hearing Loss Conditions



LET'S TAKE A TEST....



Answers to the Hearing Test

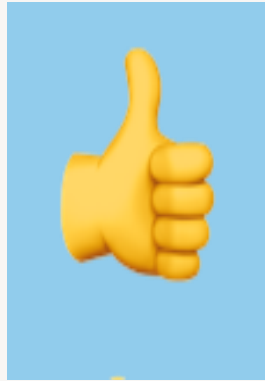


1) FILL



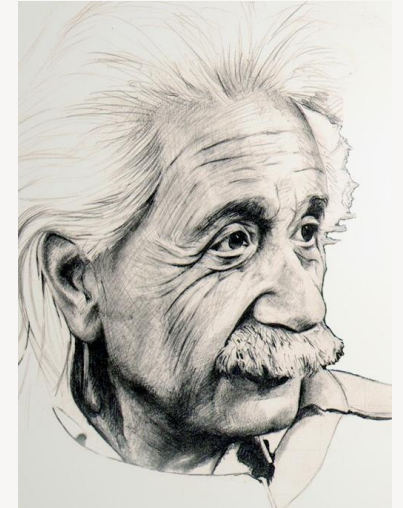
2) CATCH

3) THUMB



4) HEAP

5) WISE



6) WEDGE



7) FISH



8) SHOWS

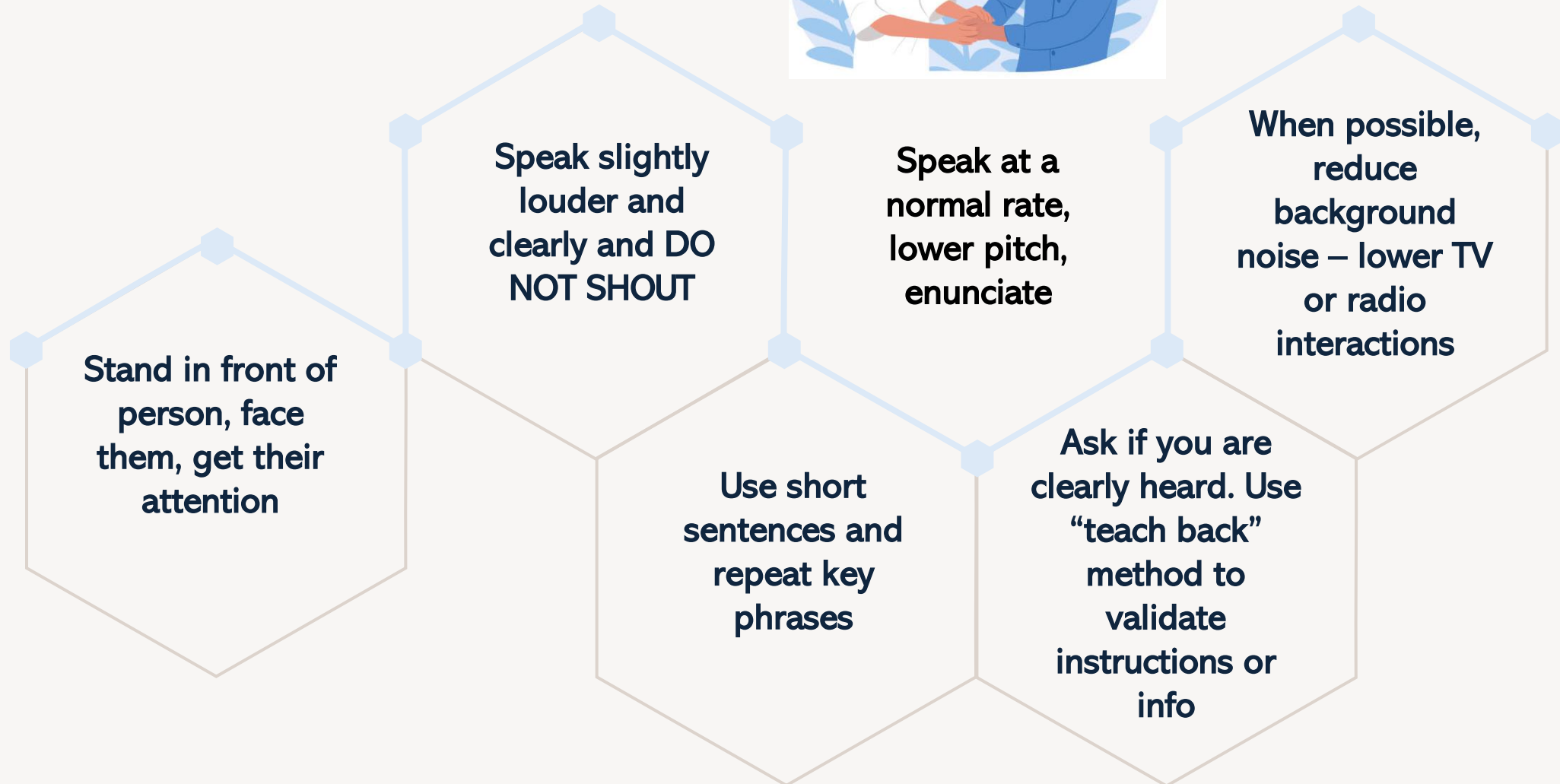


9) DEAD



10) JUICE

Best Practices



Summary



AWARENESS

Being Aware of Clues: hearing, vision, physical disabilities.



UNDERSTANDING

Understanding needs and limitations...A person cannot change his/her impairments



EMPATHY

Be patient, listen carefully, be empathetic.

Just Remember...

**As you are now,
I once was!**



**And as I am now,
You will one day
Be!**

Thank You

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