

GERIATRICS

- Geriatrics is the branch of internal medicine that deals with **health care of aged**. It aims to promote health and to prevent and treat diseases and disabilities in older adults.

DEFINITIONS:

- Gerontology: The study of the physical and psychological changes which are incident to old age.
- Clinical Gerontology/Geriatrics: The care of the aged.
- Social Gerontology: It deals with the humanitarian and social attitudes as well as problems set by the increasing number of old people.

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GERIATRICS

(SAYINGS ABOUT OLD AGE)

- ❖ In the words of Seneca; old age is an incurable disease.
- ❖ Sir James Sterling Ross commented: You don't heal old age. You protect it; you promote it; you extend it.

AGEING AND HEALTH

KEY FACTS

- Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.
- By 2020, the number of people aged 60 years and older will outnumber children younger than 5 years.
- In 2050, 80% of older people will be living in low- and middle-income countries.
- The pace of population ageing is much faster than in the past.
- All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.

- Pharmacology
- Psychology
- Polypharmacy
- Orthogeriatrics
- Cardio-geriatrics
- Psychogeriatrics

GERIATRICS

IMPORTANT SUBJECTS INVOLVED

- Pharmacology
- Psychology
- Polypharmacy
- Orthogeriatrics
- Cardio-geriatrics
- Psychogeriatrics

GERIATRICS

HEALTH PROBLEMS OF THE AGED

- Due to ageing process
- Senile cataract
- Glaucoma
- Bony changes affecting mobility
- Nerve deafness
- Emphysema
- Failure of special senses
- Changes in mental outlook

GERIATRICS

HEALTH PROBLEMS OF THE AGED

- Problems associated with long term illness
- Degenerative diseases of heart and blood vessels
- Cancer
- Accidents
- Diabetes
- Diseases of locomotor system
- Respiratory illnesses
- Diseases of genitourinary system

ELDER ABUSE KEY FACTS

- Around 1 in 6 people 60 years and older experienced some form of abuse in community settings during the past year.
- Rates of elder abuse are high in institutions such as nursing homes and long-term care facilities, with 2 in 3 staff reporting that they have committed abuse in the past year.
- Elder abuse can lead to serious physical injuries and long-term psychological consequences.
- Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.
- The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050.

Elder abuse in community settings

Elder abuse in institutional settings

Type of abuse	Reported by older adults	Reported by older adults and their proxies	Reported by staff
Overall Prevalence	15.7%	Not enough data	64.2% or 2 in 3 staff
Psychological abuse:	11.6%	33.4%	32.5%
Physical abuse:	2.6%	14.1%	9.3%
Financial abuse:	6.8%	13.8%	Not enough data
Neglect:	4.2%	11.6%	12.0%
Sexual abuse:	0.9%	1.9%	0.7%

PRIMARY PREVENTION

- **Health habits**
- Smoking
- Alcohol abuse
- Obesity
- Nutrition
- Sleep
- Coronary heart disease
- Immunization
- Influenza
- Pneumovax
- Tetanus
- **Injury prevention**
- **Osteoporosis prevention**



SECONDARY PREVENTION

- (A) Searching for
- Hypertension
- Diabetes
- Dental diseases
- Colorectal cancer
- Breast cancer
- Prostatic cancer
- Anemia
- Depression
- Incontinence
- Fall risk
- TB
- Syphilis
- (B) Stroke prevention
- (c) Myocardial infarction

TERTIARY PREVENTION

- Rehabilitation
- Physical deficits
- Cognitive defects
- Functional defects
- Care taker support



SOCIAL WELFARE DEPARTMENT

Government of The Punjab



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Elderly Welfare Services



For the welfare of the infirm people, the Department is providing elderly services in form of 'Old Age Home'.

Old Age Homes (Aafiat)



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Go to Settings to activate Windows.

For the welfare of the infirm people, the Department is providing elderly services in form of 'Old Age Home'.

Old Age Homes (Aafiat)

Social Welfare Department first old age home was established in 1975 under the name of "Aafiat" in Lahore. Later, 5 more Old Age Homes were established in the districts of Multan, Rawalpindi, Narowal, Sahiwal and Toba Tak Singh. These homes are providing quality services including shelter, food, health care and recreational facilities to old and infirm persons of the society. All such Institutions have the capacity to accommodate total 300 old and infirm persons (50 residents per institution) at a time.

Eligibility Criteria

The eligibility criteria for the admission is as follows:

- Senior citizens (both male and female) who are above 60 years of age are eligible for admission
- These individuals should be in good health and should not contain any serious or contagious disease. Extremely sick, insane and disable infirm people are not admitted
- Priority is given to those who are extremely vulnerable and don't have any family or children or those who have no means of income

Admission Procedure

- Admission procedure includes:
- The family of senior citizen forward a simple application to the In-charge of old age home carrying a solid reason for admission in 'Aafiat'
- Any NGO/ CSO or individual can recommend certain individual's admission and forward an application to the In-charge
- The aging persons belonging to a family who due to some rift want to leave their homes or their children don't want to stay with them.
- Although these old age homes provide all the facilities free of cost yet those individuals who belong to well off families can pay a meager amount of Rs. 2000-3000 per month for their stay in the old age homes
- At the time of admission, the individuals are medically examined so that his/ her physical health would be recorded







Facilities





- Following facilities are provided to the senior citizens:
- Separate residential portions are made for male and female
- These homes look after all the basic needs of residents including food, cloth, shelter, medicines, recreation etc.
- The old and infirm persons of three categories unclaimed, poor and issueless can stay in these home for life time
- The applicant is allowed to stay for a period of 6 months to one year and further extendable in special cases. In the meanwhile, efforts are made for reconciliation with their families



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Logo (Submitted by Organization)	Name and Website	Active Since	Postal Address	Work Overview / Comments (Submitted by Organizations, Edited for clarity and content alignment)
	E.A.H. Foundation Old Homes	1991	Sunila Bazar, Beanton Market, Mithanul, Karachi Ph: +92 (21) 2413232 Fax: +92 (21) 2413232 Regional offices: Lahore, Islamabad	Shelters for elderly people across Pakistan.
	Old Age Home Homes		Near Azmat Chowk, Green Town, Lahore Pakistan Cell: +92-321-4114322 Tel: +92-42-35124328	
	E.A.H. Shelter Old Age Home		Plot no. G-20/5, Block-B, North Nazimabad (Near Ziauddin Hospital), Karachi Pakistan. Tel : +92-21-24290035 Cel : +92-321-2585-574	Old Age Home: Boarding and Medical facilities.
	Geriatric Care Foundation - GCF		SE, National Chambers Aurangzeb Road Karachi, Pakistan Cell: 0300-6207936 Tel: +921 21-2630890	Working for well being and health of old citizens.

Logo (Submitted by Organizations)	Name and Website	Active Since	Postal Address	Work Overview / Comments (Submitted by Organizations. Edited for clarity and content uniqueness)
	Koh Foundation Old Homes	1951	Sarafa Bazar, Boulton Market, Mithadar, Karachi. Ph: +92 (21) 2413212 Fax: +92 (21) 2413212 Regional offices: Lahore, Islamabad	Shelters for elderly people across Pakistan.
	Old Age Happy Homes		Near Amrat Chowk, Green Town, Lahore Pakistan Cell: +92-321-4114322 Tel: +92-42-35124306	
	Gilts Shelter Old Age Home		Plot no. G-20/S, Block B, North Nazimabad (Near Ziauddin Hospital), Karachi - Pakistan. Tel : +92-21-34297025 Cel : +92-321-2565-574	Old Age Home. Boarding and Medical facilities.
	Geriatric Care Foundation - GCFR		58, National Chambers Arambagh Road Karachi, Pakistan Cell: 0301-6277136 Tel: (+92) 21-2639890	Working for well being and health of old citizens.

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People

NEW PERSON

RETURNING PERSON

TRAINING TOOL

SETTINGS

SCREENING



CHAIR RISE TEST

00:00:00

ABLE TO RISE FROM CHAIR WITHOUT
ARMS IN 14 SECONDS?

Yes ☐

No ☐

SCREENING RESULT

POSSIBLE DECLINE IN INTRINSIC
CAPACITY



Refer to primary health care clinic for
in-depth assessment

Begin
ASSESSMENT

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60+
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01 OCTOBER

INTERNATIONAL DAY OF OLDER PERSONS



October 1st

International Day of
Older Persons

International Day of Older Persons

1 October