

APPLICATION...

A HEALTHY LIFESTYLE TO IMPROVE
THE QUALITY OF LIFE FOR THE ELDERLY

Presented By:

Dr. Rosmin Ilham



Unhealthy lifestyle



Poor Quality of Life



Healthy lifestyle



High quality of life



What is Elderly (Older Adult)?

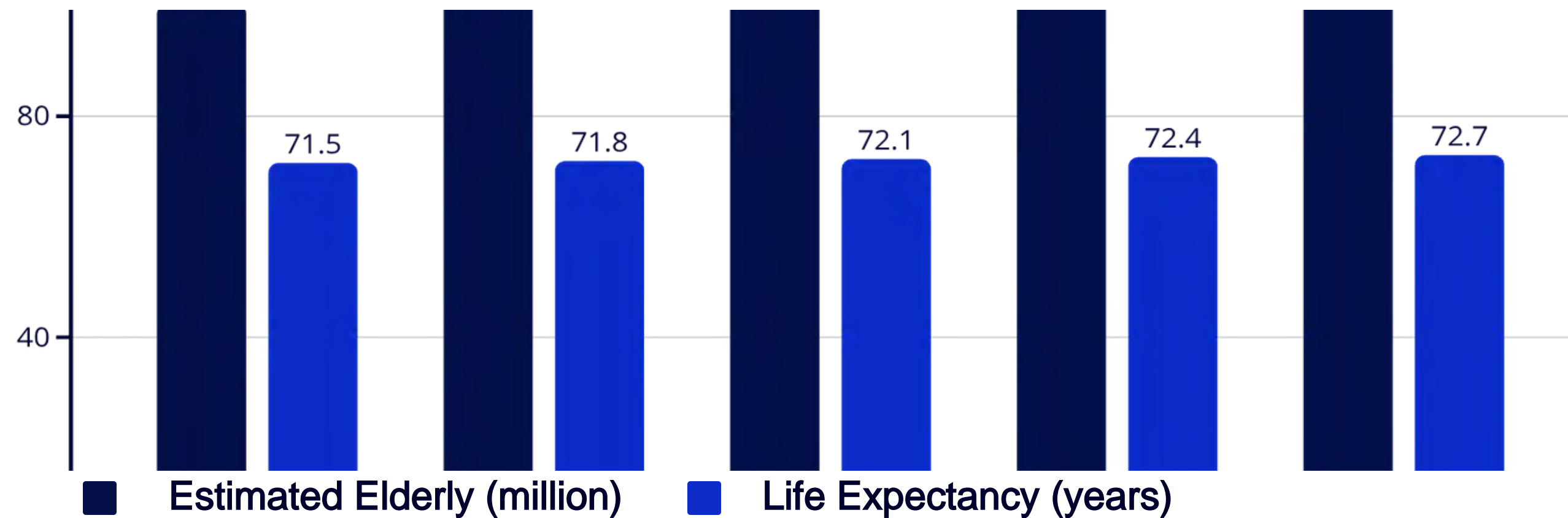
According to the World Health Organization (WHO), an elderly person is someone who is 60 years old or older.

Age Categories:

- 45-59 years ➡ Middle Age
- 60-74 years ➡ Elderly
- 75-90 years ➡ Old
- >90 years ➡ Very Old



Number of Elderly and Life Expectancy (2020 –2024)



It is estimated that by 2045, the elderly population will account for nearly one-fifth of the total population

Changes in the Aging Process

Physical Changes

- 1. Decline in organ function*
- 2. Loss of muscle mass*
- 3. Decreased bone density*
- 4. Impaired vision and hearing*
- 5. Weakened immune system*

Social Changes

- 1. Changes in family and social roles*
- 2. Reduced social interaction*
- 3. Loss of friends or spouse*
- 4. Adaptation to retirement or a new phase of life*

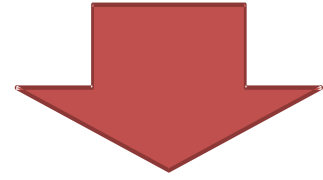
Psychological Changes

- 1. Changes in memory and thinking speed*
- 2. Emotional and mood fluctuations*
- 3. Decline in cognitive abilities*
- 4. Adaptation to environmental changes*

Spiritual Changes

- 1. Seeking deeper meaning in life*
- 2. Changes in values and priorities*
- 3. Increased self-reflection*
- 4. Greater need for inner peace*

The Impact of the Aging Process



Increased Risk of Chronic Non-Communicable Diseases

Cardiovascular System

- Hypertension
- Coronary Artery Disease (CAD)
- Heart Failure

Endocrine System

- Type 2 Diabetes Mellitus
- Hypothyroidism

Neurological System

- Stroke
- Alzheimer's Disease
- Parkinson's Disease

Hematologic System

- Anemia of Aging
- Iron Deficiency Anemia

Musculoskeletal System

- Osteoporosis
- Osteoarthritis
- Sarcopenia

Respiratory System

- Chronic Obstructive Pulmonary Disease (COPD)
- Pulmonary Fibrosis

Gastrointestinal System

- Constipation
- Gastroesophageal Reflux Disease (GERD)

Renal System

- Chronic Kidney Disease (CKD)

Immune System

- Increased susceptibility to infection
- Autoimmune conditions

Sensory System

- Presbyopia
- Presbycusis
- Cataracts

How to Age Healthily?

Healthy Lifestyle

- 1.Regular and balanced diet
- 2.Physical activity
- 3.Adequate rest and sleep
- 4.Stress management
- 5.Social interaction



Regular and Balanced Diet

Types of Food

- Carbohydrates
- High-quality protein
- Healthy fats
- Fiber
- Calcium & Vitamin D

Food Quantity Guidelines

- Small portions with high nutrient density
- Based on individual needs
- Adjusted to physical activity and health condition

Meal Frequency

- Three main meals (breakfast, lunch, dinner)
- 2–3 healthy snacks between meals
- Regular meals every 3–4 hours



Physical Activity

1. Walking
2. Elderly exercise (senior aerobics)
3. Stretching
4. Gentle yoga
5. Stationary cycling
6. Light strength training
7. Gardening



Adequate Rest

1. 7–9 hours of sleep per night
2. Create a quiet, dark, and cool sleeping environment
3. Avoid caffeine
4. Practice relaxation before bedtime
5. Get adequate morning sunlight exposure

Stress management

Spiritual Aspect

1. Worship regularly
2. Read the holy scriptures
3. Pray
4. Participate in religious activities

Cognitive Aspects

1. Train the mind
2. Manage thought patterns
3. Practice positive thinking
4. Accept the changes of aging

Emotional Aspects

1. Express emotions openly and honestly
2. Accept life changes with an open heart
3. Maintain self-worth and confidence
4. Practice self-forgiveness
5. Forgive others to foster emotional peace

Environmental Aspects

1. Create a calm and comfortable home environment
2. Establish a structured daily routine
3. Avoid conflicts and stress
4. Use technology to facilitate communication
5. Perform daily activities regularly and independently

Social Interaction

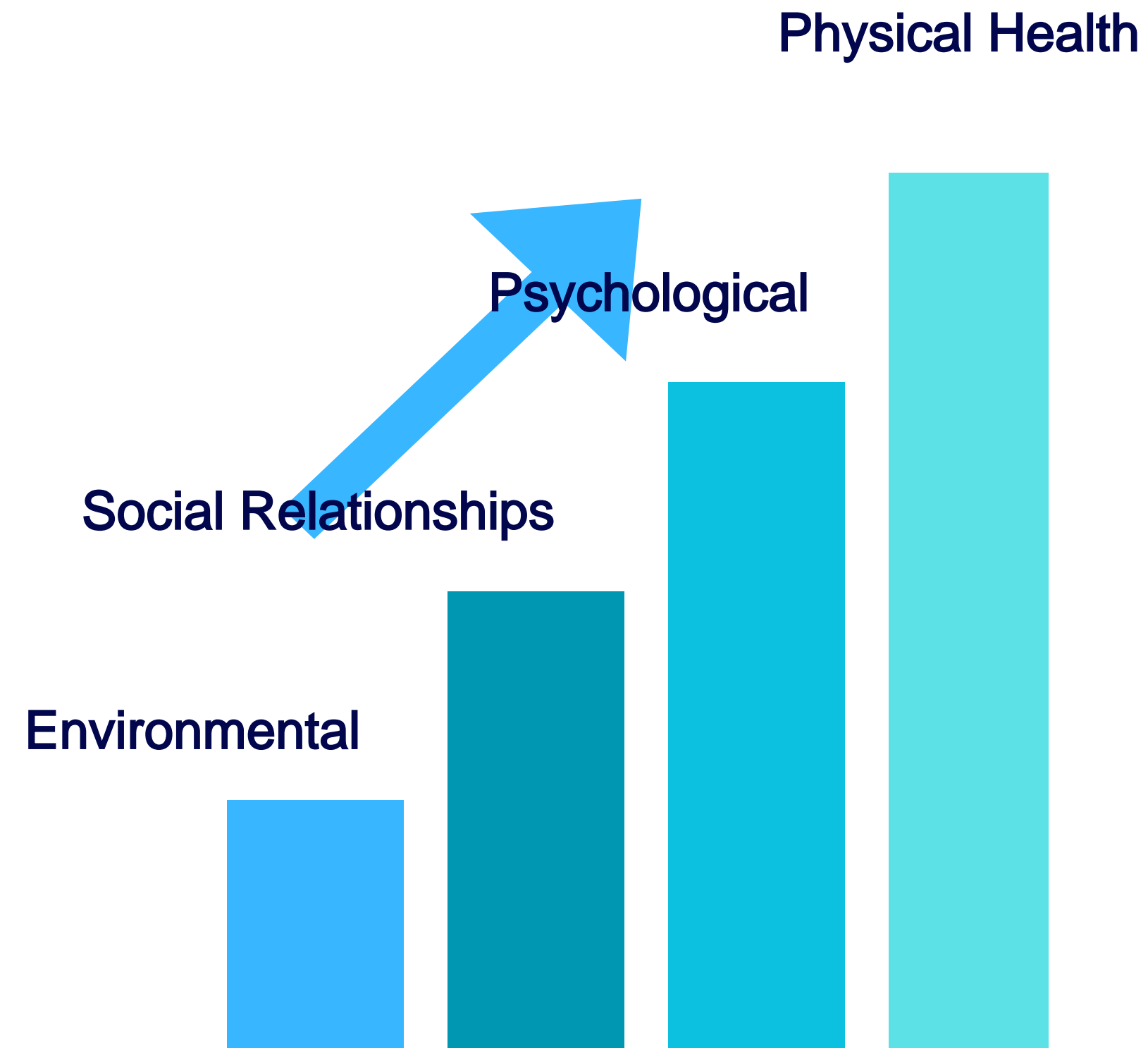
Social interaction plays an important role in maintaining the physical and mental health of the elderly. Through interaction with family, friends, and the community, older adults can prevent social isolation, which may lead to depression, anxiety, and cognitive decline.

Benefits of Social Interaction for the Elderly

- ✓ The production of happiness hormones such as endorphins and oxytocin
- ✓ Encourages older adults to remain physically and mentally active
- ✓ Cost Management and Optimization
- ✓ Maintaining Communication Skills
- ✓ Providing essential emotional support for a better quality of life



Healthy Aging Improves Quality



Aspects of Quality of Life

According to the World Health Organization (WHO), quality of life is categorized into four main aspects, namely:

Physical Aspect

Psychological Aspect

Social Aspect

Environmental Aspect

Aspects of Quality of Life



Physical Aspect



Aspects of Quality of Life

Psychological Aspect



Aspects of Quality of Life

Social Aspect



Aspects of Quality of Life

Environmental Aspect



Conclusion

Healthy Lifestyle



Healthy Aging



Independent, Healthy, and Happy Elderly

THANK YOU
FOR YOUR ATTENTION

