**DAY 25 SUMMARY**

**Issues Related to Elder’s Mouth**

* Scrape off white or yellow coating on the elder’s tongue
* Inform the elder’s family to fix up an appointment with a doctor in case of a green, brown, or black coating on the elder’s tongue
* Encourage an elder with bad breath to see a doctor or dentist
* Prevent cavities by encouraging brushing and flossing regularly
* Serve soft food to an elder whose dentures cause difficulty in eating
* **Issues related to Vision in the Elder**

Elders:

* + May have problems quickly adapting to changes in light,
  + May develop cataract or reduced clarity of vision,
  + May not be able to differentiate similar colors easily,
  + May develop issues with the retina,
  + May find it difficult to move eyes in all directions and see sideways, or
  + May develop an issue with 3D or depth perception

To take care of an elder’s eyes:

* + Get the elder’s eyes checked by a doctor regularly
  + Make sure the elder wears glasses, if prescribed
  + Clean the glasses regularly
  + Do not assume that the elder will be able to see sideways
  + Encourage them to wear sunglasses when going out in the sun
  + Ensure that the elder wears dark glasses after a cataract surgery

If you need to put eye drops for the elder:

* + Wash your hands before and after putting the drops
  + Do not let the tip of the bottle touch any surface
  + Drop the first drop on your hand
  + Gently pull the lower eyelid to form a well
  + Ask the elder to keep the eye open and look up
  + Put the prescribed number of drops in the well
  + Wipe off the excess medicine
  + Ask the elder to keep the eyes closed for at least two to three minutes
  + Throw the bottle within seven days of opening it

**Urinogenital Related Issues of the Female Elder**

Some of the common urinogenital problems in female elders are:

* + Urge for frequent urination,
  + Urinary tract infections, and
  + Prolapsed uterus

You must inform a doctor if the elder:

* + Suddenly starts to urinate more frequently
  + Feels difficulty and burning sensation while passing urine
  + Complains of constant abdominal or back pain
  + Has blood in urine
  + Experiences final stage of prolapsed uterus

**Urinogenital Related Issues of the Male Elder**

Some of the common urinogenital problems in male elders are:

* + Urge for frequent urination
  + Urinary tract infections
  + Enlarged prostate, and
  + Incontinence

You must inform a doctor if the elder:

* + Suddenly starts to urinate more frequently
  + Feels difficulty and burning sensation while passing urine
  + Complains of constant abdominal or back pain

Has blood in the urine

* When assisting an elder in cleaning, use disposable gloves and clean the elder thoroughly
* Empty the bedpan into a toilet and wash the bedpan for subsequent use
* Wash hands with soap and water
* Stay respectful in case the elder’s clothes get soiled
* **Gastrointestinal Issues in the Elder**
* Give the elder a lot of water and vegetables and reduce non-vegetarian and grain-based food
* Give the elder water to drink to help them vomit
* To help an elder suffering from constipation, introduce fiber in the diet, involve them in exercise, watch out for side effects of medicines, and take care of the elder’s comfort in the use of the toilet
* Give an elder suffering from diarrhea bananas, yogurt and rice, and water
* Seek the doctor’s advice for piles, fistula in ano or fissures, appendicitis, and chronic pain in the abdomen