

Getting the Elderly Active

A Jose Lebron and Kimberly Escalante Presentation

About Us

- Jose is a senior nursing student at Pace University.
- Kimberly is a sophomore nursing student at Pace University.
- Dr. Coppola is a professor in charge of the intergenerational program at Pace University
- Chris Gaur- Co-founder of Vital Care Services who collaborated with The Kensington Assisted Living Facility for this project.

Objectives



- To study the correlation between activity, blood pressure and weight.
- By encouraging more activity, our objective was to improve the overall health and wellness of the participants.
- Participants' health would be measured by collection of blood pressure and weight data once a week, as well as a self-report survey at the conclusion of the 8 week program.

Our Interest

- As future nurses, we take pride and care in helping all of our patients, especially the geriatric population.
- Obtain an alternative learning experience, in addition to clinical rotations.
- Opportunity to operate in the cutting edge arena of gerontechnology.

Misconceptions and Myths

- Old age equates to being sick
- You cannot teach an old dog new tricks.
- Health Promotion is wasted on older people.
- Older people prefer to live in isolation and to be alone.

Facts

- Many older adults have chronic diseases, but still function quiet well.
- Older people can learn new things and should be challenged to stay mentally active.
- It is never too late to begin good lifestyle habits, such as eating a healthy diet and engaging in exercise.
- There are many ways to maintain contact with people and healthy older adults have a variety of great options to stay connected with others.

Age Related Changes to Consider

- Musculoskeletal:
 - Decreased joint range of motion
 - Decreased flexibility
 - Decreased mobility
 - Risk of falls
 - Gait changes

Age Related Changes to Consider

- Hearing
 - Hearing loss due to age-related changes in inner ear
 - Difficulty following conversations
 - Tone discrimination loss
 - Social isolation

Age Related Changes to Consider

- Visual
 - Inability to focus properly
 - Distorted depth perception
 - Need for stronger light
 - Increased sensitivity to glare
 - Color discrimination

Age Related Changes to Consider

- Neurological
 - Decreased adaptation
 - Slower response to stimuli
 - Decreased sensation
 - Decreased short-term memory
 - Slower voluntary responses

The Kensington

- Upscale, assisted living facility
- Located at 100 Maple Ave, White Plains, NY
- Elevators
- Cocktail Hour
- Daily activities
- Trips
- Easier access to healthcare

Meet the Residents

- LW – Retired Home Depot worker, interested in stocks
- LN – Retired GWU professor, writes the newsletter
- HD – Austrian immigrant during WWII, disliked technology
- LB – Wife of Harrison judge, enthusiastic about technology

Equipment Used

- Digital scale
- Automated blood pressure cuff
- Laptops/phones
- Fitbit Zip
- Surveys used before and after the program to track beliefs and attitudes.

Fitbit Zip

- Wireless activity tracker
- Tracks number of steps taken, calories burned, distance traveled
- Clipped right onto shirts, Life Alert pendant, purse.



Color is optional, health is not

Why the Fitbit?

- Benefits
 - Portable
 - Easy to use
 - Colorful
 - Use of advanced technology
 - Easy to track progress

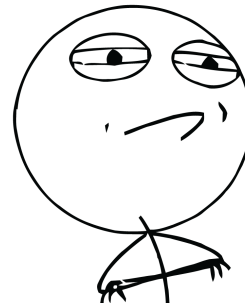
Benefits of Implementing the Program

- Activity could be tracked
- Starts conversation of health between resident/provider
- Encourages walking to beat one's own score
- Simply wear it
- Long battery life
- Numerous ways of syncing data
- Simple gathering of weight and blood pressure

Challenges During the Program

- Tracker is tiny – Easily lost
- Fitbit font was tiny
- Residents' health
- Residents' compliance/fear
- Tight clip
- Technology was needed - 2 computers in facility
- Time constraints

CHALLENGE ACCEPTED



Session Schedule

- Greet residents
- Obtain vital signs
- Teach the resident about technology
- Close session

Results

- Comfort with technology
 - Fair-Good → Good-Very Good
- Feelings about own health
 - Good-Vey Good (No change)
- Helpful to know vital signs regularly?
 - Neutral-Somewhat Helpful (No change)
- Helpful to know steps taken daily?
 - Neutral-Somewhat Helpful (No change)

Results

- Conscious decision for active lifestyle
 - Sometimes-Most of the Time → Most of the Time-Always
- More likely to participate for incentives?
 - Neutral-Somewhat Likely → Somewhat Unlikely-Neutral



How May We Improve?

- Formal orientation session for students
- Clarification session for seniors
- More equipment (computers, scales, cuffs)
- Availability computers and residents
- More participants

Insight into the future

- Hopefully this technology could be used for other demographics and groups such as patients with:
 - Dementia
 - Blindness
 - Deafness
 - Limb amputations

Lessons Learned

- The value of intergenerational connections
- Learned about various
- “Give and take”
- Do not take anything for granted
- Patience is a virtue / Repetition is key
- Different pedagogies



Lessons Learned Continued

- It was a growing and learning process on both sides.
- Residents were able to interact socially with students.
- Students were able to learn about aging through the residents' abilities.
- We built long-lasting relationships with the residents.
- Communication is important.

Visit Our Website

- For more information or to view photos, please visit:
- <http://www.fitgerons.weebly.com>