

The Impact of the Ageing Process on Taiwanese Elderly



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Abstract

Taiwanese elderly who has increased rapidly, the purpose of this review to understand the impact of the ageing process on those people. Expecting by the review provides the references for nursing staff to have a knowledge and attention for those people and resulted to improve the well-being life for elderly.

Introduction

Ageing brings with it a number of influences on health and can result in increased frailty and diagnoses of chronic disease that can influence mental health and development of disabilities [1-4].

The majority of people older than 65 years of age are estimated to have at least one chronic physical or psychological illness. The major diseases of older people include diabetes, arthritis, cancer, cardiovascular disease, musculoskeletal problems, incontinence, osteoarthritis, sleep disturbances, chronic pain and falls [1,2,4-8]. These physical problems can result in the older population in Taiwan experiencing lower life satisfaction, poor health, and problems with mobility [1,7]. Furthermore, ageing can result in psychological problems, such as mental health deterioration, dependency as a result of illness, dementia, sensory impairments and depression [2,6]. This clearly indicates that older people suffer from a wide range of illnesses and health-related problems and may also have to deal with reduced ability to maintain their daily activities.

The impact of ageing on health becomes more complex when there is disability or frailty [6]. These health problems of the older population in Taiwan and various social-economic changes have resulted in long term care (LTC) facilities becoming a care option for older people [8]. This is particularly the case when older people become dependent on assistive devices or others for care and help with their daily lives, performing activities of daily living (ADL) such as bathing, dressing, eating, transferring from a bed to a chair, and toileting [9].

Nevertheless, although most "aged society" countries are faced with the task of establishing LTC systems, there is still a lack of

understanding of how such care systems affect the quality of life (QOL) for older people [10], particularly those who are limited to using a wheelchair for their mobility and daily activities [11,12]. Therefore, applying well-being life on the Taiwanese elderly should be paid a comprehensive attention.

Conclusion

This contributes to a relatively knowledge and offers an attention of emphasizing the well-being life of Taiwanese elderly. The daily activities related program as a psychological health maintenance activity and/or social activity for Taiwanese elderly should be supported. This will be a valuable option for improving the well-being life of elderly.

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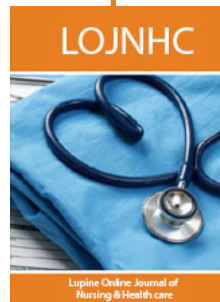
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