

# Healthy Ageing

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CHRISTCHURCH



# Healthy Ageing

‘Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.’

Henry Ford

# Healthy Ageing

‘The frequent menace of old age is that it imprisons its victim in the departure lounge of life’

Sir Robin Day

# SUCCESSFUL AGEING

High physical, psychological and social functioning in old age without major diseases.

Rowe and Kahn Science. Human ageing: usual and successful. Science 1987; 237: 143-9.

My variation:

Maintenance of physical, psychological and social functioning in old age.

# THE REAL OLD PERSON

Subject to a number of forces:

- Chronological – as old as your years
- Biological – as old as your arteries Genetics, disease
- Sociological –as old as others (society) makes you
- Psychological – as old as you make yourself

# Healthy Ageing

- Maintenance of good health
- Reduction of risks

BUT

- No cast iron guarantees

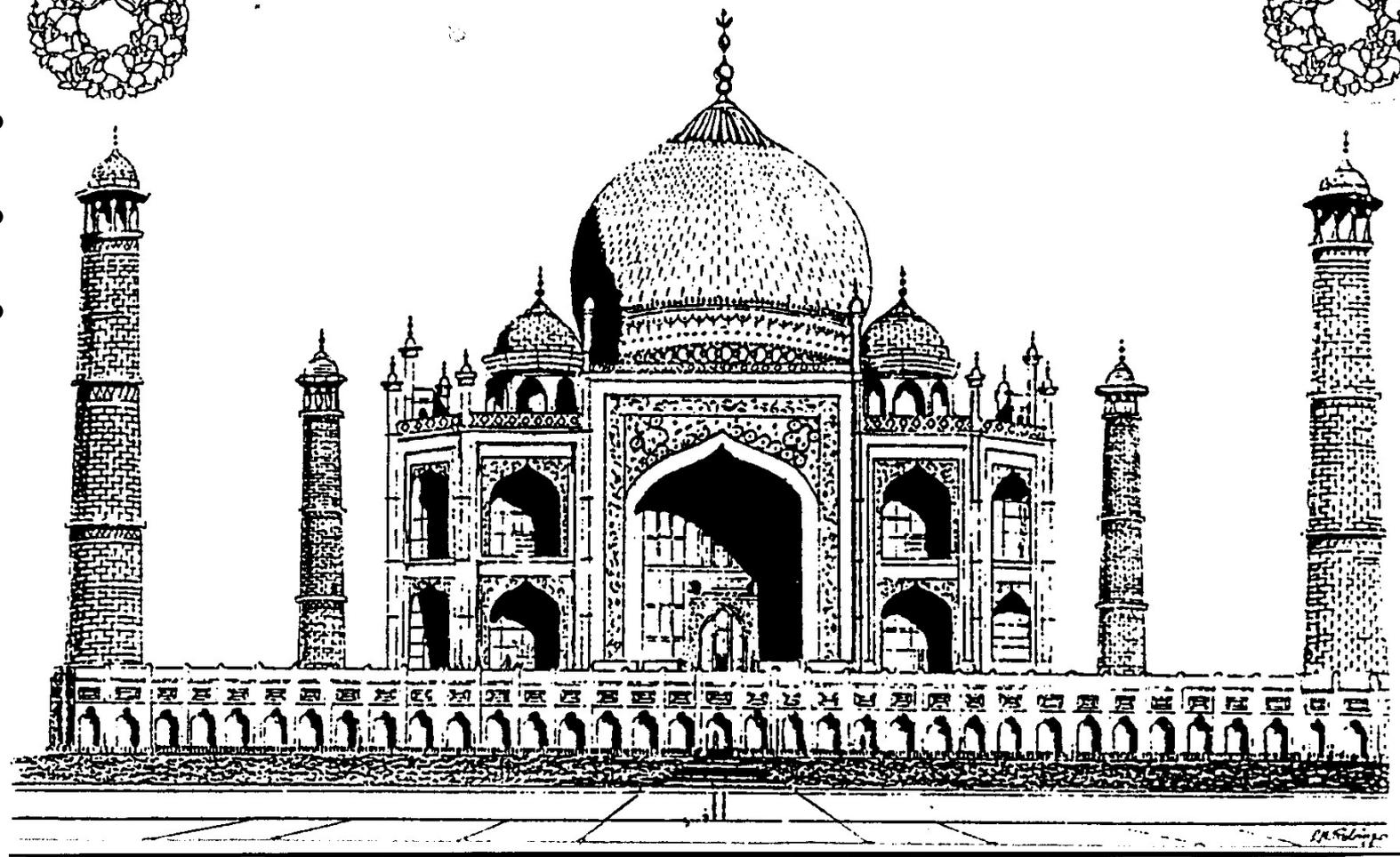
# MYTHS

- ‘What can she/he expect at their age?’
- ‘What can I expect at my age?’

Both powerful social and psychological drivers of ‘ageism’.

- Memory loss is inevitable
- Older people are past sex
- You can’t teach an old dog new tricks

THE TAJ MAHAL



# CHRISTMAS CARD

DEC 93

I drew the Tajmahal from a photograph 20"x16" just prior to entering hospital recently.

The Tajmahal was built between the years of 1630 - 1652 and involved 40,000 people. It was built as a monument to his beautiful wife Monica.

I chose to draw the Tajmahal to capture the memory of a replica my grandfather had on his mantel piece which was to be left to me. This did not eventuate and it ended up in different hands and broken.

It has been a personal challenge at age 81 to draw this having only taken up the art of drawing just 18mths ago.

# Ageing Well.

**Have a positive attitude towards ageing.** Research has shown that a positive attitude towards your own health and ageing can improve health outcomes.

**Eat well, but maintain a healthy body weight.** Include a healthy balance of fruit, vegetables, nuts, dairy products, carbohydrates and a source of protein. Older adults require more protein per kilo of body weight than younger people.



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# Ageing Well.

**Regular physical exercise.** Regular exercise keeps you fit, reduces the likelihood of falls, and can improve brain function.

**Protect your skin from the sun.** Government guidelines state that; Between September and April, sun protection is recommended especially between 10am and 4pm. A daily walk or some other form of outdoor physical activity in the early morning or late afternoon is recommended.



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# Physical Exercise

- Speak to your doctor before starting or increasing physical activity
- Start off slowly and build up to the recommended daily physical activity levels
- Heart Foundation, Arthritis Society, Stroke Foundation and Parkinson's Society can advise on condition specific activities.

# Physical Activity

Spend more time being physically active and less time sitting down

- Walking to the shops
- Vacuuming
- Gardening
- Washing the car

# Physical Activity

Aim for at least 30 minutes of aerobic physical activity on 5 days a week. Aerobic activity makes your breathing and heart rate increase

- Brisk walking
- Ballroom dancing
- Cycling
- Kapa haka
- Lane swimming, aqua jogging

# Physical Activity

Aim for 3 sessions of flexibility and balance activities, and 2 sessions of resistance activities each week (in addition to the aerobic physical activity)

- Resistance (for muscle and bone strength)
- Flexibility (for easy movement)
- Balance (to prevent falls)

# Resistance Exercises

- Carrying shopping
- Standing up and sitting down repeatedly
- Weight training

# Flexibility (for easy movement)

- Modified tai chi
- Stretching
- Gardening
- Yoga
- pilates

# Balance (to prevent falls)

- Bowls
- Modified tai chi
- Otago exercise programme
- Standing on one leg
- Yoga

# Ageing Well.

**Remain socially connected.** Loneliness and social isolation have a strong relationship with poor mental and physical health outcomes and with increased alcohol intake.

**Get plenty of sleep.** Although you may require less sleep as you get older, your body still benefits from a regular and adequate sleep pattern.

**For more Google: Hamish Jamieson Australian Women's Weekly "In with the Old"**



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# The Older Population in New Zealand.

**Health makes up 22% of Government spending.**

**Older New Zealanders are a large and growing proportion  
of our population.**

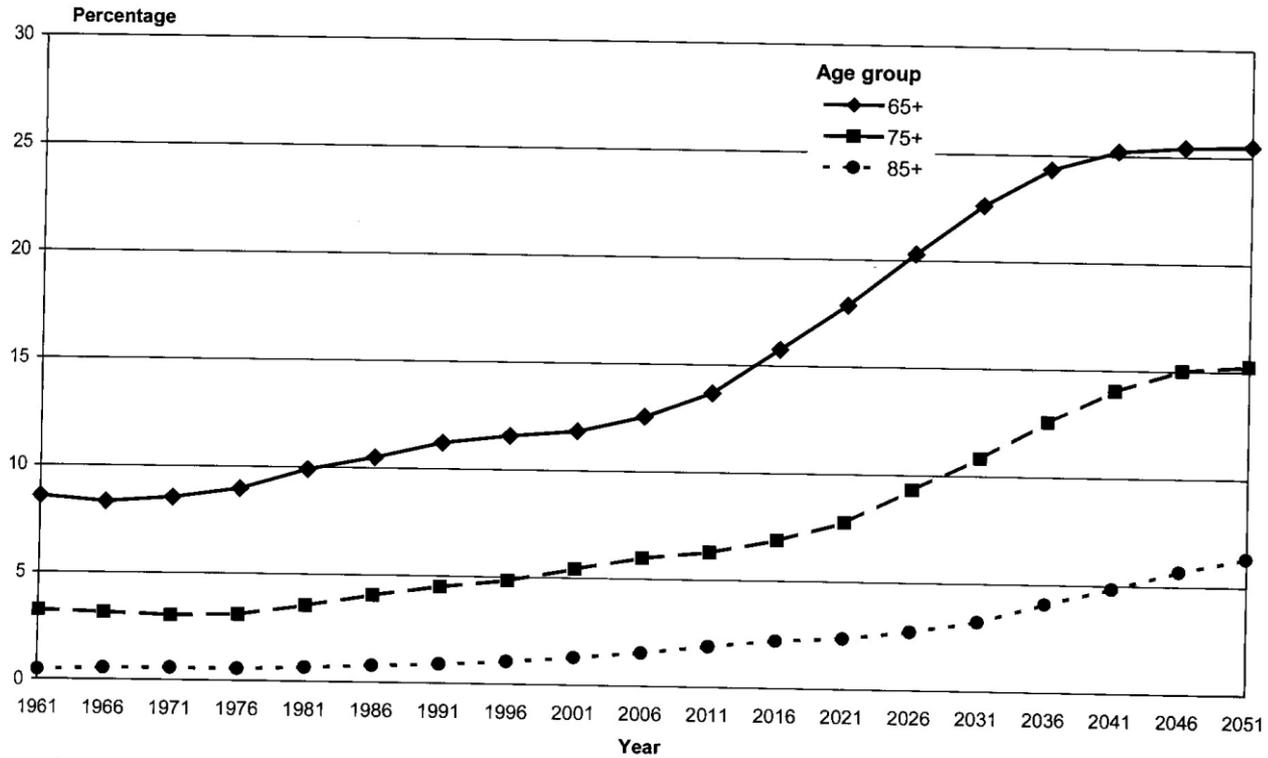
**By 2036, one in four of us will be aged 65 years or older.**

**Maori and Pacific Island people still have a lower life  
expectancy than the general New Zealand population**



CHRISTCHURCH

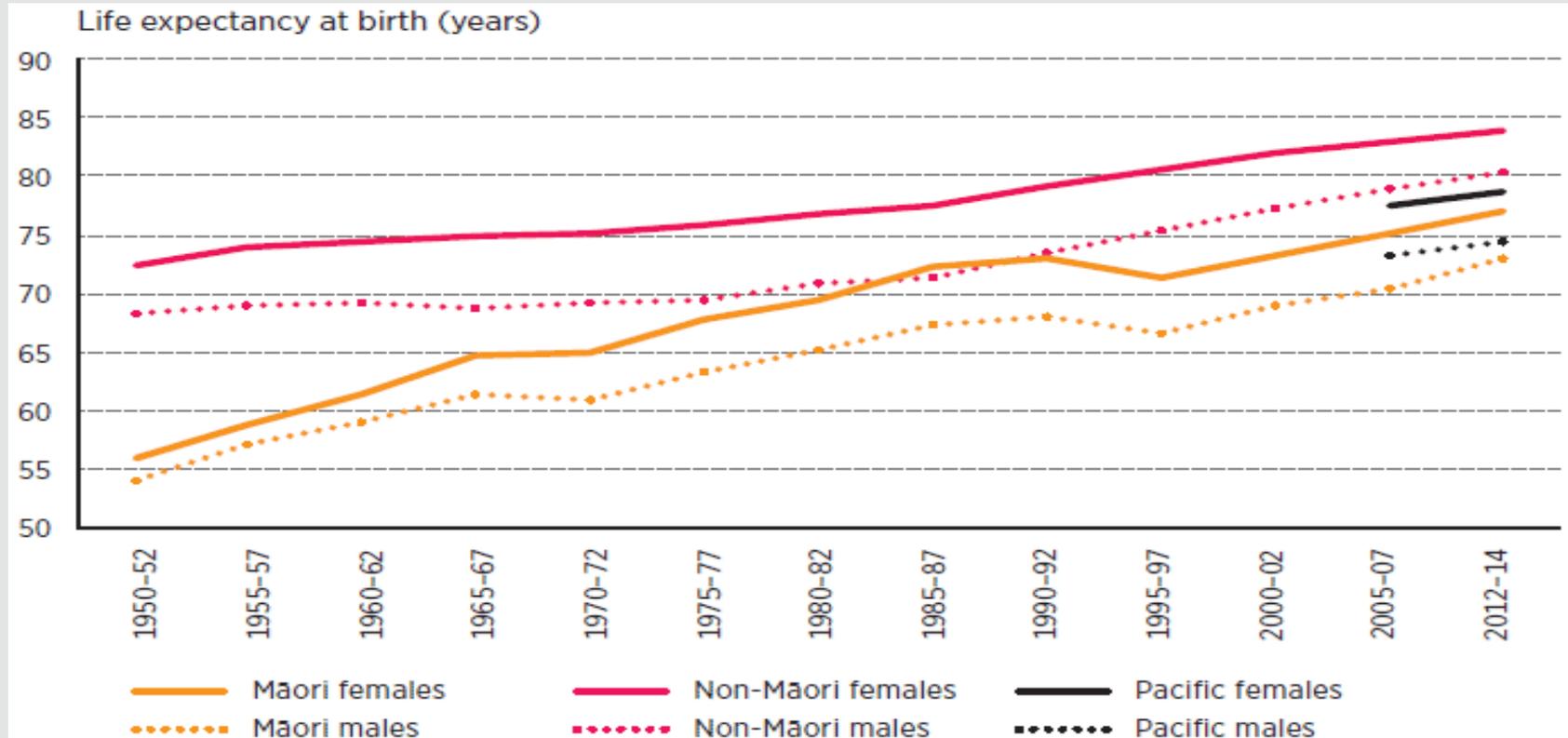
**Figure 2.3:** New Zealand population 65+, 75+ and 85+ as a percentage of the total population: 1961 to 2051



Source: Statistics New Zealand, Census of Population and Dwellings 1961–1996 and Population Projections (1999 base)

# Life Expectancy in New Zealand.

Ref; New Zealand Ministry of Health website



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IN MEMORY OF  
WILLIAM FORSYTH,  
of Ladyfield, who died on the  
29<sup>th</sup> of November 1846.

Aged 49 Years.

And CHRISTIAN SHAW, his  
Spouse, who died on the 10<sup>th</sup> Jan<sup>y</sup>  
1861, Aged 55 Years.

Also of

MARY, who died on the 8<sup>th</sup> Jan<sup>y</sup>,  
1846, Aged 16 Years.

ELIZA, who died on the 20<sup>th</sup> Nov<sup>r</sup>  
1851, Aged 27 Years.

FRANCES, who died on 22<sup>d</sup> April  
1852, Aged 18 Years.

PHILIP, who died on 9<sup>th</sup> August 1853  
Aged 17 Years.

LEONORA, who died on 29<sup>th</sup> August  
1853, Aged 7 Years.

CHRISTINA JANE, who died on  
2<sup>nd</sup> April 1860, Aged 22 Years.

And

AMBROSE, who died in the  
Island of Jamaica, 28<sup>th</sup> February  
1870, Aged 30 Years.

1832

IN THIS CEMETERY,  
and chiefly within this enclosure,  
lie the mortal remains  
of more than 420 inhabitants of Dumfries,  
who were suddenly swept away  
by the memorable invasion of  
Asiatic Cholera  
A.D. MDCCCXXXII.

That terrific Pestilence  
entered the Town on 15<sup>th</sup> September,  
and remained till 27<sup>th</sup> November,  
during which period it seized  
at least 900 individuals,  
of whom 44 died in one day  
and no more than 415 were reported  
as recovered:

That the benefit of this  
solemn warning  
might not be lost to posterity  
this monument  
was erected from collections made in  
several Churches in this Town.

# The Challenges Facing the Health System with Ageing

**Health and social services must be provided to increasing numbers of older people who are living longer.**

**Although we are living longer, the age to which we are likely to live in good health and without disability is not increasing at the same rate as life expectancy.**



# The Challenges Facing the Health System with Ageing

The health effects of long-term conditions, such as heart disease, diabetes, depression, dementia and musculo-skeletal conditions, is growing.

Dementia is one example. We expect the number of New Zealanders with dementia to rise from about 48,000 in 2011 to about 78,000 in 2026.



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- Not a 'Problem' or a 'Burden'
- A challenge of for all societies and cultures
- The expression 'Grey Tsunami' and many others shock headlines say more about the users and don't necessarily help in formulating constructive plans

# The Challenges Facing the Health System with Ageing

**Lifestyle related health issues are becoming more of a problem. For example, poor diet, obesity, alcohol consumption, smoking, and the effects of drug use.**

**Benefits need to be assessed in light of affordability as new technologies and drugs emerge and expectations about health services rise.**

**New infections and antibiotic resistance are emerging.**



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# The interRAI-Homecare Tool

**An internationally recognized standardised comprehensive assessment tool.**

**Used in new Zealand for all older people that require government funded supports or assessment for entry in aged residential care.**

**New Zealand is the first country in the world to use the interRAI-HC nationally.**

**Where participants have given permission, interRAI-HC data can be used for research purposes.**

**The data also allows for the consideration of a large number of potential confounders**



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# Finding Meaning and Joy

- Pick up a long-neglected hobby or try a new hobby
- Play with grandchildren, nieces, nephews or a pet
- Learn something new (instrument, language, new game, new sport)
- Get involved in the community (volunteer, local events)
- Take a class, join a club or sports team
- Travel somewhere new, weekend trips
- Spend time in nature (hikes, fishing, camping, skiing)
- Enjoy the arts (museum, concerts, plays)
- Write your memoirs or a play about your life experiences

# The Medication Conundrum

- Older people often have a number of medical conditions
- Medications for some conditions have a preferential benefit for older people
- Medications are not tested on frail older people in drug trials
- Metabolism of drugs is slowed in older people with some medical conditions and sensitivity to drugs increases
- Iatrogenic illness accounts for around ten per cent of hospital admissions over 70 years of age
- Regular review of medications particularly with a view to reducing or stopping is an important part of health checks

# VACCINATION

- Influenza
- Pneumococcal
- Varicella Zoster (Shingles)
- Covid 19

# CANCER SCREENING

- Breast Cancer
- Cervical Cancer
- Bowel Cancer
- Prostate Cancer

# Literature and Medicine

The preoccupations of literature are the preoccupations of patients and doctors – love and birth and death, pain and loss and suffering, grief, anger and tranquillity, balance and harmony and rhythm,

M Little, Surgeon and Ethicist.

Writers are astute observers of society and older people

Music (Poetry) soothes the savage beast and reflects on life and ageing

Narrative is an essential part of patient care – particularly in older people.

Allows to reflect on how we have treated patients

# Thinking Ahead

- Enduring Power of Attorney
  - Finance and Property
  - Health and Welfare
- What if I become unable to drive?
- Advanced Directives
  - Cardiopulmonary Resuscitation
  - Ceilings of Care

## ULYSSES ALFRED, LORD TENNYSON

'Old age hath yet his honour and his toil.  
Death closes all: but something ere the end,  
Some work of noble note, may yet be done.'

The best recent example Captain Sir Tom Moore aged 99 during the Covid outbreak

Aimed to raise 1000 pounds for the NHS - raised over 35 million!

CANTERBURY EDUCATION AND RESEARCH TRUST FOR THE  
HEALTH OF OLDER PERSONS

University of Otago Christchurch

P.O. Box 4345

Christchurch

[dsain@xtra.co.nz](mailto:dsain@xtra.co.nz)

# What the Trust does

Graham Riley Prize

Summer studentships

Support for Research including PhD  
scholarship

Overseas speakers

# Summary

**Our population is ageing.**

**People are living longer with more complex diseases.**

**As individuals we should all take steps to ensure that we age as well as we can.**

**However, by using big data such as that in the interRAI, we can carry out a number of different studies with the aim being improved health outcomes for the older population and ensure resources are directed to where they are most needed.**



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