

PHYSICAL	MOTOR/SENSORY ADAPTATION	COGNITIVE	PSYCHOSOCIAL	INTERVENTIONS
<ul style="list-style-type: none"> ◆ Decreased oil in skin; decreased perspiration. ◆ Increased wrinkles. ◆ Loss of fat layers on limbs and face. ◆ Bones becomes more prominent, stiff joints. ◆ Changes in skin pigmentation. ◆ Thinning of hair. ◆ Shrinkage in intervertebral disc. ◆ Increase susceptibility to infection. ◆ Increase susceptibility to High BP ◆ Decrease GI absorption rate, decreased cardiac output, decreased airway capacity. ◆ Male – prostatic hypertrophy. 	<ul style="list-style-type: none"> ◆ Decreased mobility. ◆ Stronger stimulation is needed for all senses to experience sensation. ◆ Decreased ability to respond to stimuli. ◆ Decreased sense of balance, depth perception, sensitivity to light touch and vibration. ◆ Paresthesia. ◆ Less deep sleep, easily aroused. ◆ Development of cataracts is common. 	<ul style="list-style-type: none"> ◆ Decline depends upon earlier cognitive abilities, general health and involvement in society. ◆ Motivation is an important component of performance. ◆ Slower in learning. ◆ Drop in performance. 	<ul style="list-style-type: none"> ◆ Death of spouse/friends. ◆ Introspection and life review. ◆ Acceptance of death. ◆ Establish a physical living arrangement. ◆ Decreased authority and mobility. 	<ul style="list-style-type: none"> ◆ Provide a safe environment. ◆ Provide adequate fluids. ◆ May need to divide sleep periods between day and night. ◆ Assess skin integrity frequently. ◆ Use tape sparingly on fragile skin. ◆ Remove tape/Band-Aids carefully. ◆ Handle body more with the palms of your hands rather than with fingers. ◆ May need smaller, more frequent meals. ◆ Provide frequent perineal care; keep clean and dry. ◆ Use barrier cream if appropriate. ◆ Reposition every 2 hours without fail. ◆ Monitor and assess for pain q 2-4 hours. Follow previous pain assessment and management guidelines. ◆ Encourage self-care. ◆ Provide opportunities for decision-making related care. ◆ Assess resources for discharge.

LATE, LATE ADULT (OLD, OLD): 80 AND UP YEARS