

# Adapting to Health Change

**Goal:** To increase awareness of challenges some older individuals may face in complying with health care recommendations.

## **Learning Objectives:**

- (1) Experience the loss of function that some older individuals may experience.
- (2) Recognize the importance of functional ability on quality of life.
- (3) Reflect on how experiences may impact your future practice.
- (4) Improve understanding of roles of other healthcare and community service professions in care of older adults

# Function = Independence

## Assessing Function

### BADLs

Bathing

Dressing

Feeding

Toileting

Continence

Transferring

Ambulation

### IADLs

Telephone Use

Housekeeping

Meal Preparation

Shopping/Errands

Transportation

Taking Meds

Managing Money

- Basic Activities of Daily Living (BADLs) = basic self-care activities.
- Instrumental ADLs (IADLs) = support ability to live independently
- Measures of functional status

- Serious vision problems: 10.4%
- Can't do errands alone: 12.3%
- Cognitive problems: 13.1%
- BADL issues: 6.7%
- Mobility problems: 35.5%

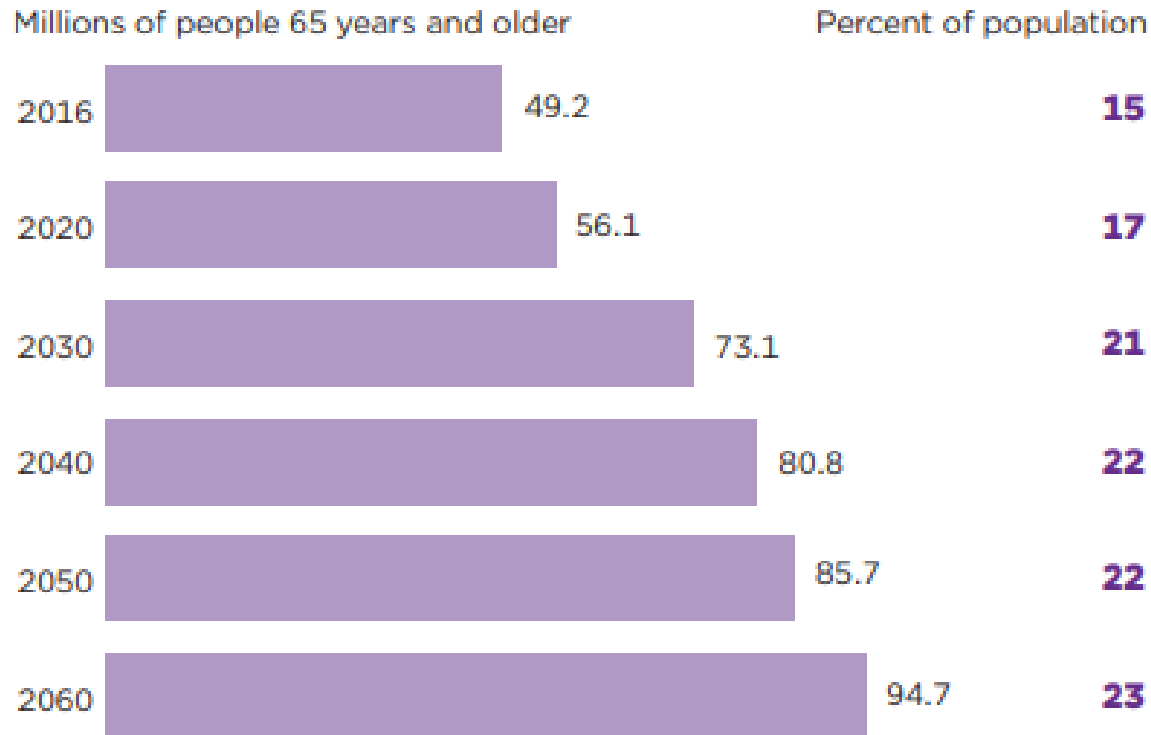
*Data from 2024 CDC Behavioral Risk  
Factor Surveillance System-  
Oklahoma, age 65+*

# An Aging Nation

Figure 1.

## Projections of the Older Adult Population: 2020 to 2060

By 2060, nearly one in four Americans is projected to be an older adult.



Source: U.S. Census Bureau, 2017 National Population Projections.

# Health Rankings for Older Oklahomans

Oklahoma's senior health ranking

**2025: 47**

**Overall strengths: increase of 48% in Geriatricians, low excessive drinking, high speed internet access increase of 36% to 84% of households with older adult 65+**

**Overall challenges: low prevalence of exercise (45), fruit and vegetable consumption (49), early death (b/w 65-74 yrs; 46)**

*America's Health Rankings United Health Foundation (2025)*

# What are we doing today?

- 4 small-group simulation stations
- Faculty and volunteer facilitators
- You will take on the role of an older adult with a disability.
- You will be asked to do health-related tasks.
- Debrief

# 4 Simulation Stations

## Your Health Change

## Activity You Will Perform

|              |   |                                          |
|--------------|---|------------------------------------------|
| Neuropathy   | → | Dressing and Oral Care                   |
| Hearing Loss | → | Prep for Clinic Visit/<br>Telephone Call |
| Vision Loss  | → | Medication Management                    |
| Immobility   | → | Ambulation, Toileting                    |



# Reflecting on this Experience

- What did you learn about aging? Living with a disability?
- What was surprising or particularly impactful?
- What did you learn today about another healthcare or community services profession that you didn't already know?
- How will this experience influence how you provide care?



# Reflecting on this Experience, cont.

- If you have any other questions, comments, or concerns, please contact us at [OkDCN@ouhsc.edu](mailto:OkDCN@ouhsc.edu)
- Please complete our post-training survey:

