

Healthy Ageing 101: Managing Chronic Health Conditions in Older Adults

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Objectives



- Understand common chronic health conditions and combinations of them that tend to occur as we age
- Identify challenges that come from living with and managing multiple chronic health conditions
- Recommend strategies to improve one's self management of their chronic health conditions and to live well



What are Chronic Health Conditions

- Medical conditions that are present over a long period of time, such as diabetes, heart and lung diseases
- Cannot be passed from one person to another, as is the case with influenza or pneumonia
- Most common ones are arthritis, high blood pressure, cardiovascular disease, diabetes, cancer and COPD

Natural Changes with Aging



- Vision
- Sense of self-movement and body position (Proprioception)
- Sense of balance and spatial orientation to coordinate movement with balance (Vestibular systems)
- Decreased muscle tone
- Regulation of blood pressure
- Easier to become dehydrated

Chronic Health Conditions and Prevalence



Arthritis
(50% of older Canadians)



High Blood Pressure
(Hypertension)
(47% of older Canadians)



Cardiovascular Disease
(19% of older Canadians)



Diabetes
(17% of older Canadians)



Cancer
(12% of older Canadians)



COPD / Asthma
(10% of older Canadians)



High Blood Pressure and Arthritis
(14% of older Canadians)



High Blood Pressure and Cardiovascular Disease
(12% of older Canadians)



High Blood Pressure and Diabetes
(11% of older Canadians)



High Blood Pressure and Cancer
(6% of older Canadians)



Cardiovascular Disease and Arthritis
(6% of older Canadians)

Managing Chronic Health Conditions

- Having multiple chronic health conditions can present challenges, such as:

Using multiple medications

Fragmented care

Greater health care use

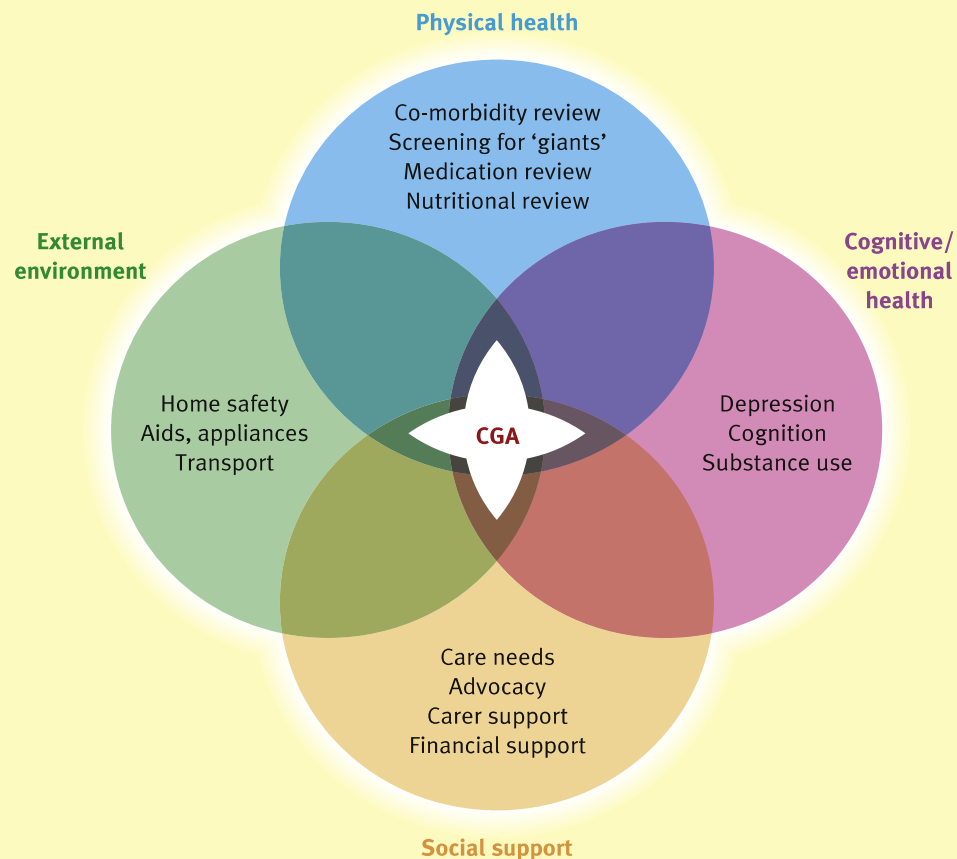
Poorer Health

Reduced quality of life

- Make sure to talk with your primary care provider about what you can do together to help manage your multiple chronic health conditions

Managing Chronic Health Conditions

Domains assessed and considered in the multidimensional approach of comprehensive geriatric assessment (CGA)



Managing Chronic Health Conditions

- Use an inter-professional approach to your care. Different professionals have unique knowledge and skills to better support you.
- Your healthcare team may consist of:

| | |
|-----------------------|-------------------------------|
| Primary Care Provider | Physiotherapist |
| Nurse | Occupational Therapist |
| Social Worker | Geriatrician |
| Pharmacist | Yourself, Spouse or Caregiver |

Managing Chronic Health Conditions

You can live a long, well balanced, meaningful life if you:

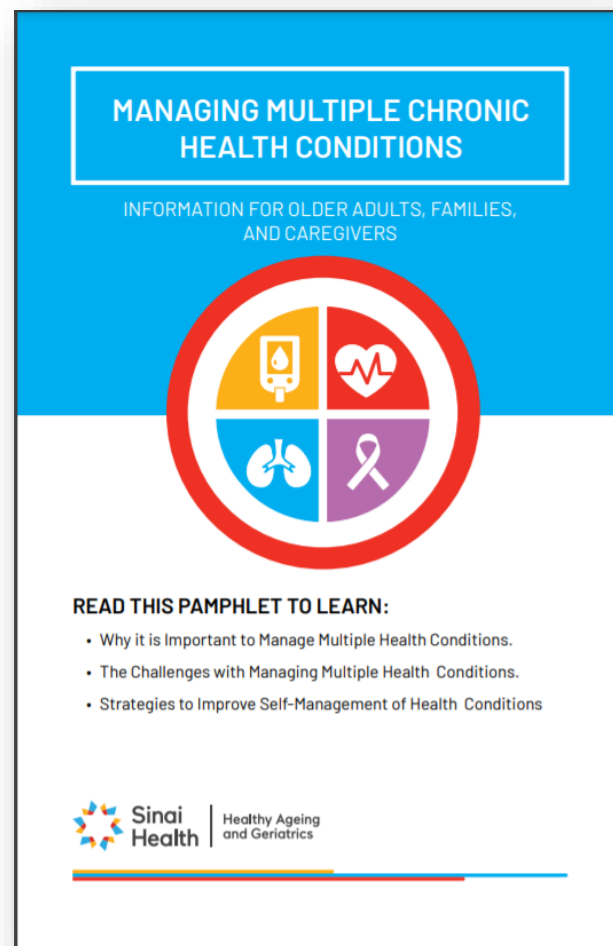
- Maintain a Healthy Perspective
- Maintain a Strong Social Network
- Maintain Communication with your Health Care Team



Additional Resources

Find more information in “Managing Multiple Chronic Health Conditions” available on our website

<https://sinaigeriatrics.ca/patient-resources/general-tips-for-managing-multiple-chronic-health-conditions/>



Questions? (submit to Q&A)



Stay Connected With Us



<https://sinaigeriatrics.ca/healtheducation/>

Website:

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Upcoming Healthy Ageing 101 Sessions

SUMMER BREAK :

No Sessions in July or August

Resumes September 2021

Join Us on June 24th



Sinai
Health

Healthy Ageing
and Geriatrics



Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

2021 GERIATRICS INSTITUTE EDUCATION DAY

THURSDAY JUNE 24, 2021



Applying COVID-19 Learnings To Transform The Future of Geriatric Care

9:00 AM - 9:10 AM **OPENING REMARKS**

Dr. Samir Sinha, Director of Geriatrics, Sinai Health and University Health Network

9:10 AM - 10:00 AM **What has the COVID-19 Pandemic Taught Us about the Future for Caring for Older Canadians**

Dr. Samir Sinha, Director of Geriatrics, Sinai Health and University Health Network

Dr. Nathan Stall, Geriatrician, Sinai Health and University Health Network

10:00 AM - 10:45 AM **Caregivers' Perspective on Being #notjustavisitor**

Susan Mills, Caregiver and Advocate

Donna Thomson, Caregiver, Author and Activist

10:45 AM - 11:00 AM **BREAK**

11:00 AM - 11:45 AM **Addressing Health Equity and Diversity Issues in Better Caring for Older Adults**

Dr. Kwame McKenzie, CEO, Wellesley Institute

Dr. Seong-gee Um, Researcher, Wellesley Institute

11:45 AM - 12:30 PM **Making our Mental Health and Wellbeing A Priority**

Dr. Benjamin Rosen, Psychiatrist and Resiliency Coach, Sinai Health

Dr. Mary Preisman, Psychiatrist, Sinai Health

12:30 PM - 1:30 PM **LUNCH / Thematic Breakout Rooms for Networking**

1:30 PM - 2:15 PM **Providing Excellent Care in the Absence of Family Presence**

Rebecca Lemieux, Clinical Nurse Specialist, Sinai Health

2:15 PM - 3:00 PM **Ageing & Dying on the Streets: Supporting the Palliative Care Needs of Older Adults Experiencing Homelessness**

Dr. Naheed Dosani, Palliative Care Physician, Founder of PEACH

3:00 PM - 3:15 PM **CLOSING REMARKS**

Dr. Samir Sinha, Director of Geriatrics, Sinai Health and University Health Network