

Letter to Editor

# Can Active Aging Reduce the Elderly Abuse?

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## The Phenomenon of Aging

Life expectancy has increased with increasing quality of life and health services. The aging population has grown so rapidly that it is estimated that by 2050 years, 30% of the world's population will be aging, and this is a serious crisis. With the increase of the elderly community in any country, there is a possibility of increasing chronic diseases such as diabetes, hypertension, Alzheimer's, dementia, etc. And these diseases can affect a person's health, social status and Interaction.

## Term of Active Aging?

The process of transforming opportunities into health, participation and security in the elderly in order to improve their quality of life. It seems that some elderly people with cognitive disorders, disabilities, Alzheimer's, cannot actively participate in society and their presence in society may even pose a risk to their lives (accident, fall, theft, etc.)

From the above definitions it is understood that achieving active and healthy aging is difficult but possible. Chronic disease imposes a lot of costs on the elderly and the government. Chronic diseases in the elderly are among the main obstacles to achieving these goals [1].

## Elderly Abuse?

Elderly due to physiological and anatomical changes due to increasing age, retirement and decreased social activities Death of relatives and friends, child avoidance due to marriage, work or Migration is more vulnerable and at risk. One of the risk factors for the elderly is elder abuse [2]. Elderly abuse is one of the indirect predictors of death, which is difficult to evaluate. Elderly abuse: A general term that includes doing or not doing

Performing a single or repeated behavior that causes harassment or harm a person and acted upon by someone he or she trusts, such as family and children.

## The Relationship between Elder Abuse and Active Aging

Elderly people with disabilities and chronic illnesses who need the help of others to provide care seem to be more prone to abuse. Active seniors are more self-reliant, independent in their personal affairs, and do not put pressure on family members and caregivers. The higher the degree of dependence of the elderly on the family and caregiver, the greater the risk of abuse. It seems that one of the medium-term

strategies for controlling the elderly abuse is to strengthen active aging, and we have proposed solutions. Which includes the following.

1. Survey of knowledge, attitude and practice of the elders about aging.
2. Survey of knowledge, attitude and practice of the elders about chronic diseases.
3. Develop regular screening programs for the elderly to prevent chronic diseases.
4. Identify sources of stress in the elderly as an important risk factor for many diseases.
5. Regular evaluation of drug adherence in the elderly.
6. Reduce medication administration if possible to prevent polypharmacy and drug side effects.
7. Develop an appropriate diet plan according to the economic and physical condition of the elderly by health centers.
8. Develop an appropriate exercise program with the physical ability of the elderly.
9. Follow nursing education at home.
10. Create elderly-friendly cities appropriate physical situation.
11. Teaching the elderly how to properly use drugs and their side effects.
12. Identify risk factors in the life of the elderly and reduce it.
13. Periodic evaluation of the elderly for cognitive impairment by health centers.
14. Training self-care ability in middle age and old age.
15. Training of physiological and pathological processes in middle age to better prevent chronic diseases of old age.
16. Familiarize family members with the aging process in order to better support the elderly.
17. Creating a safe environment to prevent secondary complications of the disease (falls, sleep disorders, etc.)
18. Familiarity of the elderly with various types of abuse.
19. Existence of protection laws for the elderly

20. Consider financial and social support for the elderly and caregivers.
21. Familiarity of the elderly and families with various types of abuse.

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