



Rehabilitation Model in Geriatric Patients

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DESCRIPTION

Aging is a complex process of changes in an individual's body, mind, and ability to participate in daily activities and roles. Life expectancy is increasing and the elderly are living with many diseases. Geriatric Rehabilitation (GR) aims to restore function or improve residual function and improve the quality of life of the elderly, especially those with disabilities and/or frailty. Current rehabilitation practice focuses on function and health, not just illness. Rehabilitation for elderly patients can help maintain functional independence and improve quality of life. After admission, 11% of elderly patients were referred to rehabilitation facilities. An increase in the elderly population and a clear increase in disabilities related to, for example, musculoskeletal disorders, depression, diabetes and neurological disorders affect motor-related activities specifically, will increase the need for rehabilitation. Rehabilitation for the elderly should emphasize functional activity to maintain functional mobility and capacity; improving balance through functional activity and exercise programs (e.g., weight-shift exercises, walking with changes in direction and elevation, and outreach activities), good nutrition and good general care (including hygiene, rehydration, bowel and bladder review, and adequate rest and sleep), and social and emotional support.

Geriatric rehabilitation treats a variety of conditions that affect the body physically, emotionally, mentally and socially with the overall aim of improving the quality of life of the elderly. The main goal of this approach is to restore new conditions that arise from aging by improving function, balance, coordination, reduce pain and the possibility of falls. Additionally, maintain the existing potential of older adults with an active lifestyle and provide maximum precautions to ensure safety at home or in educational settings.

Geriatric rehabilitation model

Geriatric rehabilitation models are integrated with these conceptual models for disability understanding. This will help to understand the mechanisms of disability and how to achieve effective rehabilitation to improve or reduce the identified

disability. Notable models include International Classification of Functioning, Disability and Health (ICF); and the International Classification of Disabilities, Disabilities and Disabilities (ICIDH-2) of the World Health Organization (WHO).

Principles of rehabilitation for the elderly

The three main principles to consider in geriatric rehabilitation are:

- Changes in the elderly,
- Maximum exercise in the elderly
- The concept of optimal health is directly related to the ability to function optimally.

It is important to treat each adult as a whole because the differences in the abilities of older people of the same age vary significantly from the differences seen in the younger population. Rehabilitation goals should focus on improving older adults' activity levels, as activity optimization is critical to older adults' rehabilitation and much varies with time is due to the elderly do not use. In the acute setting, the principles of rehabilitation may aim to first stabilize the primary problem, prevent secondary complications, such as contractures and sores, and ultimately restore lost functions.

The ongoing experimental work testing these models is research of considerable importance for geriatrics in general and geriatric rehabilitation in particular. Determining how disability trajectories differ for different diseases and combinations of diseases is essential for the future of geriatric rehabilitation. In addition, we need a better understanding of the extent and manner in which disability processes are altered by social and environmental factors, as well as by sex-related aging and health care. The maintenance of these delicate devices and their proper use are also necessary interventions. Elderly people, their families and care takers must be properly trained. An effective orientation period should be given to achieve an overall understanding and acceptance of the devices. Control system and control test of the elderly and their family members are important for the safety precautions.

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