

## **Caring for Older Adults**

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Gen 310: Advanced Oral Communication

November, 21, 2020

### **Caring for Older Adults**

- Introduce Topic- Who I am, what is my topic
  1. My Thesis- Although some entry level jobs can involve working with older adults, there are some important career aspects to consider including: the challenges in working with older adults, the joys and sense of fulfillment gained within the field, and the possible career advancements in the field.
  2. Quote by inspirational caregiver, Tia Walker, Caring.com Staff, “To Care for those who once cared for us is one of the highest honors.”
- Main Point 1: Challenges
  1. Grieving: Loss of independence, Loss of family and friends
  2. Disabilities:

Loss of mobility: We tell our residents that if they don't use it that they will lose it.

Deafness: According to *Care of older adults* by Susan Bell, Nileshkumar Patel, Nish Patel, Rajesh Sonani, Apurva Badheka, and Daniel Forman, more than 40% of older adults (ages 65+) have difficulty with hearing. (2016)

Blindness: According to *Care of older adults* by Susan Bell, et al., more than 13% of older adults (ages 65+) have vision impairments. (2016)

Dementia: According to *Care of older adults* by Susan Bell, et al., 13% of older adults (ages 65+) suffer from dementia; this increases to 40% by the age of 80. In this article, dementia is described as the “rapid decline in cognition” (2016) (tell story), How can we help? - use simple words, give instructions one at a time, rephrase, show instead of tell. Be patient.

- Main Point 2: Joy and Fulfillment

1. They shaped our community, they have 90+ years of experience
2. They become family; we share a lot of experiences with residents.
3. The knowledge that we are making a difference for residents and their families

- Main Point 3: Career advancements

1. Statistics- According to the article, *Older Adults* found at [HealthyPeople.gov](https://www.healthypeople.gov), in 2014 there are 46.3 million (14.5%) people in the U.S. aged 65 and older. It is estimated that there will be 98 million (23.5%) ages 65 and up by 2060 (2020). This means there is a high demand for caretakers of older adults and a high level of job security.
2. Possible career advancements-

-Workers can start out with an entry-level job such as Dietary Aide, House Keeping, Cooks, and PSS (Personal Support Specialist). In time, and with most companies willing to pay for training, workers can become a CNA (Certified Nursing Assistant), CRMA (Certified Residential Medication Aide), RN (Registered Nurse).

-Of course, the knowledge gained from working with older adults can be beneficial in almost every field, an example being, in the mental health and addiction counseling field. According to research found on the article *Substance Use in Older Adults*, found on [drugabuse.gov](https://www.drugabuse.gov), 65% of older adult ages 65 and older reported drinking excessive amounts. Also, with the increase of health conditions, older adults are far more likely to use prescription drugs, increasing their risk of being exposed to addictive substances. (2020)

- Conclusion

Caring for older adults is both educational and fulfilling. What can be more rewarding than serving those who have served us and our community for all those years? There are many challenges and considerations when working with older adults. As an entry level worker, there is a lot of experience to gain and many different career options to explore. From cooking, nursing, to human service careers, most every field of study will involve working with older adults.

**References:**

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Cite Tia Walker, and Older Adults article