

MATURE MOBILITY CONSIDERATIONS FOR OLDER ADULTS

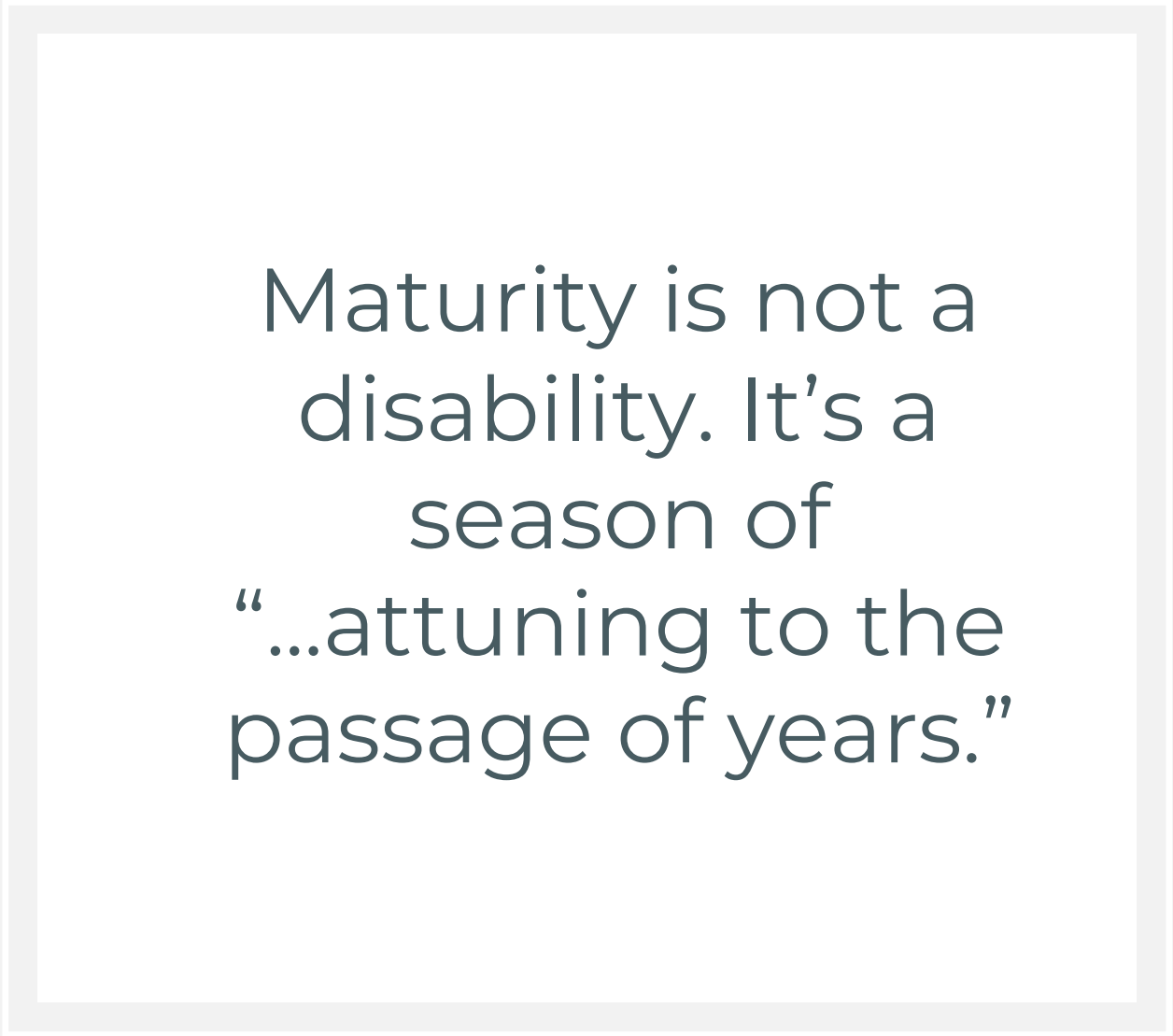
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WHAT IS OLDER?




AGING IS
NOT A
DISEASE



Maturity is not a
disability. It's a
season of
“...attuning to the
passage of years.”



AGING IS
NOT A
DISEASE



The long practice
of successfully
living

OBVIOUS & VISIBLE

- Hair
- Skin
- Vision
- Hearing

LESS ACUTE VISION & HEARING

- Cataracts begin to develop
- Acuity of near vision declines
- Night vision becomes problematic
- Less accurate depth perception
- Gradual hearing loss

LESS ACUTE VISION & HEARING

- Vision decline – difficulty reading signs, documents
- Tentative, less accurate movements – missteps on curbs, steps & stairs
- Impaired depth perception – glass doors, partitions, windows
- Impaired hearing – spoken directions, phone conversations, noisy environments

LESS OBVIOUS & INVISIBLE

- Musculoskeletal System
- Tactile Sensations
- Balance
- Oculovestibular System
- Brain



MUSCULOSKELETAL SYSTEM

- Diminished muscle strength & force
- Lean muscle mass decreases (composition of muscle/fat ratio)
- Bone density decreases
- Arthritis



MUSCULOSKELETAL SYSTEM

- Difficulty transitioning from sit to stand
- Climbing stairs, up/down steps more effortful
- Reduced arm strength, harder to support body when changing positions, pulling/pushing heavy doors



TACTILE SENSATIONS

- Decline in tactile sensitivity
- Loss of skin elasticity
- Decreased blood flow
- Nerve degeneration at proximal extremities



TACTILE SENSATIONS

- Diminished “pinch posture”, grasp
- Reduced manual dexterity
- Delayed reaction to environmental cues
- More bumps, bruises, spills, dropping objects



BALANCE

- Reduced acuity for proprioception
- Postural stability is challenged
- Joint replacement surgeries
- Less lateral symmetry



BALANCE

- Balance decline
- Postural uncertainty, hesitancy
- Ambulatory miscalculations
- Increased fall risk



OCULOVESTIBULAR SYSTEM

- Anatomical changes in inner ear
- Viscosity of fluid in ear
- Vision inconsistencies
- Medications



OCULOVESTIBULAR SYSTEM

- Dizziness
- Reduced physical coordination
- Disorientation with movement
- Anxiety
- Increased fall risk



BRAIN

- Slower frontal lobe processing
- Lagging hippocampal consolidation
- BDNF tends to decrease



BRAIN

- Slower response times
- Forgetfulness
- Reduced multitasking ability
- Reduced mental agility under conditions of immediacy




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- Change is normal, natural part of aging
- Age-related vulnerability can be accommodated and minimized
- Lifestyle modifications



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MOVING FOR BETTER BALANCE[©]

Minnesota yourjuniper.org

Other States <https://eldercare.acl.gov/>