

50+ FUTURES Planning

An Educational Series for
HOWARD COUNTY RESIDENTS

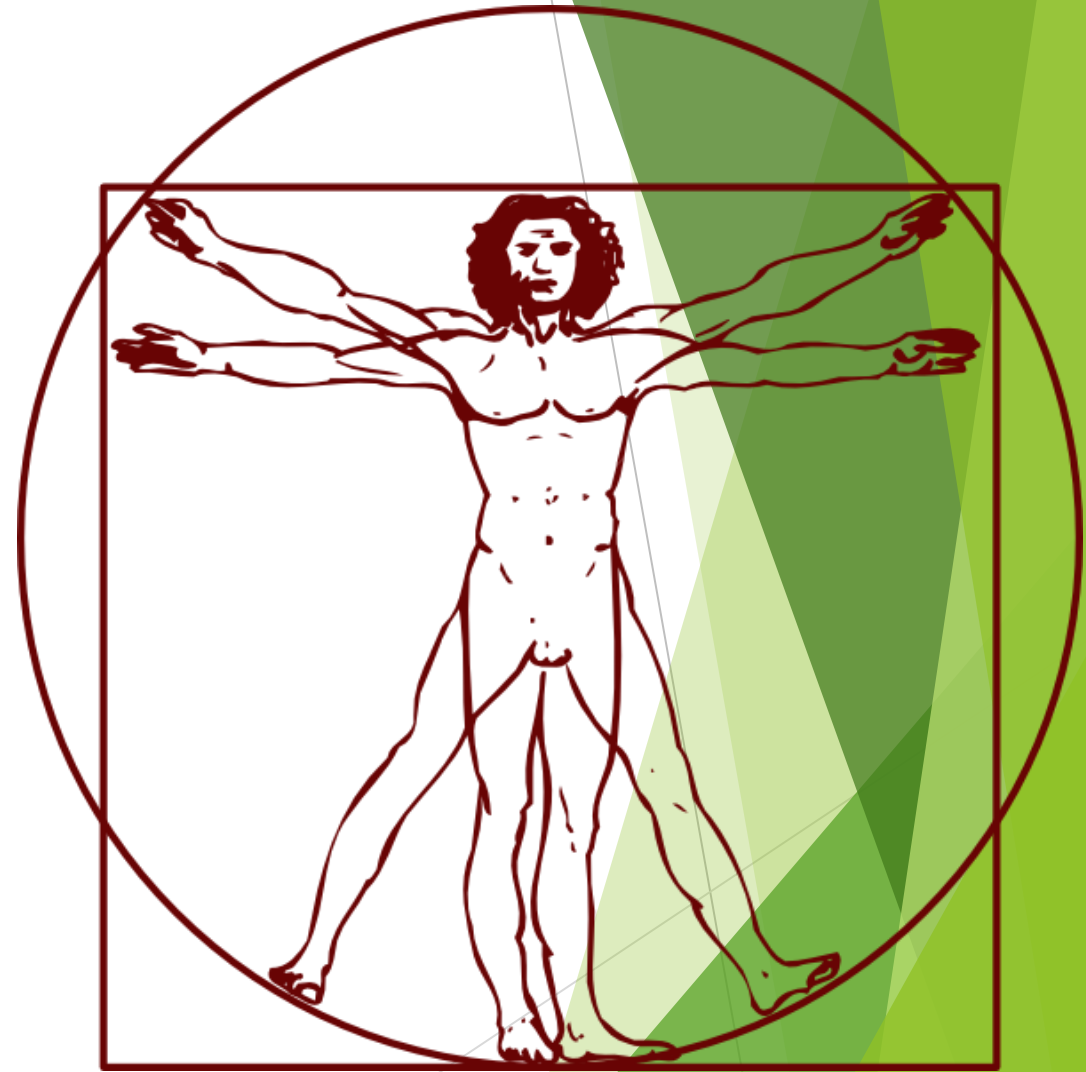
A partnership between Office on Aging and Independence
and Coalition of Geriatric Services (COGS)



Healthcare: Head to Toe

What you need to know.

- ▶ Malarie Burgess, Exercise Specialist
- ▶ Sandi Nettina, Nurse Practitioner
- ▶ La Vergne Andre, Podiatrist



Objectives

- ▶ Maintaining cognitive brain health
- ▶ Ensuring safe and effective use of medications and nutritional supplements
- ▶ Maintaining proper foot care

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Health Care Head To Toe - Program Check List

"To do's" from the nurse practitioner:

- Have early signs of cognitive decline measured and evaluated.
- Provide adequate supervision and report any safety issues promptly.

"To do's" from the pharmacist:

- Have your medications reviewed to see if there are any crossover issues .
- Have your nutritional supplements reviewed for accuracy and effectiveness.


"To do's" from the podiatrist:


- Schedule a foot evaluation to determine any issues that may be a problem in the future.
- Have your footwear checked to see if it may be creating any potential problems.

"To do's" for fitness:

- Consult with a fitness expert on what type of exercises would be best for you.
- Commit to a schedule to exercise on a regular basis.

Sponsored by:

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

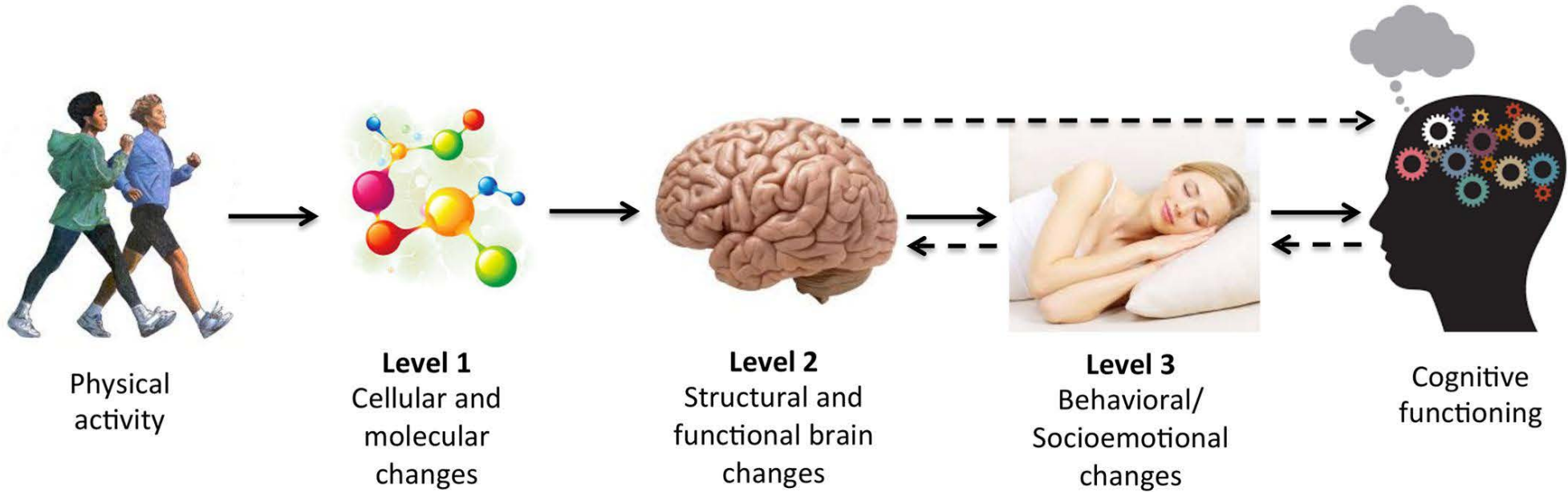
**COGS**
CONFEDERATION OF OCCUPATIONAL GROUPS
Supporting Professionals 1916 - 2016

Mind & muscle connection

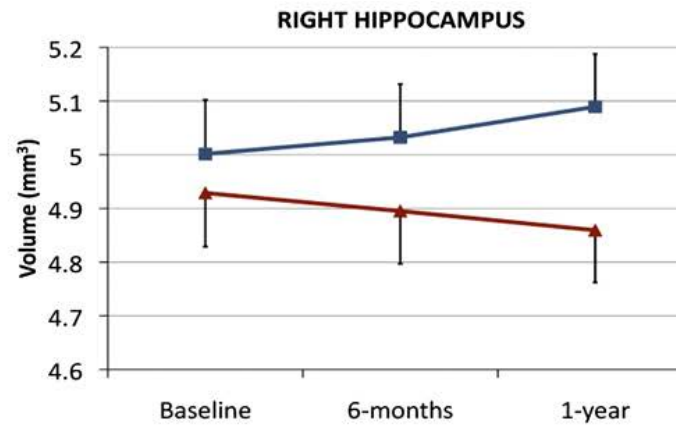
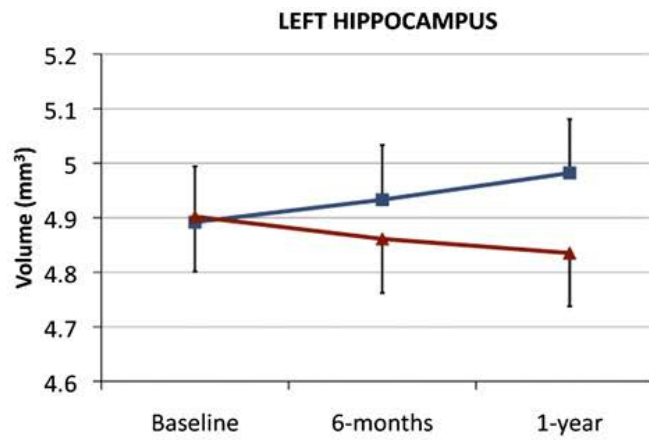
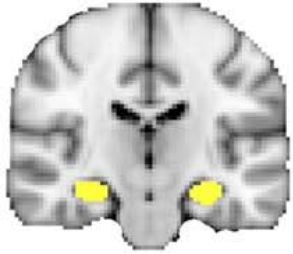
- Regular exercise slows cognitive decline
- Exercise is purposeful
- “Use it, or lose it”
- Mood booster
- Helps maintain independence



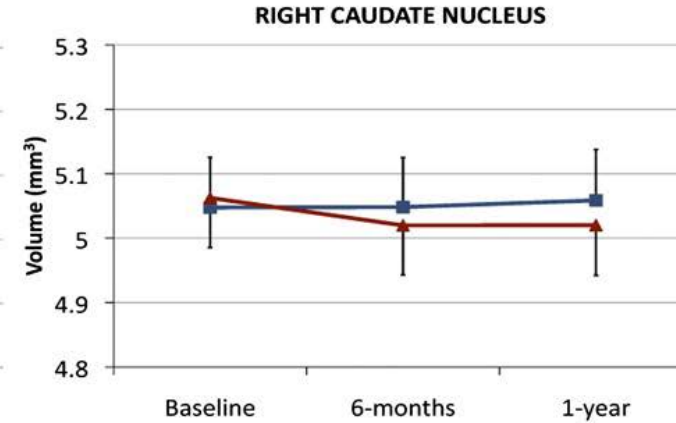
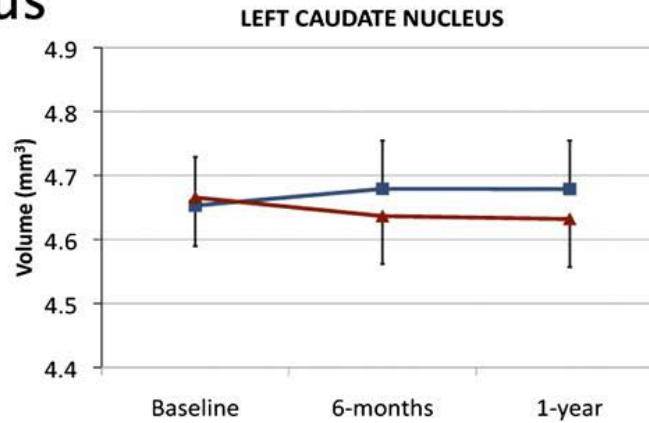
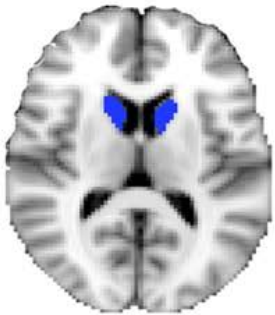
Build body, build brain



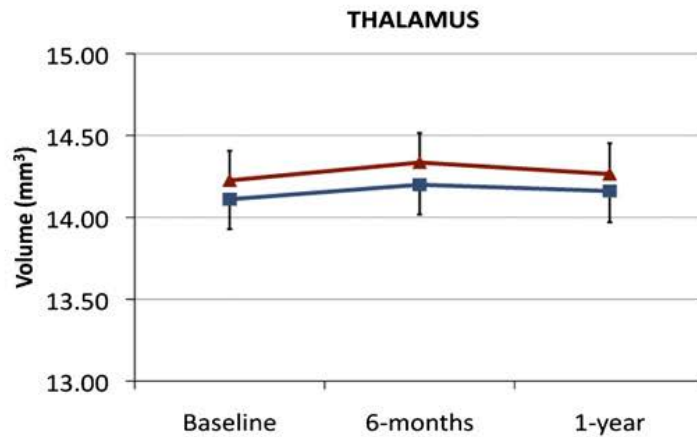
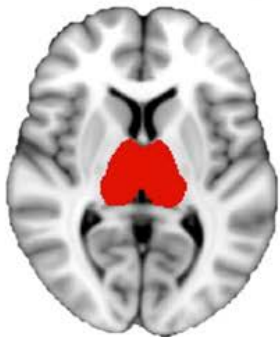
A Hippocampus



B Caudate Nucleus



C Thalamus



■ Exercise
▲ Stretching

Form the exercise habit

Ask yourself...



- What do I like to do?
- How much time am I willing to commit?
- What type of accountability do I need?
- What resources can I use?
- What is my goal?

Memory Loss in Aging

- major neurocognitive disorder vs. minor cognitive impairment



6 domains of cognitive function

1. Complex attention
2. Executive functioning
3. Memory
4. Language
5. Perceptual-Motor
6. Social-Cognition



Common symptoms and causes

1. **Alzheimer's Disease:** memory loss, unable to learn or retain new info
2. **Vascular Dementia:** slow process, can't handle finances & complete projects
3. **Lewy Body Dementia:** becomes disoriented with directions, falling, rigidity
4. **Fronto-temporal Dementia:** can't get words out, doesn't understand simple questions, behavioral changes



What can we do?

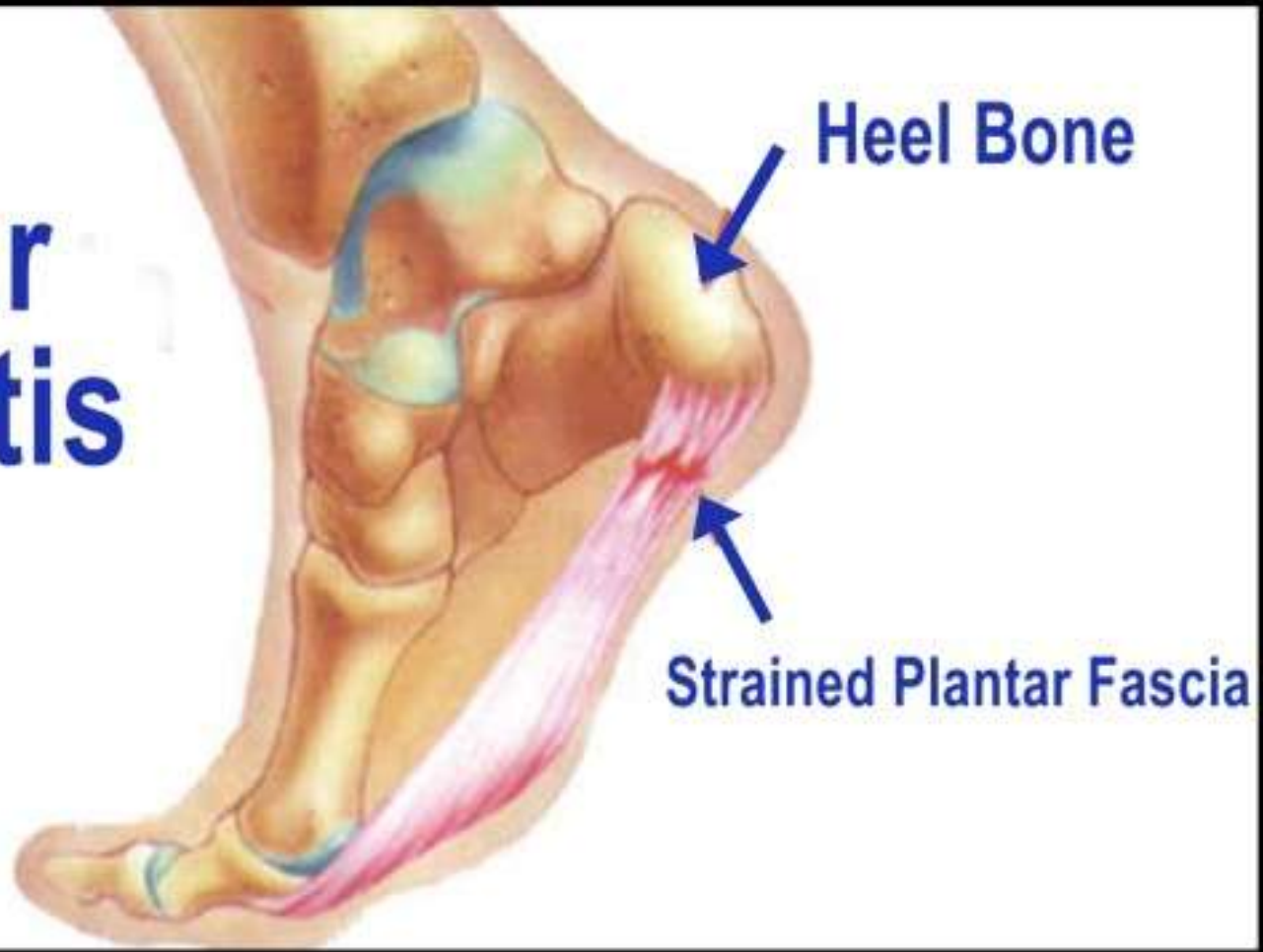
1. Cognitive screening in primary care
2. Plan ahead: financial, custodial, family support, safety
3. Alzheimer's Association is a major resource



5 Foot Care Fundamentals

- 1. Ingrown toenails**
- 2. Fungus toenails**
- 3. Plantar Fasciitis**
- 4. Diabetic foot care**
- 5. Neuropathy**

Plantar Fasciitis



Neuropathy



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Thank you!

We want *YOUR* feedback!
Please complete the survey provided.

For more information visit
www.howardcountymd.gov/aging or
www.cogsmd.org