Ageing Well

Resilience to Stressors

The healthiness of ageing can be thought of in terms of resilience.

Resilience is the capacity to **recover quickly** from an event or stressful situation. Stressor events can be:

•physical (e.g., falls, viruses) or **•non-physical** (such as the loss of a spouse).

Healthy people recover quickly from stressor events, without lasting consequences



Frailty is the opposite to resilience

Frailty is the **a lack of resilience** in bouncing back from stressor events. It is a medical term used to describe **a loss of fitness** that occurs as a result of natural ageing, combined with the outcomes of multiple long-term conditions.

In later life, **multiple conditions combined** can have a greater effect than each condition alone.

For example, diabetes in combination with heart disease and depression **can be more severe** than only diabetes or heart disease.

What are the indicators of frailty

Frailty can be measured in different ways

Less resilient people are more prone to real setback or stress.





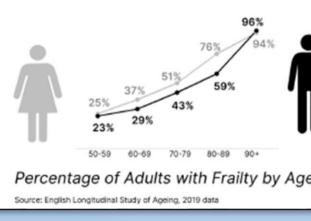
By a doctor assessing:
Weakness
Slow walking speed
Low physical activity
Exhaustion
Unintentional weight loss



By counting the number of health issues someone has. The burden of frailty grows as people accumulate more health issues

Frailty is common

Most adults who live long enough will experience frailty Frailty **increase with age** Frailty affects **women** more than men



Common Health Issues In Frailty

People age in different ways and at different rates. Common health issues include **restless sleep**, **arthritis**, **difficulty kneeling** and **high blood pressure**. Contrary to popular conceptions of frailty, issues such as **difficulty walking across a room**, **making phone**

What Health Issues can be reversed?

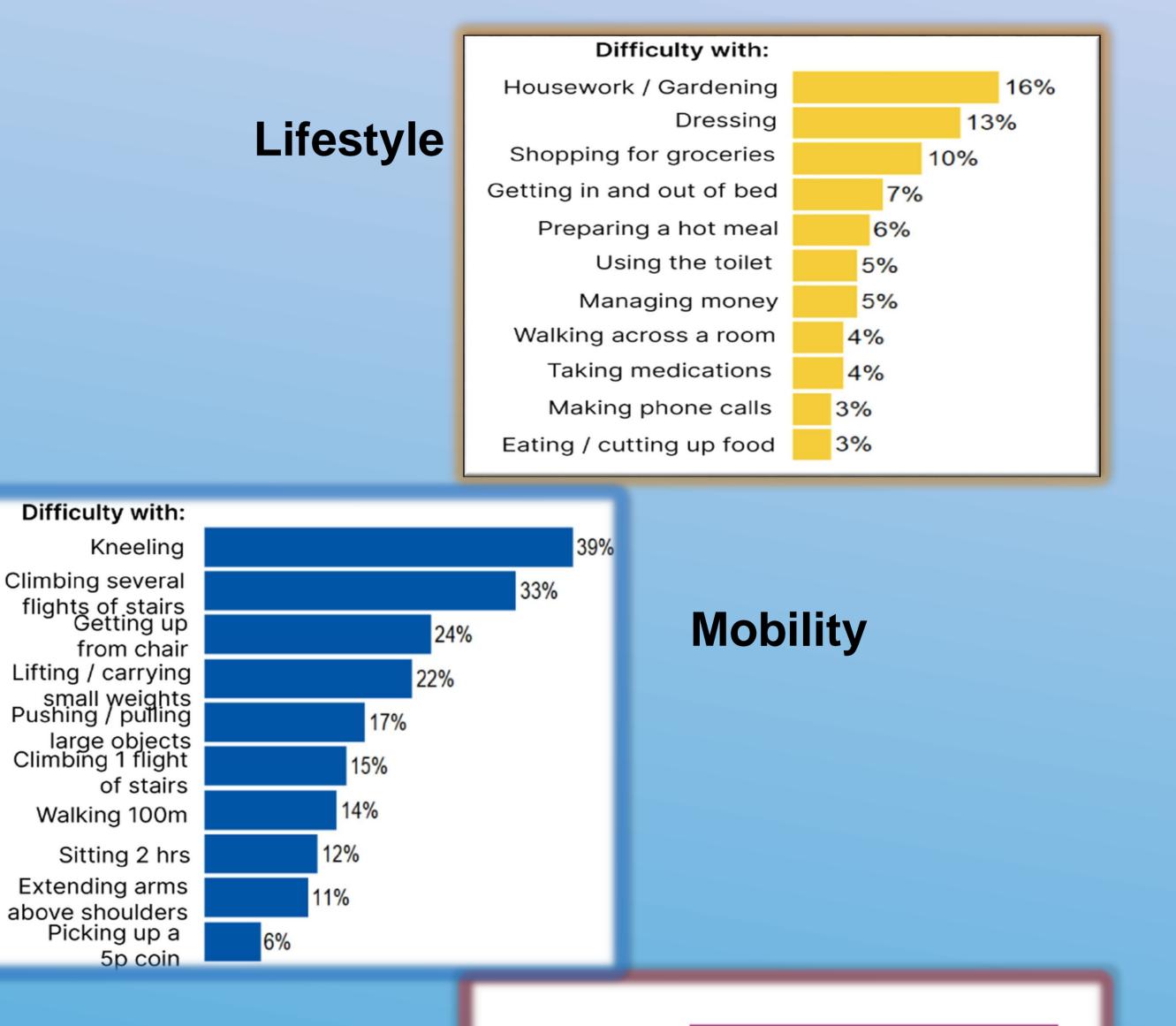
Several health issues can be **reversed** over time. This can **improve** quality of life



How Can I Improve Frailty

Although frailty does increase with age it is not **inevitable**. Certain behavioural and lifestyle changes can help **prevent** or even **reverse frailty** in its early stages.

calls and eating are rare





Restless sleepSetters sleepFelt everything
was an effortOften could not
get goingSadness17%Depressed

Acknowledgements and references Banks, J., Batty, G.D., Breedvelt, J.J.F., Coughlin, K., Crawford, R., Marmont, M., Nazroo, J., Olfield, Z., Steel, N., Steptoe, A., Wood, Martin., Zaninotto, P., (2021) English Logitudinal Study of Ageing: Waves 0-9, 1998-2019 [data collection]. 36th Edition. UK Data Services. SN:5050, <u>https://doi.org/10.5255/UKDA-SN-5050-23</u>Hoogendijk, E,O., Afialo, J., Ensrund, K, R., Kowal, P., Onder, G., Fried, L, P. 2019 Frailty: implications for clinical practice and public health. The Lancet. 394, 1365-1375: <u>https://doi.org?10.5255/UKDA-SN-5050-23</u>Niederstrasser, N, G.< Rogers, N, T., Bandelow, S. 2019. Determinants of frailty development and progression using a multidimensional frailty index: evidence from the English longitudinal study of ageing. Plos One: <u>https://doi.org/10.137/journal.pone.0223799</u>



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