

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



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

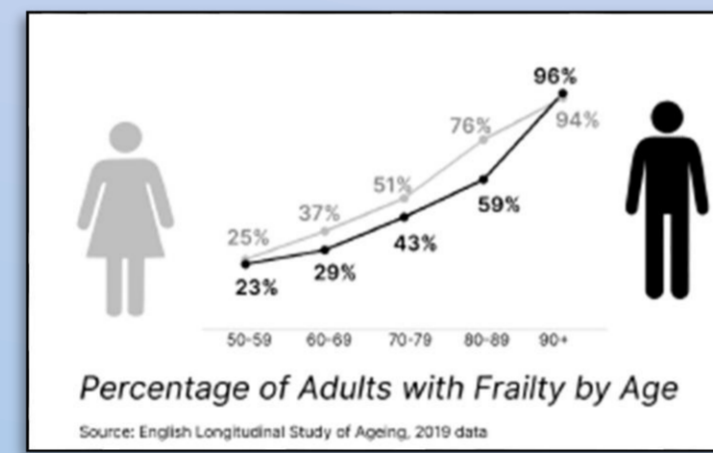


Frailty is common

Most adults who live long enough will experience frailty

Frailty **increase with age**

Frailty affects **women** more than men



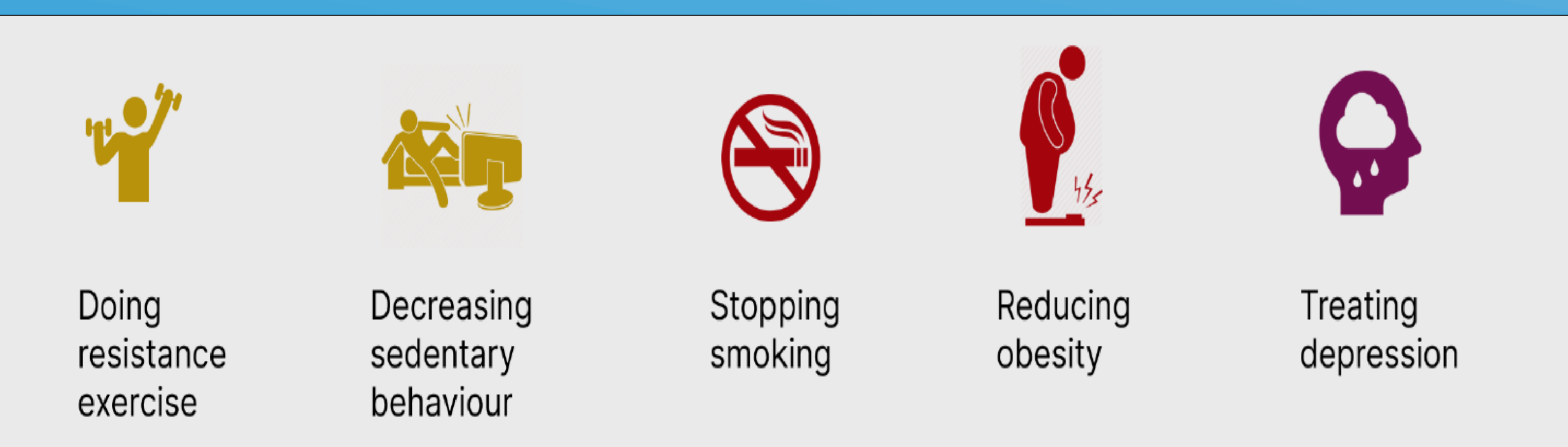
What Health Issues can be reversed?

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.



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



By a doctor assessing:

- Weakness
- Slow walking speed
- Low physical activity
- Exhaustion
- Unintentional weight loss

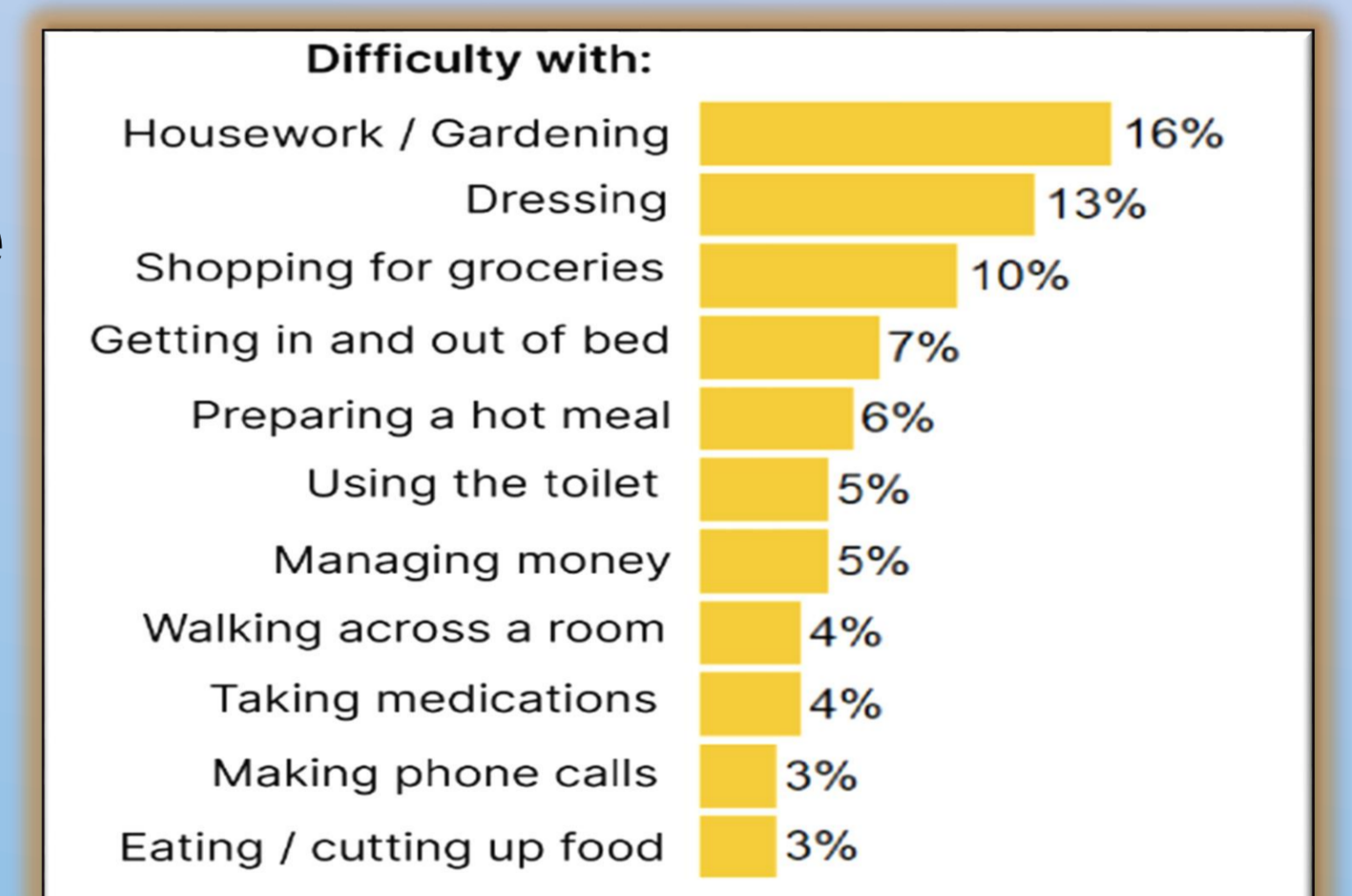


By counting the number of health issues someone has. The burden of frailty grows as people accumulate more health issues

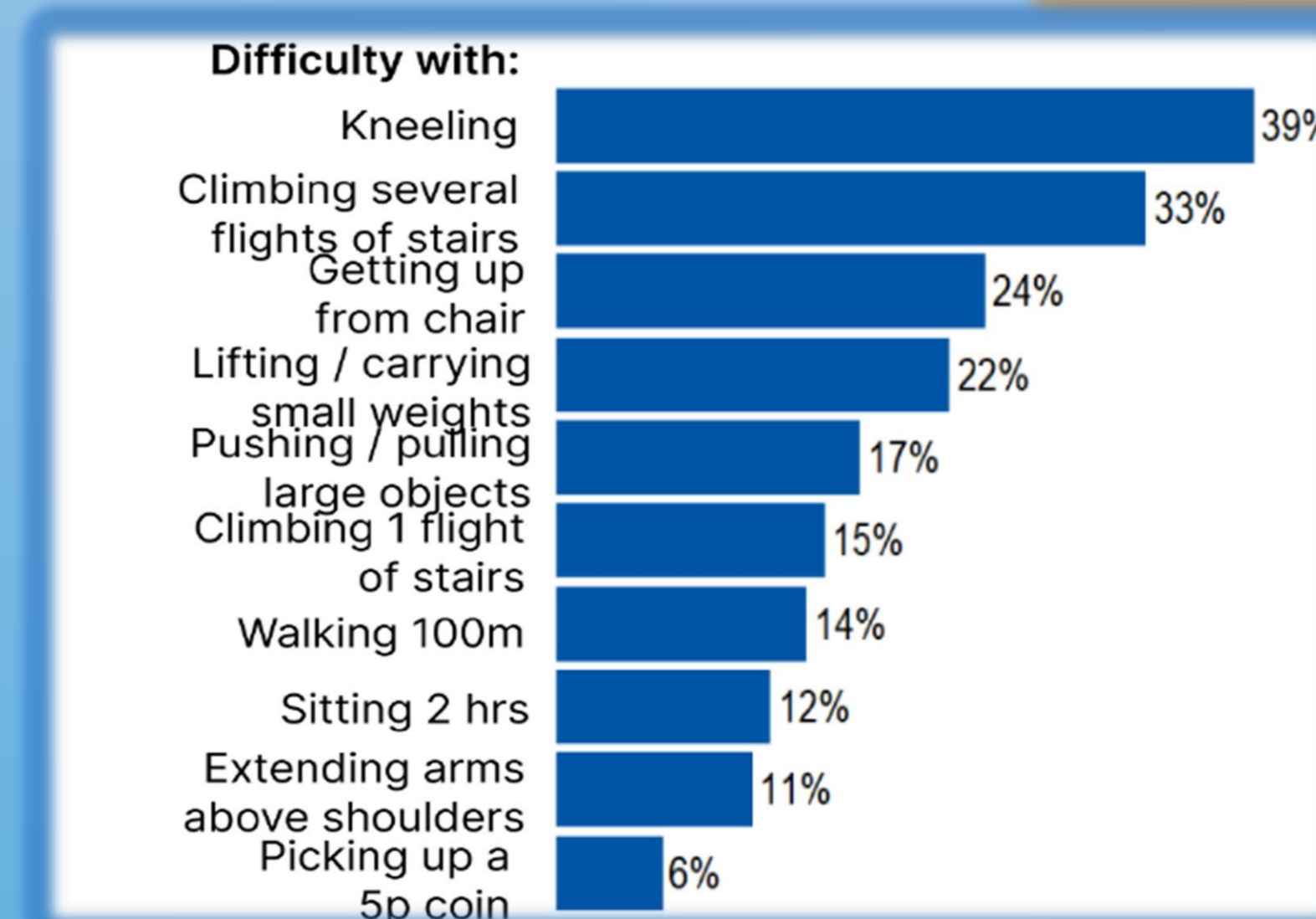
Common Health Issues In Frailty

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 calls** and **eating** are rare

Lifestyle



Mobility



Psychological Wellbeing

