

# HOUSEHOLD MODIFICATIONS FOR THE GERIATRIC PATIENT

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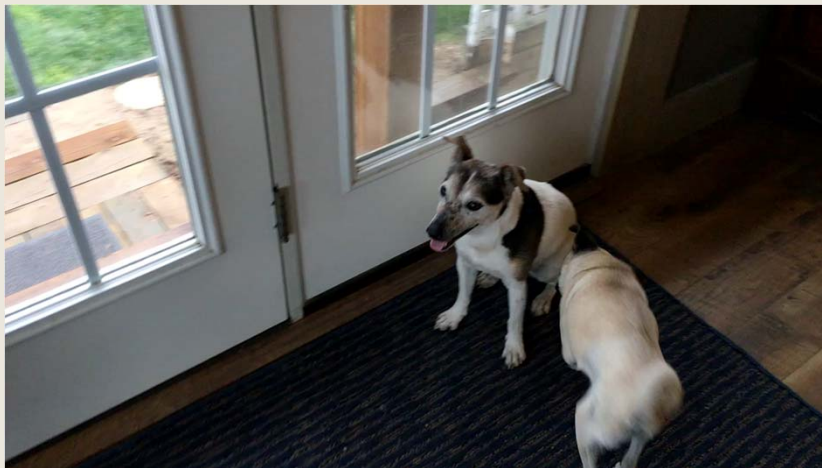


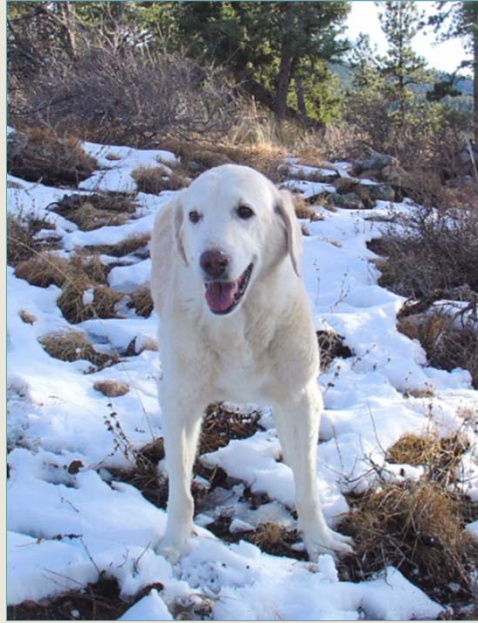
## Our Agenda

- What is geriatric?
- Maintaining mobility
- Eat please!
- Storing/tracking medications
- Night-waking
- Time for questions



## Senior vs Geriatric






<sup>1</sup>geriatric 

*noun* | ge·ri·at·ric | \jer-ē-'a-trik, jir-\


**Simple Definition of GERIATRIC**

Popularity: Top 40% of words

: an old person

	CAT YEARS	HUMAN YEARS
	7	54
	10	63
	15	78
	20	97

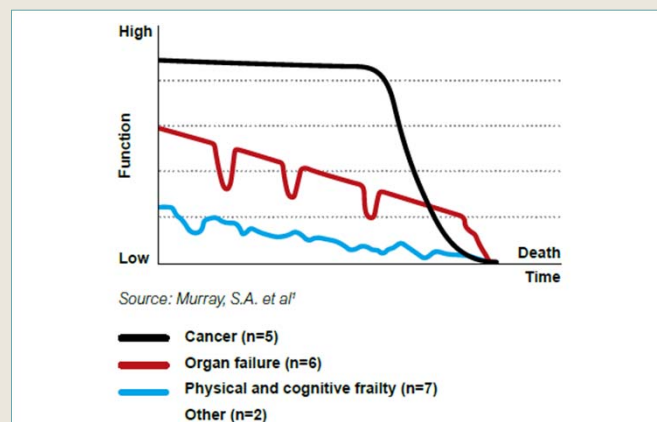
  

	DOG YEARS	HUMAN YEARS (small to very large dogs)*
	7	44 to 56
	10	56 to 78
	15	76 to 115
	20	96 to 120

Age: Estimated Human Equivalents for Older Pets  
 \*Small: 0-20 lbs; Medium: 21-50 lbs; Large: 51-90 lbs; Very large: >90 lbs

<https://www.avma.org/public/PetCare/Pages/Senior-Pets.aspx>

## Disease Trajectories



## Geriatric



## General 'Geriatric' Characteristics

- Muscle loss
- Sunken features
- Bony prominences
- Long nails
- Poor dental health
- Ataxia
- Skin/coat issues
  - *Lumps/bumps*
  - *Sores*
  - *Hair loss*
  - *hyperkeratosis*

## How do we best assess the home environment?

- Detailed Q and A
  - *Questionnaire*
- Visit the home
- Photo is worth a 1000 words



## Maintaining Mobility – Why so important?

- Keeps the routine
- Improves mental states
- Reduces pain
- Prevents obesity, pressure sores, urine scalding, and more
- Lessens caregiver fatigue

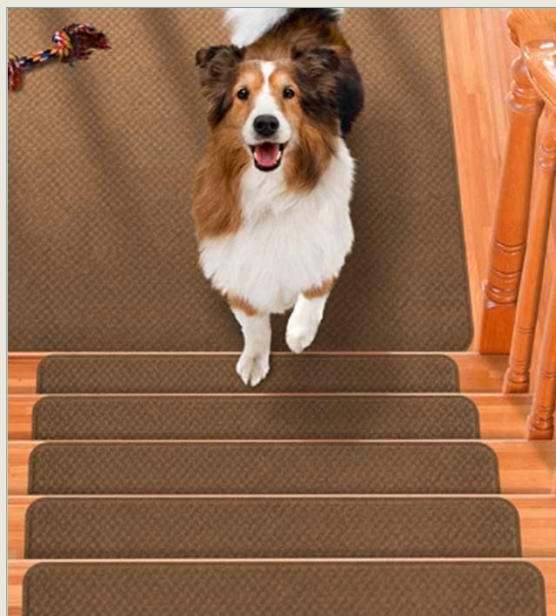
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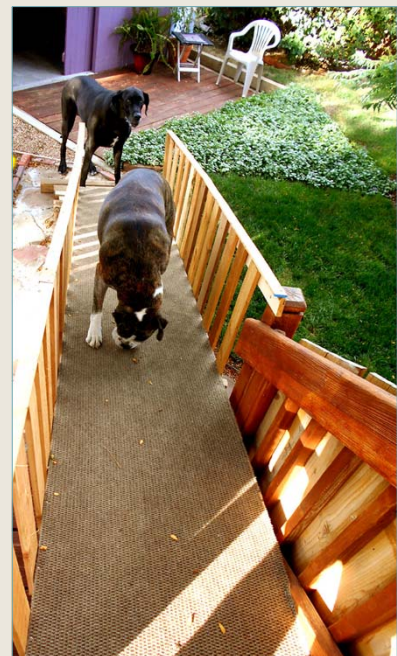
**Maintain Normalcy**



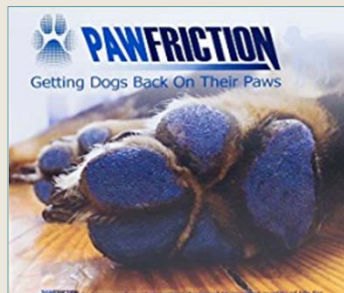
## Maintaining Mobility

















KomfyK9





## Keeping them Safe

- Preventing falling
- Avoiding household traps
- Providing safe space









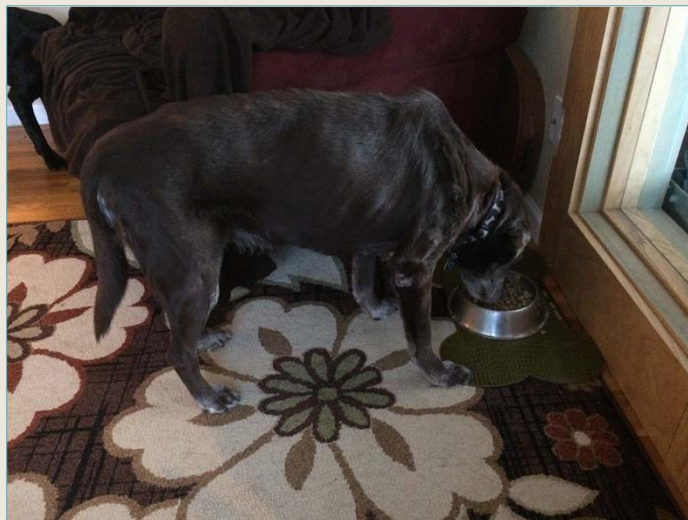


Seriously, what kind of turtle is this?





Time to Eat



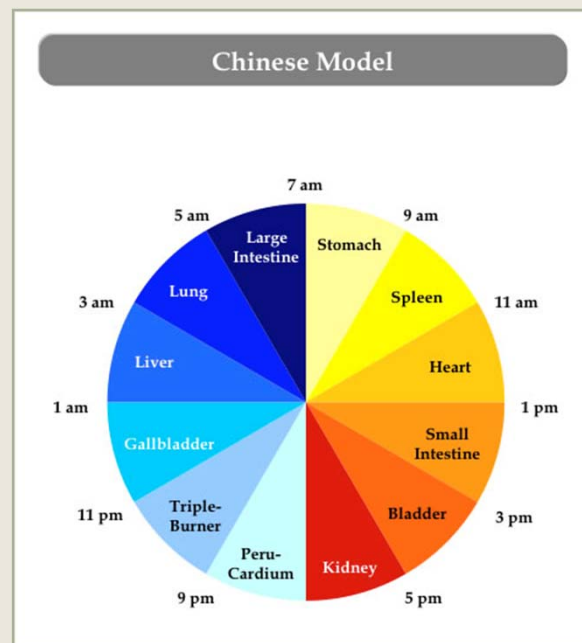




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## Night-Waking

- Causes
  - *Inflammation*
  - *Liver disease*
  - *Unable to hold bladder/bowels*
  - *Anxiety and/or dementia, including CDS*



<http://pathways4health.org/2010/03/04/the-chinese-body-clock-energy-patterns-through-24-hours>







## Anxiety / Dementia

- Medication timing
  - *Avoid stimulants before bedtime*
- Natural calming aides
  - *Harp music, essential oils, homeopathy*
- Sleep aides
  - *Melatonin, trazadone, gabapentin*
- Household changes
  - *Keeping house cool, leave lights on, everything reviewed so far*

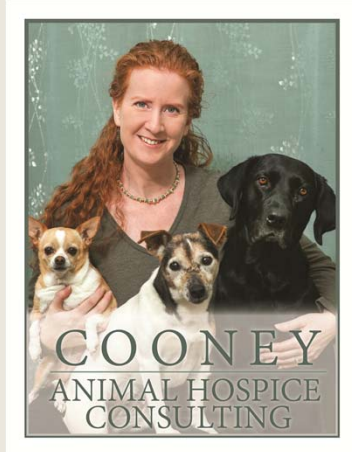
## Resources to Learn More

- <https://www.avma.org/public/PetCare/Pages/Caring-for-an-Older-Pet-FAQs.aspx>
- [www.srdogs.com](http://www.srdogs.com)
- [www.vetfolio.com](http://www.vetfolio.com) - Geriatrics short course
- [www.greymuzzle.org](http://www.greymuzzle.org)
- [www.iaahpc.org](http://www.iaahpc.org)

## In Summary

- Keep them moving safely
- Protect them from danger
- Provide secure eating areas
- Help them sleep at night

## Questions



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