

HEALTH PROMOTION AMONG ELDERLY AGED 70 AND MORE LIVING AT HOME

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- Implementing a healthy lifestyle is beneficial in late life (Fratiglioni, Paillard-Borg & Winblad, 2004).
- Adverse life experiences negatively impact self-efficacy regarding health promotion (Bandura, 1997).
- Fostering self-efficacy among the aging population motivates deeper levels of cognitive processing of experiences.
- Cognitive processing is stimulated by motivational interviewing (Miller, Rollnick, & Miller, 2002).
- Health promotion interventions include the physical and social environment in a triadic reciprocal causation of health determinants.
- Coordinated efforts of primary and secondary networks foster quality of life among the aging population (Beswick & al., 2008)

LESSONS LEARNED

Prior behavior: lowest scores on exercise and health literacy

Personal factors

- Satisfactory socio-economic status
- Satisfactory medical follow-up
- Half of participants seem to experience mild cognitive impairment (clock drawing test)

Social support : Deficit in informative and evaluative support

Plan of action

- Safe lodging : measures implemented
- Appointment with health professional : initiated and kept
- Social relationships development : among more than half of those who expressed the need
- Lifestyle modification : 8/10 (mean) among half of participants, new objective for others half. Work in progress.

Community networking for program support : work in progress (Eloranto, s., Routasalo, P., & Arve, S., 2008)