

# PHYSICAL EFFECTS OF AGEING

Gradually and naturally, we age — it is a process rather than an immediate effect. Ageing brings with it many changes. Not all those changes are always negative, but some decline in physical structures is to be expected. The good news is that there are many things we can do to maintain good general health well into old age. A good outlook, positive approach to living, exercise, healthy diet, reducing stress, and a good balance all affect our wellness and health in old age.



## IMPORTANT SKILLS IN CARING FOR AN OLDER PERSON:

- Communication — especially listening
- Respect and dignity
- Empathy
- Care skills
- Support with a holistic approach

# Aspects Of Age Life Disease

**PT Brinkman**



## **Aspects Of Age Life Disease:**

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