



Aging: A Success or a Failure for Countries? "Letter to the Editor"

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The lack of health facilities and low quality of life in the past years caused the life expectancy to be low. And many people did not reach old age. But gradually, with the advancement of medical sciences, the development of health facilities and the increased quality of life in most societies, many people reach old age.

To such an extent, the aging phenomenon has become a challenge in the current century and is growing in most societies.

In the past, reaching old age was perhaps a dream, but today there are elderly people over 80 years old. Is reaching old age a success or a failure for societies? Why do the problems of old age involve many societies?

Undoubtedly, reaching old age in any society can to some extent indicate the high quality of life and health facilities in that society [1]. However, Governments initially provided the necessary infrastructure to support population growth, without paying enough attention to the effects of population growth and aging. Especially in third-world countries, and they have more challenges in this field.

Here a concept reveals itself, and it can be an answer to the research question that old age is a success and not a failure. That concept is to "age well." In contrast, there is the concept of "aging badly", and it can be inferred that in societies where people age badly, health care systems have more problems, unsuccessful aging occurs, which can be a failure and economic burden for that society [2]. Consumers in that society will increase, the need for caregivers will increase, social and psychological problems will increase, and the psychological burden on families will increase.

To consider old age an achievement, one must plan years, because aging is a long process. This means that it is a gradual and continuous process and does not happen suddenly. In fact, old age is the result of childhood, adolescence, youth and adulthood health behaviors. Therefore, it is a bit far-fetched to be able to reduce harmful health behaviors in old age. Because some elderly people have a negative attitude towards old age and consider it a synonym of disease. There are a number of solutions that can lead people to a successful old age, reduce the negative burden of the aging phenomenon and take steps towards maintaining a healthy old age.

- Teaching a healthy lifestyle and health-promoting behaviors in childhood-adolescence-youth and adulthood according to age.
- Survey the elders, knowledge, attitude and practice about aging.
- Survey the elders, knowledge, attitude and practice about chronic diseases.
- Develop regular screening programs for the elderly to prevent chronic diseases.
- Identify sources of stress in the elderly as an important risk factor for many diseases.
- Regular evaluation of drug adherence in the elderly.
- Reduce medication administration if possible to prevent polypharmacy and drug side effects.
- Develop an appropriate diet plan according to the economic and physical condition of the elderly by health centers.

- Develop an appropriate exercise program for the physical ability of the elderly.
- Follow nursing education at home.
- Create Age-friendly cities with appropriate physical situations.
- Teaching the elderly how to properly use drugs and prevent their side effects.
- Identify risk factors in the life of the elderly and reduce it.
- Periodic evaluation of the elderly for cognitive impairment by health centers.
- Training self-care ability in middle age and old age.
- Training of physiological and pathological processes in middle age to better prevent chronic diseases of old age.
- Familiarize family members with the aging process in order to better support the elderly.
- Creating a safe environment to prevent secondary complications of the disease (falls, sleep disorders, etc.)
- Reducing the generation gap.
- Improving social support for the elderly.
- Creating an Age-friendly hospital
- Creating an Age-friendly society through education at an early age.

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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