

# **The rehabilitation management of geriatric patients: Approaches and strategies**

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**Objectives:** Rehabilitation plays an essential role in the care of elderly patients, having the main objective to improve the quality of life by developing physical independence and social reintegration.

**Material and methods:** A patient's rehabilitation potential cannot be established without knowing the history of the condition, the multidisciplinary team playing a key role. The diagnosis, the functional impact on activities, and the patient's ability to integrate into society are systematically discussed, along with communication of possible risks and the prognosis of the disease. Short-term and long-term goals of the rehabilitation process are established, along with the planning of appropriate interventions.

**Results:** Advanced technologies, pharmacological advances, holistic rehabilitation programs have opened new perspectives for improving the quality of life of the elderly. These innovations not only accelerate the rehabilitation process, but also contribute to maintaining a general state of health and well-being, allowing older people to maintain their independence.

**Conclusions:** Innovations in Gerontology through the perspective of Medical Rehabilitation have resulted in significant progress in recent decades, having a profound impact on the quality of life of geriatric patients, offering them increased opportunities for a more active and healthy life.

**Keywords:** Rehabilitation, multidisciplinary team, quality of life, elderly, gerontology.