

GERIATRIC REHABILITATION - THE "KEY" IN LONGEVITY

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Abstract

Objectives: Population aging is closely linked to declining birth rates and increasing life expectancy. The rising number of elderly individuals is accompanied by a higher prevalence of diseases, injuries and degenerative conditions which increases the need for structured geriatric rehabilitation programs. This presentation aims to demonstrate the importance of geriatric rehabilitation to facilitate health care and functional outcomes for our older patients.

Material and methods: Information from examination protocols, geriatric physical therapy books, articles, studies, but also data from the practical experience of our clinic related to geriatric rehabilitation.

Results: Aging, an integral part of living, is associated with gradual but progressive physiologic changes, an increased prevalence of acute and chronic diseases and is associated with a higher incidence of physical impairment and functional disability. Rehabilitation brings significant benefits through functional assessments, realistic goal-setting, interdisciplinary care, and effective adjustments to therapy interventions to prevent, reverse or minimize disabilities.

Conclusions: Geriatric rehabilitation has a significant impact on increasing of quality of life and functional independence of elderly patients. Personalized treatment, that includes physical, occupational and cognitive therapies helps to reduce the risk of falls, increases mobility, improves daily activities living and supports global well-being. Another important aspect is the continuous post rehabilitation support, including family support, which can positively influence the maintenance of the obtained results.

Keywords: geriatric rehabilitation, functional independence, quality of life