Improving your Physical and Mental Health

Looking after your Health

9 in 10 older adults visited the GP in the last 12 months

1 in 3 have private health insurance

2 in 5 hold a medical card

1 in 5 have both a medical card and health insurance

Falls are common

2 in 5 experience a fall

1 in 5 require hospital attendance

60,000 older adults requiring medical attention a year

Risk factors for falls
1. Unsteadiness
2. Depression
3. Fear of falling

All risk factors can be treated which can decrease risk of falling

Untreated “Treatable” conditions

2 in 5 cases of
1. High blood pressure
2. High cholesterol
3. Irregular heartbeat
4. Osteoporosis
are often undiagnosed

Factors that contribute to disability in older adults
1. Pain
2. Urinary problems
3. Hearing loss

These conditions are not a consequence of ageing and can be treated

1 in 20 suffered depressive episodes
and only 3 in every 10 were taking correct medications

Talk to your GP if you have any concerns about your physical or mental health