

Improving your Physical and Mental Health

tilda

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

Looking after your Health

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

1 in 3 have private health insurance

1 in 5 have both a medical card and health insurance

2 in 5 hold a medical card

Falls are common

2 in 5 experience a fall

1 in 5 require hospital attendance

with **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



An Roinn Sláinte
Department of Health

HRB Health Research Board

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