

The stimulating self-change in the older people's lifestyle through role models

Dr. Jane Thurnell-Read

University of Piraeus, UK

Abstract :

Large numbers of older people suffer from chronic ill health and fear of falling. A quarter of people over 65 suffer from depression. On average people experience ill health and limitation for the last 20% of their lives. Health and social policies widely recommend that older people need to change their behaviour, both for their own sake and because of the strain on health and social services.

Reaching this group is not difficult administratively, but changing their behaviour is. Exhortation and the presentation of information has limited success. Medical practitioners are often too busy to devote the time needed to mentor the necessary changes.

Some older people lack the knowledge, but most lack the belief that they can improve their health and lifestyle. They may believe that this is because of genetic or familial predisposition. They may think that they are too old to make change worthwhile, or that change is expensive and arduous.

Everyday role models are an important part of changing people's behaviour whatever the age. This paper will look at strategies for finding real life role models, and the most effective ways to present them to older people.

Citation : Dr Jane Thurnell-Read, The stimulating self-change in the older people's lifestyle through role models, 2nd International Conference on Lifestyle Disease & Medicine, April 22-23, 2021 at Germany