Age Specific Competency

Objective

- Describe age-specific care at each stage of life

Age Specific Competency

- *Why?*
  - Knowledge of growth and development promotes patient-centered care during each stage of life

Growth and Development

- Babies, toddlers & school-aged children develop new skills/abilities as they age
  - each child develops at an individual pace
    - identifying delays early, provides an opportunity to more effectively intervene & treat
- Adult development is influenced by age & life experience

Definition of Age Groups

- ***PLEASE NOTE:***
  - This power point summarizes age-specific care
    - approximate ages are listed for each stage
  - Individual CMC policies may define ages differently.
  - Always refer to CMC policy first for information related to patient care.

AGES & STAGES

Birth to 3 Years of Age

- Time of rapid growth & development
- Promote cognitive development
  - talk, smile, laugh
  - read to boost vocabulary
- Create a safe environment
  - *examples include*:
    - supervised short periods of “tummy time”
    - add safety latches, outlet protectors, gate stairways & avoid loop cords on window coverings
- Age-specific care:
  - provide opportunity to play, encourage child to communicate

Children 4-6 Years of Age

- More independent, memory improves & active imagination
  - able to dress and toilet self
- Promote cognitive development
  - state rules as needed
  - provide praise & rewards
- Create a safe environment
  - promote handwashing
  - encourage use of seat belt & helmets
  - pool safety
- Age-specific care:
  - use games to promote learning
  - allow child to make *some* decisions
    - *example:* "which finger shall we use to check your oxygen level?"

Children 7-12 Years of Age

- Growth occurs slowly until the onset of puberty
- More aware of themselves as individuals
  - focus on being responsible & "doing it right"
- Promote cognitive development
  - provide tasks that can successfully be completed
    - offer praise
  - share strategies for conflict resolution such as:
    - acknowledging emotions, active listening & compromise
- Age-specific care:
  - allow child to make *some* decisions
    - *example:* "which arm shall we use to check your blood pressure?"
  - guide child in making healthy lifestyle choices
    - *example:* choosing water over soda

Teenager-20 Years of Age

- Growth occurs in “spurts”
  - matures physically
- Seeks privacy, respect & acceptance
- Age-specific care:
  - avoid authoritarian approach
  - encourage questions & maintain open communication
  - promote sexual responsibility
  - discourage risk taking
    - advise against substance use & disorderly conduct

Adults 21-39 Years of Age

- Reaches physical & sexual maturity
- Sets career goals & chooses lifestyle
- Age-specific care:
  - support health care decisions & promote wellness
    - encourage nutrition & exercise
    - encourage strategies to reduce stress

Adults 40-60 years

- Begins to age & may develop health problems
- Developmental Changes
  - slower reflexes
  - change in senses
  - hormonal changes
- Age-specific care:
  - encourage nutrition & exercise
  - encourage strategies to reduce stress

Adults 64-75 Years of Age

- Aging is noticeable
  - memory may start to decline
  - stamina & physical abilities begin to decline
- Age-specific care:
  - encourage acceptance of aging
    - focus on strengths not limitations
    - screen for depression
  - promote physical & social activity
  - encourage nutrition & exercise
  - promote safety & avoidance of falls
  - support end-of-life decisions

Adults 80 Years of Age & Older

- Cognitive & physical abilities decline
- Age-specific care:
  - encourage conversation about life, grief, fears & loss
    - screen for depression
  - support physical, mental & social activity
  - support end-of-life decisions
  - promote safety
    - eliminate fall hazards
    - medication safety
      - *example*:
        - monitor for side effects/polypharmacy

References

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