

Cares in The Elderly Adult



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Opinion

It is a consolidated and irrevocable fact the role we fulfill in the cycle of life, passion and death of the individual, and that is why it will be up to all of us to tread old age from one moment to the next. When we reach this age, the third, the last, we find ourselves with the fact of having lost the faculties, the stimuli to life, the privileges and above all the respect of the people; in our country we are not used to thinking about the future, we do not think about the consequences, we are ignorant with retirement systems, pensions, adores, because our idiosyncrasy does not allow us, we are even marked as cold or stressed if we start talking about the future and we are silent with the classic "... what matters is the present ..." and annexes, but as Woody Allen said: "I care about the future because it is the place where I will spend the rest of our lives." Currently many misnamed public policies about caring for the elderly is to give them money after 60 years, I think they are alms because we are not teaching people to think beyond the present, to prepare their body and their knowledge to understand what this new life holds for them, the last one. When analyzing the above.

It is when the problems of the elderly are increased, seen in depression, forgetfulness, anxiety, feeling of disability, not insignificant figures of suicides, the so-called "abandoned elderly", falls and consequent fatal hip fractures, infections pulmonary, genitourinary problems of both prostate and erectile dysfunction, cerebral and heart infarcts, etc. The problems of the elderly are treated from before, from a remote past seen in youth and early adulthood, to have a healthy life: How can we care for a person when he was addicted to tobacco or alcohol? What do we do with a person of the third age who never understood the importance of exercise and did not take care of their habits? Is it my obligation to pay or care for someone who never cared not only for themselves or for others? The answer is still in preventive medicine, is learning to save in our future, demand better pension systems for our governments, be able to save, be attached to a social security system, have few children and not have them out of wedlock, since the half-brothers are only problems that one inherits; in short, have a healthy life that prepares us not to be a burden for others.



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