Genetrology

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**Essay 1 The demographics of the older adult changing in this Washington D.C.Metropolitan area. What impact will this have on nursing? Considering the impact, on a broad basis. Consider where this population is residing (refer to Profile of the Older Adult). How will this affect nursing care delivery.**

The rate at which the American population of elderly adults is increasing is unprecedented and much faster than in previous decades (Ciocon, et.al, 2017). The population of older adults aged 65 or above will account for 22 percent of the total American population by the year 2040, an estimate provided by the Administration on Aging. This estimate was 14.5 percent in 2014. The population of the Washington DC metropolitan area is nearly 700,000. The percentage of this population aged lesser than 64 is 83 percent (Census profile: Washington, DC, 2019). The older adults with ages above 65 make up the rest of the 17 percent of this population. 9 percent of this population of adults has ages between 65 to 70 years (Census profile: Washington, DC, 2019). While adults aged 70 to 79 makes 5 percent of this population. Moreover, adults aged 80 or above make up 3 percent of this population. Undoubtedly, this unprecedented shift in demographics has grave complication for every segment of the American society, but especially for the healthcare services and nurses in particular.

There are specific needs of older adults which the nurses must take notice of. The nurses must anticipate this impact of change in demographics of the older adults in the Washington DC metropolitan area. Hence, the nurses must adjust according to the changing needs of the older adults and accommodate themselves for ensuring patient outcomes remain optimal.

The impact of this demographic shift will require nurses to cater to the healthcare needs of older adults more than ever before. Nurses must employ effective communication skills with older adults regarding strategies aimed at promoting self-care to ensure the illnesses of older adults does not exacerbate. Meanwhile, the nurses must take care of themselves too to reduce emotional, physical and mental burnout. Traditionally, nurses have been the stalwarts of older care and must continue to play this critical role to ensure effecting nurse care delivery.

**Essay 2 Please state your opinion, how you personally view older adults, whether good or bad! Explain your answer.**

According to me, older adults are the most vulnerable segment of American society. Older adults battle with numerous healthcare complications. These complications include Arthritis, Heart diseases, cancer, respiratory diseases, Alzheimer, osteoporosis, diabetes, substance abuse, oral complications, and the worst of all depression (Commodore, 2005).

The phase of life from 65 years and onwards is sensitive. Older adults require special care to lead a life free from these complications. Unfortunately, American society has become decadent towards older adults. The society has failed collectively to take cognizance of the changing behavior patterns of the older adults. This neglect from society towards older adults affects their lives significantly, exacerbating their health.

A man's life consists of several phases; Birth, childhood, adolescence, adulthood and old age. There is a different kind of issues in each phase. With the passage of each phase, both the physical strength and mental stability decreases (Wolff, Starfield, & Anderson, 2012). Apart from the diseases that devastate older adults, certain issues add up to their downfall. The primary issue in the downfall of older adults is the negligence and awful attitudes of the youth towards them. Older adults require substantial support to live a life free from tension and worries. Sadly, youth, instead of extending support to older adults, view them as a burden on society. Moreover, older adults experience abuse from their family members over petty issues of tittle dispute. Most of the time older adults lurch into perpetual penury.

In my opinion, society must understand the needs of older adults and work to ensure the elderly live a peaceful life. Older adults deserve a life full of health and economic independence. We must extend unwavering support to older adults so that they live and die peacefully.

**References**

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