

Vulnerable Population 1

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Introduction

It is important for every individual to save some things for its future life that is old age otherwise this age turned into the worst age of stage of the life. The things like better health, life expectancy and financial money help in leading a better and comfortable old age life. Frail elderly is a serious matter of care as it is communicated by the Erlen that nurses should take more care of the elder people because some of them are frail or do not consider them as vulnerable population of the society (Erlen, 2007). This peer reviewed article suggested that rehabilitation and welfare centers make necessary arrangements to make sure that their staff is not breaking the trust of these vulnerable and frail elderly people.

Discussion

Naik et al has assessed the concept of independent and safe living among the vulnerable elderly people. The objective of their study is to explain different perceptions related to the vulnerability among elders living in the communities (Naik et al, 2010). There are more chances of vulnerability among older population who are living in the communities as compared to those who are living in their own home with their family. Older people have reported that, they are facing difficulty in managing their personal health and nutritional needs. It has been researched that older vulnerable adults face more

chances of neglect, safety hazards, exploitation and physical weaknesses. Vulnerable adults while living in the communities face various problems such as

- They are unable to perform their routine works actively.
- There are numerous demographics and social factors which make them vulnerable.
- They have no social support from their family and friends.
- They also face neuropsychiatric disorders related to their health.

It is important for health care providers to introduce various interventions for the home-based and community-based old age people so that they can effectively reduce mortality. Physicians have to assess this issue of vulnerability as their primary objective.

This article has discussed the phenomenon of vulnerability and the causes of vulnerability that lead older adults towards abuse and exploitation (Eun-Jin & Geistfeld, 2008). There are three more important factors which contribute towards vulnerability among old people.

Cognitive Ability

It has been observed that the cognitive ability of an individual decreases with the passage of time. The psychological factors in old adults also contribute towards the weak mental ability of the adults.

Health status

The old people also feel themselves as vulnerable due to their weak and bad health conditions. They are unable to take their medicines on time.

Social Network

Old people are unable to participate in social activities and due to lack of support from other people of the society, they are weak and vulnerable.

These three factors collectively bring vulnerability in old age people. The authors have used regression analysis in their study and reported that age, ethnicity, social status, education, region and health are the important factors of the vulnerability. It has been observed that vulnerability is different in different regions of the world among old population.

Risks related to Vulnerability

There are various risks associated with the vulnerability of old population. The risk factors among old population are age, mental fitness, nutritional values, physical health, rare social networking and many others. It has been observed that there are different outcomes of each case among old population as vulnerability can be reduced by clinical assessment and interventions for the individual's safety.

Conclusion

It has been concluded that different interventions and treatments are required for reducing vulnerability and its associated factors among the old citizens of a nation. Most of the old people are at risk of vulnerability due to lack of some significant abilities in them. There is a need of creating awareness among old population about vulnerability and management should have to reduce mortality and morbidity among elders.

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