



# Home Health Aide On-the-Go In-Service Lessons: Vol. 8, Issue 1: Myths about Aging

*HCPPro, Inc., Beacon Health*

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This lesson on Myths about Aging includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. **LESSON OBJECTIVES** Upon completion of this program, the home health aide will be able to: Explain three ways the aging process affects the human body, Name two myths about aging, and Explain two ways to encourage, support, and care for aging patients. **OVERVIEW** The world population is aging. According to the Center for Disease Control (CDC), the United States is on the brink of a longevity revolution. Today there are 37 million people in the United States who are 65 years or older. That number represents 13 percent of the current population and it s expected to grow to 80 million people by 2050. Today there are five million Americans older than 85; by 2050 there will be 20 million. Important questions face the healthcare industry. Who are these old people? Are they sick and disabled? Or are they relatively healthy as they age? These questions have important ramifications for homecare agencies. In order to provide aging patients the best care and the best outcomes possible, homecare aides must know the difference between reality and stereotypes. This in-service lesson looks at some of the myths of aging and talks about how home health aides can better care for their patients by understanding the aging process.

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