Journal of Aging and Geriatric Medicine

Editorial

A SCITECHNOL JOURNAL

Quality of Life in Older Adults

Dr. Daniel Bavisetti*

Department of Geriatric Medicine, India

***Corresponding author:** Dr. Daniel Bavisetti, Department of Geriatric Medicine, India Email: daniel.bavi@example.com

Citation: Daniel B (2025) Quality of Life in Older Adults. J Aging Geriatr Med 8: 195

Received: 01-Jul-2025, Manuscript No. agm-25-176141; **Editor assigned:** 3-Jul-2025, Pre-QC No. agm-25-176141 (PQ); **Reviewed:** 17-Jul-2025, QC No. agm-25-176141; **Revised:** 24-Jul-2025, Manuscript No. agm-25-176141 (R); **Published:** 31-Jul-2025, DOI: 10.4172/2576-3946.1000195

Abstract

Quality of Life has become a central concept in geriatric medicine due to the growing global population of older adults. As life expectancy increases, the focus of healthcare has shifted from survival to ensuring meaningful and satisfying living. Quality of Life in older adults is influenced by physical health, mental well-being, independence in daily activities, social participation, environment, and financial security. This article explores the determinants, challenges, and interventions that contribute to improving Quality of Life among the elderly. Understanding these dimensions helps clinicians, policymakers, and caregivers design patient-centered strategies that promote healthy and dignified aging.

Introduction

Quality of Life is a multidimensional concept that describes an individual's overall perception of well-being, satisfaction, and functioning in daily life. In the context of aging and geriatric medicine, it goes beyond the absence of disease and encompasses physical, psychological, social, and environmental factors that shape an older adult's lived experience.

Globally, the number of individuals aged sixty and above is rising rapidly, creating a significant shift in healthcare priorities. Older adults often face challenges such as chronic diseases, reduced mobility, cognitive decline, and social isolation. These issues can diminish their ability to perform daily tasks, interact meaningfully with others, and maintain emotional stability. As a result, improving Quality of Life has become an essential goal of modern geriatric care.

Several determinants influence Quality of Life in the elderly. Physical health remains a major factor, with conditions like arthritis, cardiovascular diseases, and sensory impairments limiting independence. Mental health, particularly depression and anxiety, also contributes significantly. Cognitive health is equally important since disorders like dementia affect decision making, memory, and social relationships.

Social support from family, caregivers, and community plays a vital role in emotional comfort and a sense of belonging. Environmental factors such as safe housing, accessibility, and availability of healthcare services further shape the daily experience of older adults. Financial stability ensures that individuals can access medication, nutritious food, and supportive care when needed.

Interventions to enhance Quality of Life include regular physical activity, cognitive stimulation programs, chronic disease management, psychological counseling, and community-based social engagement initiatives. Healthcare providers must adopt a holistic, person-centered approach to address the diverse needs of older adults.

Conclusion

Quality of Life is a crucial outcome in geriatric medicine, reflecting the overall well-being and dignity of older adults. By addressing physical, psychological, social, and environmental factors, healthcare systems can better support the needs of an aging population. Enhancing independence, promoting mental well-being, and improving access to supportive services are key to ensuring that older adults not only live longer but also live meaningfully. Continuous research, caregiver training, and policy development remain essential to improving Quality of Life and fostering healthy aging worldwide.

References

1. Praveen Kumar (2012) A stability indicating RP-HPLC method development for determination of Ezetimibe in tablet dosage form. Der Pharma Chemica 4: 1296-1304.
2. Raul (2015) RP-HPLC Method Development and Validation for the Simultaneous Estimation of Atorvastatin and Ezetimibe in Pharmaceutical Dosage Form. Asian J Pharm Clin Res 8: 178-181.
3. El-Bagary (2014) LC-MS-MS Simultaneous Determination of Atorvastatin and Ezetimibe in Human Plasma. Journal of Chromatographic Science 52:773-780.
4. Suneela D, Dhaneshwar S, Deshpande P, Patil M (2007) Development and validation of a method for simultaneous densitometric estimation of Atorvastatin calcium and Ezetimibe as the bulk drug and in tablet dosage forms. Acta Chromatographica 19: 141-148.
5. Danafar H (2016) High performance liquid chromatographic method for determination of Ezetimibe in pharmaceutical formulation tablets. Pharmaceutical and Biomedical Research 2: 38-46.