



Aging and Disability: Its Mechanism and Difficulties

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Description

People's physical, mental, and cognitive abilities can decrease in old their ages, potentially resulting in disabilities. Aging and disability are closely associated, and both present distinctive difficulties that must be addressed. Genetics, constitution, lifestyle, and environmental factors all have an impact on ageing. In human life, there are different stages of development there is a progressive increase in functioning (from early childhood to adolescence), it is a type of plateau during adulthood, and then a physiological drop in functioning as the individual gets older in age.

Difficulties of aging and disability

One of the most significant disabilities of aging and disability is the increased risk of chronic health conditions. As people age, they are more probable to develop conditions such as arthritis, diabetes, and heart disease. These conditions can lead to physical disabilities, and they can also impact mental and cognitive function. Additionally, older adults with disabilities may experience social isolation and reduced access to healthcare services, which can further cause their health problems.

Another difficulty of aging and disability has the potential to impose an economic burden. Older adults with disabilities may require specialized care, assistive devices, and home improvements to ensure

their safety and comfort. These expenditures may rapidly build up and become an immense expense for individuals and families. Additionally, older adults with disabilities may face discrimination in the workplace and housing markets, which can further exacerbate their financial challenges.

Opportunities for improving the quality of life

Despite the difficulties of aging and disability, there are also many opportunities for improving the quality of life of older adults with disabilities. One of the most promising opportunities is the advancement of assistive technologies. Assistive technologies such as assistive technology aids for listening, mobility aids, and communication devices can help older adults with disabilities to maintain their self-determination and improve their quality of life.

Another opportunity for improving the older adults' quality of life with disabilities is through community-based services and programs. These programs can provide older adults with disabilities with social connections, access to healthcare services, and assistance with activities of daily existence. Additionally, community-based programs can help to reduce social isolation and provide older adults with disabilities with a sense of identity and significance.

Finally, policymakers as well as stakeholders may implement procedures to alleviate the financial strain associated with ageing and disability. This can include expanding access to healthcare services, providing financial incentives for home modifications and assistive technologies, and ensuring that older adults with disabilities have access to job opportunities and cost-effective housing.

Aging and disability provide different difficulties for individuals, families, and communities. However, there are also many opportunities for improving the older adult's quality of life with disabilities. By investing in assistive technologies, community-based programs, and policies that address the financial responsibilities of aging and disability, people can help to ensure that older adults with disabilities can lead lives that are fulfilling and significant. While there is not a single standard for effective ageing, it is generally recognized that it includes having no signs of chronic disease and the ability to function effectively into old age, both physically and cognitively.

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