

Learning to live with chronic diseases, through the empowerment of older persons: Mexico

by Ma. Rosario Henández Gallegos- Mexico



According to the National Institute of Geography and Statistics chronic diseases in Mexico, it occurs most often after 35 years and it is estimated that for every case of death from diabetes, 7 new cases of the disease diagnosed. In this sense, it has become the leading cause of outpatient demand in public and private institutions, and one of the main reasons for hospitalization to be poorly controlled.

A key to addressing the problems of the elderly aspect is health. One of the main problems identified respect for this population group is that there is no comprehensive system of care and protection of the elderly. Therefore, care of elderly lies primarily with families who in many cases do not have the resources, ability or knowledge to answer your needs.

We implement an intervention model to extend as much as possible situations of autonomy and independence of older adults in Mexico, with individual impacts, positive and social control of chronic diseases. So adopting more flexible support services and personal development, to promote the active participation of the adult population to avoid isolation and loneliness, by creating "Holiday Day" with health professionals; taking as a mandatory requirement conducting quarterly comprehensive clinical analysis and consultations. This will allow elderly people learn to live with their chronic disease, preventing complications and increasing early detection.

It is intended that the program meets national level before testing it in the City of Mexico, with 4 Homes Days, serving 2000 persons seniors with limited resources.