

Enhancing geriatric rehabilitation

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As life expectancy rises globally, there is an urgent need to address the unique healthcare requirements of older adults. Geriatric rehabilitation involves a comprehensive and multidisciplinary approach tailored to individual needs, in order to improve strength, balance, mobility, functional independence, and overall quality of life. Fall assessment and prevention is based on a thorough assessment to identify risk factors such as muscle weakness, gait abnormalities, drug side effects, and environmental hazards. Then, targeted interventions can be implemented to reduce risk of falling, such as exercise regimens, home modifications, and assistive devices. Additionally, it is crucial to educate both elderly people and their caregivers about prevention strategies and safety measures. Furthermore, technology can improve accessibility, continuity of care, and early detection of health issues, contributing to better outcomes and improved quality of life. Ultimately, integrating of evidence-based practices, innovative technologies, and a collaborative health approaches is essential to optimizing geriatric rehabilitation and fall prevention. Comprehensively addressing these areas can promote healthy aging, maintain functional abilities, and enhance overall well-being among older adults.

Biography

Sara Skalli is an assistant professor in Physical and Rehabilitation Medicine. She is passionate about neurological rehabilitation, neurourology & urodynamics and geriatric rehabilitation. She completed four years of residency and begun university assistantship a few months ago. She is deeply committed to improving healthcare and rehabilitation systems through innovative rehabilitation techniques and ongoing research in these areas.