



## 95a Special Populations: Seniors



# 95a Special Populations: Seniors

5 minutes	Attendance and Breath of Arrival
40 minutes	Lecture: Seniors
<u>15 minutes</u>	<u>Discussion</u>
60 minutes	Total Class Time



# 95a Special Populations: Seniors

## **Touch Assessment:**

- 97b Deep Massage: Touch Assessment
- **Bring your grading sheet for evaluation A: 89**

## **Preparation for upcoming classes:**

- 96a Special Populations: Hospice and End of Life
  - Packet K: 23-38.
- 96b Deep Massage: Guided Full Body
  - Lauterstein : Chapter 19.



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*

# 95a Special Populations: Seniors K-23

Massage for the Mature Adult





# Introduction

- Some people use the terms senior, elderly, and geriatric synonymously. Many assume that if someone is 60 or older they are an “old” person who should be treated with cautious touch.
- However, this is not usually the case. The terms elderly and geriatric are better used for describing a client's condition, not a specific age.
- A senior citizen can be defined with an age range such as 60 and older, but just because someone is a senior, it does not mean that they are geriatric.



# Introduction

- When working in a 55 and older community, you may have clients who range in age from 55 to 97, with many being in their 60s and 70s. There are clients in their early to mid 70s who you would think are in their early 60s and other clients in their mid-70s you might put closer to 80.
- Working with this population, age is irrelevant. As with any massage client, it is the condition the client is in that determines how you should approach the massage.



# Demystify the Judgments of Seniors

- Many people over 60 are still in excellent health & use massage as a way to keep healthy.
- Massage for this age demographic can be for relaxation, but can also be therapeutic.
- Don't make assumptions





# Seniors range from:

## **Robust**

- No major health problems
- Active mentally and physically
- Look younger than their chronological age

## **Average**

- Some age-related problems such as mild arthritis, aches, and pains
- Still active mentally and physically
- May look about their age or younger



# Seniors range from:

## **Frail**

- Mentally and physically slowing down
- May have more problems such as:
  - High blood pressure
  - Diabetes
  - Very thin skin
  - Osteoarthritis
  - Other health issues
- Look older than they really are



# Massage provides many benefits to all seniors, such as

- Increased circulation and mobility
- Better sleep
- Relief from muscular tension, soreness, and fatigue
- Reduced stress, anxiety, and pain
- Improved concentration, balance, posture, and motor skills
- Stimulation of digestion and improved elimination
- Enhanced lymph flow
- Better range of motion and flexibility



# Potential physiological issues when massaging seniors

- Thinner skin
- Less muscle mass
- Less water content in tissues
- More fragile bones
- Less flexibility



## Technique adjustments for robust seniors

- You may be less likely to modify your massage techniques, if at all
- They are more likely to be able to handle deeper pressure and may be more flexible



# Technique adjustments for average and geriatric seniors

- Lighter pressure
- Use of more lotion for seniors with thin skin
- May need to do side-lying massage if client cannot lie on stomach or back (pacemaker or other reason)
- May only be able to do a seated massage
- You may have a shortened session
- May only massage certain areas



## Some of the typical things you will see when working with seniors include:

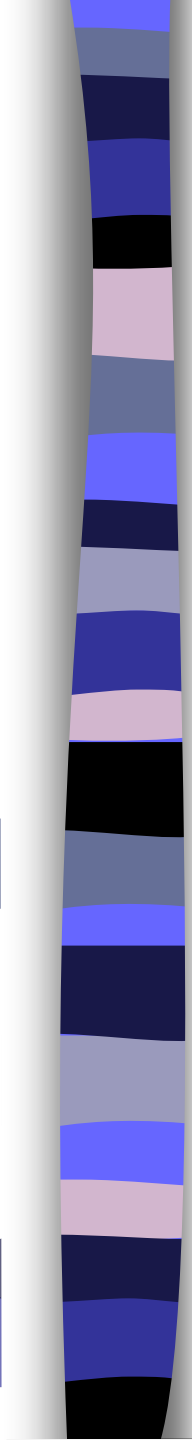
- Hip replacements
- Knee replacements
- Pacemakers
- Sciatica
- Hip issues
- Diabetes
- Arthritis



## Some of the typical things you will see when working with seniors include:

- High Blood Pressure (usually controlled with medication)
- Parkinson's
- Cancer
- Clients in Hospice care
- Thinner skin
- Alzheimer's
- Osteoarthritis
- Other health issues





Understand the type of health issues that seniors may have so that you can adjust your session plan as necessary, but don't be afraid of this group! Seniors will be some of your most appreciative clients you will ever work on.

A good comment on the needs of seniors can be found here:  
<http://www.tlcschool.com/austin-massage-blog/touch-and-age/>



# Baby Boomers are here!

- The baby boomers started turning 65 in 2011.
- Every day since then more than 7000 baby boomers have reached 65 and this will continue until 2030, when all baby boomers are 65 or older.
- People are living longer and taking better care of themselves and so are looking to massage to help them live a more active lifestyle and reduce aches and pains.



# Locations

- Independent living facilities (apartments)
- Nursing homes
- Assisted living
- In their own homes



## In-home massage

- Is a wonderful option for seniors, especially for the ones who do not get around as easily.
- Because older seniors move slower, going to a massage chain can be difficult for them because that type of facility can be very fast paced.
- In-home massage allows slower moving seniors to move at their own rate and not have to worry about getting out of the massage room quickly.



# Detailed geriatric massage Info/training

DayBreak Geriatric Massage Institute

<http://www.daybreak-massage.com/>



# Guidelines for Senior Massage

- Some seniors may be chatty and enjoy the chance to talk to someone during the session. It's also good to keep communicating with your client to make sure everything is OK.
- Be aware for any working signs (fidgeting, etc.) and ask your client if they are uncomfortable...make changes as necessary.
- For seniors who are slowing down mentally, you may need to be patient and repeat things to make sure they understand what you are telling them.



# Guidelines for Senior Massage

- You may also interact with family members, such as children or a spouse. Family members can be helpful when working with clients who have trouble understanding what you are saying or speaking to you, but always remember to include your client in any conversations you have.
- Seniors are intelligent individuals who deserve to be treated as you would treat any other client.



## Articles/Resources for Senior Massage

**A good example of working with a senior with fibromyalgia:**

[http://www.massagetherapy.com/articles/index.php/article\\_id/204/Fibromyalgia-and-the-Elderly](http://www.massagetherapy.com/articles/index.php/article_id/204/Fibromyalgia-and-the-Elderly)

**AMTA offers a course called Massage for Active Seniors:**

<http://www.amtamassage.org/courses/detail.html?CourseId=43>

**Article from AMTA on Massage of Seniors:**

<http://www.amtamassage.org/articles/3/MTJ/detail/2318>

**Massage Today has several articles on working with older clients:**

<http://www.massagetoday.com/mpacms/mt/topic.php?id=23>





## Extra considerations- Not in your packet

### Evaluating your client:

- When you first meet a mature adult client, take a little time to evaluate the condition of your client.
- Are they standing up straight? Or are they hunched over?
- How does their skin look?
- Do they seem stable on their feet?
- Do they look frail?
- How is their energy level?
- Ask detailed questions on medical and medicine history?

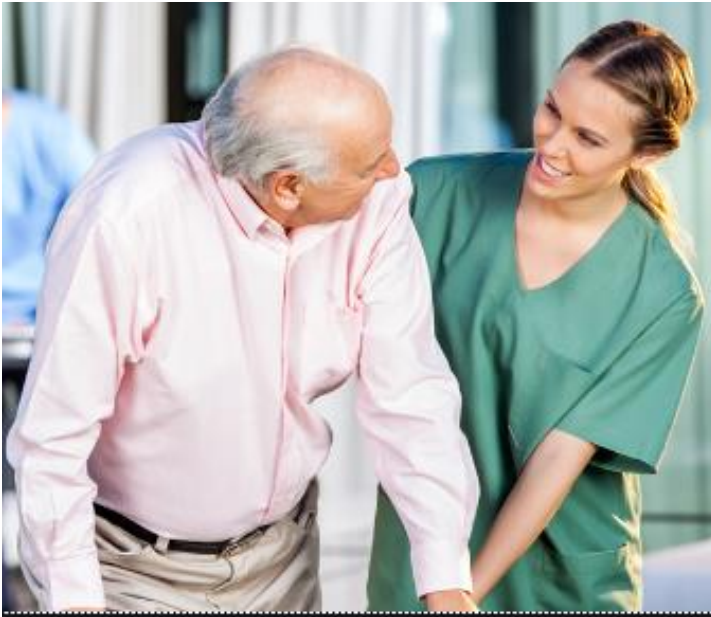
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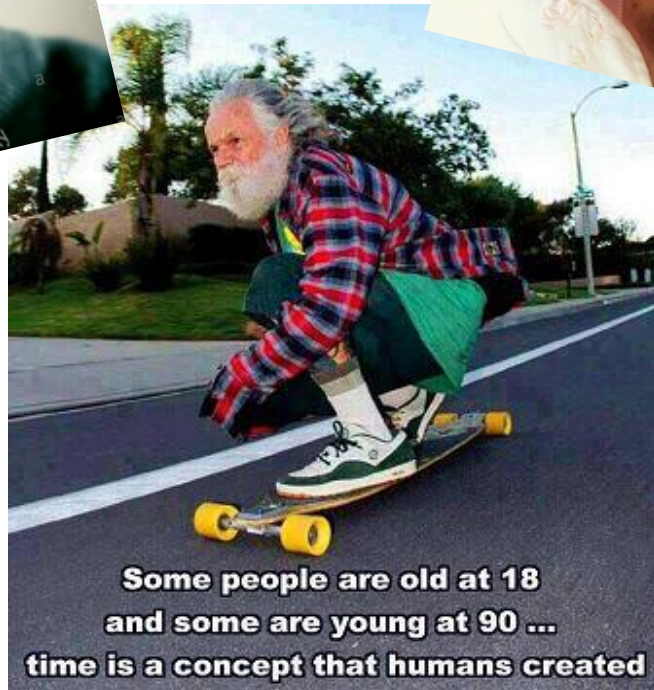




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**Some people are old at 18  
and some are young at 90 ...  
time is a concept that humans created**

Johanna Quaas- Nov 20, 1925 (95 in 2020)

Oldest gymnast in the world since 2018!





# Massage Sessions

What do they look like with mature adults, seniors, and geriatric clients?



# Mature Skin





# Mature Skin “Age Spots”

- Age spots are marks that commonly appear on the skin *after prolonged sun exposure*.
- They are harmless, but some people wish to remove them for cosmetic reasons.
- These marks are *flat* and darker than surrounding skin. They can be tan, brown, or black, and they may resemble freckles.
- Other names for **age spots** include solar lentigines and liver **spots**, though they have no connection to the liver.

# Mature Skin “Age Spots”





# Mature Skin Seborrheic Keratosis

- Seborrheic keratoses are raised growths on the skin.
- There may be just one or clusters of dozens.
- They are usually start off light tan, and then may darken to dark brown or nearly black.
- The consistent feature of seborrheic keratoses is their waxy, pasted-on or stuck-on look.
- Can appear raised and texturized.
- They may be oval spots a fraction of an inch across, or form long Christmas tree like patterns on the torso inches long.
- These are not contagious and do not spread.
- They have no relationship to skin cancer and do not pose a risk to health.

# Mature Skin Seborrheic Keratosis



Picture by: James Heilman, MD



# Seborrheic Keratosis / Melanoma

Clinical and Histopathologic Images of Melanoma Merging With Seborrheic Keratosis



Melanoma merging with seborrheic keratosis. Lesion on the trunk of a 70-year-old male.

As with all massages, if something catches your attention; ask the client if they've noticed it, had it checked out, and possibly suggest they share the information with their medical provider.



# Medications

- Medications should be reviewed during intake to make sure there are no contraindications or special considerations to the massage plan/session.
- Medications should be reviewed prior to each session, in case there have been changes.
- Don't know what a medication is for? Ask the client. Research. Ask the caretaker.

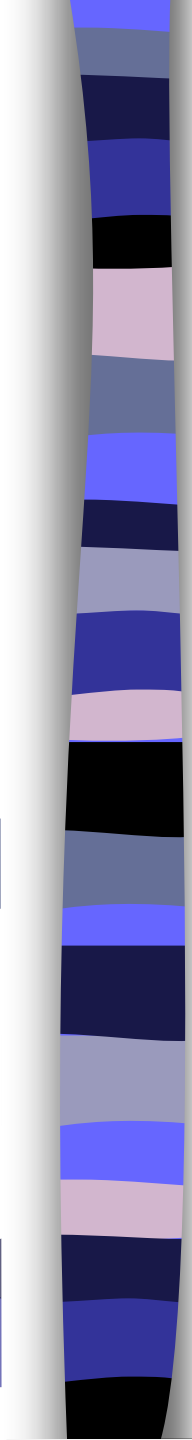
Is this really any different than Young Adult or middle Aged Massages?



# Topical Medications

- Topical medications (patches attached directly to the skin) are being used more often to deliver medications. You don't want to absorb the medication into your skin will working.
- Work around any area with a patch. Do NOT rub on the patch (it could become dislodged).
- If a patch has been removed, make sure the area has been cleaned and there is no residual medication on the client's skin. If clean, you can work where the patch was.





How can a LMT make sure their session with a mature adult, senior, or a geriatric client is successful?



# The 4 Cs

- **Confidence** – Be confident that you can address your client's issues
- **Caution** – Research or ask for a doctor's clearance if you are unsure
- **Communication** – Check in with your client and address any issues they have and to have a thorough understanding of medical history and medications
- **Caring** – You can't fix all your client's issues with massage. However, you **SHOULD** want to provide the best service possible



Is this really an option for my business?



# YES!

You will find mature adults and seniors tend to be clients at a wide range of locations.

Even if you don't work for yourself

- Chiropractic Offices
- Corporate Massage Studios
- Small Business/Privateally Owned Massage Studios
- Wellness Centers
- Hospitals, Rehabilitation Centers, ...
- And yes, even mobile massage



# Marketing to/for Mature Adults

Marketing may need to be varied for the mature adult demographic.

- Calling to schedule appointments vs Online Scheduling
- Flyers/Postcards vs Facebook/Instagram
- Setting up @ senior centers or events
- Referrals are going to be a HUGE asset.
- Paper Intake forms vs Electronic versions



Sometimes there's a down side...



# Elder Abuse

If you suspect a client is victim of elder abuse or have questions, you can contact your local National Adult Protective Services Association at:

<http://www.napsa-now.org/>

You can find a video on information about elder abuse at:

<https://www.youtube.com/watch?v=kjiGiAGQx20>



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me**

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