

Nursing assessment (diagnosis and prescription): Orem self-care model has suggested that by seeking information from clients, the nurse will be able to make decisions regarding the planning and to implement actions of care. If the nurse, want to be successful in promoting healthy choices in individuals in their later years, she needs to understand the importance of individual motivation. Interventions that improve independency in later life: 1-Motivation: The most important factor in maintaining high level of independency is the elder's is motivation. The plan of nursing care must be realistic considering the age-related changes, which affect the elder and the utilization of his remaining potentialities. 2.3.5.