

### Introduction

Aging can be more appropriately defined as the total of all changes that occur in a person with the passing of time influences on how one ages come from several domains that include the physiologic, psychological , sociological and spiritual process , **(Miller , 2005)** .

By 2030, the elderly population throughout the world is expected to increase to 973million people, and the number of elderly people will be more than triple in developed countries which will account for 71% of the world's elderly population. In Egypt the percentage of elderly people represent 6.2% in 1986 , and it is estimated to reach 11.3% in 2025 , **(Atia , 2008)**.

The changes in physical appearance are gradual and subtle . Further differences in physiologic structure and function can arise from changes to specific body systems such as , Respiratory system , cardiovascular system , gastrointestinal system Urinary system ,and musculoskeletal system changes shorting of vertebrae , slight kyphosis ,and decrease in bone mass and bone mineral , **(Eliopoulos ,2010)**.

Health problem naturally increase with age , more than four out of five elderly people live with at least one chronic condition , and any many especially women have multiple chronic conditions . Such disease in aged people cause more disabilities than younger people ; thus aged people need special care to prevent diseases , maintain and promote health , **(Atia ,2008)**.

Caregiver refers to anyone who provides assistance to someone else who is, in some degree, incapacitated and needs help . Informal caregiver and family caregiver are terms that refer to unpaid individuals such as family members, friends and neighbors who provide care. These individuals can be primary or secondary caregivers, full time or part time, and can live with the person being cared for or live separately. Formal caregivers are volunteers or paid care providers associated with a service system ,**(Family caregiver alliance , 2011).**

The goal of home health care nursing is to provide services to individuals and families and to promote , maintain and restore health . In most cases , this is achieved through short term , intermittent , direct nursing care made in home visit and supervise those services to assist with activities of daily living ;teach client , families and caregivers how to provide self-care ; and use communication skills to enhance continuity of care , **(Hunt,2009).**

The role of community health nurse focus on the prevention of disease and promotion and maintenance of health to achieve these goals , nurses are involved in client and community education , counseling , advocacy , care management and three level of prevention . Health promotion includes many activities such as exercise , nutrition , screening , self-care , relaxation , stress management and accident prevention the community health nurse should be familiar with the guidelines for screening prevention services for individuals 60 years and older , **(Nehemow et al .,2005).**

### **Significance of the study :**

Elders in rural areas have high rates of illness and disability .populations living in rural areas have higher rates of diabetes, hypertension , heart disease , and cancer than those in urban area ,(Halter et.al,2009).

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In Egypt the percentage of elderly people represents 6.2% in 1986 , and it is estimated to reach 11.3% in 2025 . Statistics from the Egyptian ministry of health show that there is an increase in life expectancy ;over the past three decades , it increased for males from 51.5 to 62.8 years and for females from 53.8 to 66.4 years ,(CAPMS,2006).