

Hand-out for Home Assignment Day 5



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL 5.1 The Importance of Outdoor Activities for the Elder

In this module, you will learn about:

- The benefits of being outdoors for the elderly
- The conditions when the elder should not be taken outdoors

Summary

1. Going outdoors helps the elders:
 - 1) Get fresh air and sunshine
 - 2) Relieve stress and anxiety
 - 3) Meet people
 - 4) Feel a sense of freedom
 - 5) Improve self-confidence
 - 6) Get a change in routine
2. When the weather is extremely hot or cold or the weather forecast shows rain, snow or thunderstorm, do not take the elder for an outdoor activity
3. Also avoid outdoor activity if the elder is not well or feel anxious about going out

SL 5.1 The Importance of Outdoor Activities for the Elder



Going outdoors helps the elders: 1) Get fresh air and sunshine 2) Relieve stress and anxiety 3) Meet people 4) Feel a sense of freedom 5) Improve self-confidence 6) Get a change in routine



When the weather is extremely hot or cold or the weather forecast shows rain, snow or thunderstorm, do not take the elder for an outdoor activity



Also avoid outdoor activity if the elder is not well or feel anxious about going out

SL5.2 Planning an Outing for the Elder

In this module, you will learn about:

- The various types of outdoor activities appropriate for elders
- The things to consider when planning an outing with an elder

Summary

1. Some outdoor activities suitable for elders are:
 - 1) Visit to a park
 - 2) A picnic
 - 3) Visit to children's playground
 - 4) Sports like kite flying and fishing
 - 5) Shopping
 - 6) Gardening
 - 7) Feeding birds
2. When planning the outing:
 - 1) Visit the place before taking the elder there
 - 2) Make sure the place has accessible paths, benches and toilets
 - 3) Carry an outing bag with required medicines, light snacks and a water bottle
 - 4) Ensure the elder is suitably dressed for the outing
 - 5) Always be very alert on an outing

SL5.2 Planning an Outing for the Elder



Some outdoor activities suitable for elders are: 1) Visit to a park



2) A picnic



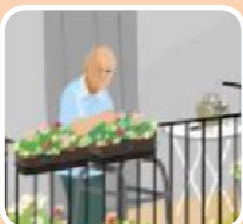
3) Visit to children's playground



4) Sports like kite flying and fishing



5) Shopping



6) Gardening

SL5.2 Planning an Outing for the Elder



7) Feeding birds



When planning the outing: 1) Visit the place before taking the elder there



2) Make sure the place has accessible paths, benches and toilets



3) Carry an outing bag with required medicines, light snacks and a water bottle



4) Ensure the elder is suitably dressed for the outing



5) Always be very alert on an outing

SL5.3 Importance of Social Connections for the Elder

In this module, you will learn about:

- **How important it is for the elders to have social connections**
- **The problems elders face while connecting with family members, fellow elders, or younger generations**
- **What can you do to help the elder connect better with others**

Summary

- 1. Acknowledge the importance of social connections for the elder**
- 2. Encourage the elder to stay abreast with the current times**
- 3. Talk to the elder's family and encourage them to spend time with the elder**
- 4. Encourage elders to meet new people and make friends with those with similar interests**
- 5. Listen to the elder patiently and try to keep them in good cheer**

SL5.3 Importance of Social Connections for the Elder



Acknowledge the importance of social connections for the elder



Encourage the elder to stay abreast with the current times



Talk to the elder's family and encourage them to spend time with the elder



Encourage elders to meet new people and make friends with those with similar interests



Listen to the elder patiently and try to keep them in good cheer

SL5.4 Involving the Elder in Social Activities

In this module, you will learn about:

- **How you can encourage the elder under your care to share their feelings**
- **How you can involve the elders in various social activities**

Summary

- 1. Understand the type of people the elder would like to spend time with and the type of activities they would like to do**
- 2. Plan activities to facilitate elders to socialize with people of similar interests**
- 3. Arrange for regular visits to a club**
- 4. Encourage elders with work experience to work as an advisor with organizations doing social work**
- 5. Ask the elder if they would like to engage in other social work such as teaching or working for hospitals**
- 6. Plan periodic entertainment activities**
- 7. Plan family activities**
- 8. For elders who cannot go outdoors, arrange for visits by positive friends and relatives**

SL5.4 Involving the Elder in Social Activities



Understand the type of people the elder would like to spend time with and the type of activities they would like to do



Plan activities to facilitate elders to socialize with people of similar interests



Arrange for regular visits to a club



Encourage elders with work experience to work as an advisor with organizations doing social work



Ask the elder if they would like to engage in other social work such as teaching or working for hospitals



Plan periodic entertainment activities

SL5.4 Involving the Elder in Social Activities



Plan family activities



For elders who cannot go outdoors, arrange for visits by positive friends and relatives

SL5.5 Connecting with the Elder Socially

In this module, you will learn about:

- **How you can interact with the elder on a regular basis**
- **How you can facilitate their social interactions**
- **The importance of social interactions for elders**

Summary

- 1. Listen to the stories about the elder's life and appreciate their achievements**
- 2. Learn more about subjects that interest the elder and try to engage in intellectually Stimulating conversations**
- 3. Encourage the elder to pursue their passions; appreciate any progress the elder makes**
- 4. Patiently listen to their anxieties or negative feelings and try to show the positive aspects of their life**
- 5. Share jokes and other positive anecdotes and try to keep the elder in good cheer**

SL5.5 Connecting with the Elder Socially



Listen to the stories about the elder's life and appreciate their achievements



Learn more about subjects that interest the elder and try to engage in intellectually stimulating conversations



Encourage the elder to pursue their passions; appreciate any progress the elder makes



Patiently listen to their anxieties or negative feelings and try to show the positive aspects of their life



Share jokes and other positive anecdotes and try to keep the elder in good cheer

SL5.6 Aiding the Elder with Reading

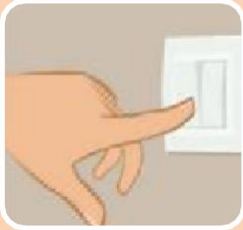
In this module, you will learn about:

- **The reasons why elderly people need help in reading**
- **The ways and aids to help elderly people read comfortably**
- **The correct way to read aloud to an elder**

Summary

- 1. To help an elder read comfortably:**
 - 1. Ensure the area is well lit**
 - 2. Ensure the elder is seated in a good, comfortable posture**
 - 3. Try to provide a quiet, peaceful environment**
 - 4. Ensure a regular supply of reading material of elder's choice**
 - 5. Arrange for reading aids like magnifying sheet or glasses, if required**
 - 6. Help an elder with poor vision use appropriate reading aid**
- 2. To read aloud to elders who cannot read themselves:**
 - 1. Face the elder while reading**
 - 2. Speak slowly and clearly**
 - 3. Make sure your voice is clearly audible to the elder**
 - 4. Be patient and re-read portions if required**

SL5.6 Aiding the Elder with Reading



Ensure the area is well lit



Ensure the elder is seated in a good, comfortable posture



Try to provide a quiet, peaceful environment



Ensure a regular supply of reading material of elder's choice



Arrange for reading aids like magnifying sheet or glasses, if required



Help an elder with poor vision use appropriate reading aid

SL5.6 Aiding the Elder with Reading



Face the elder while reading



Speak slowly and clearly



Make sure your voice is clearly audible to the elder



Be patient and re-read portions if required

SL5.7 Overseeing the Elder's Activities

In this module, you will learn about:

- **How to oversee an elder's activities effectively and efficiently**
- **How to plan meals of the elders and ensure safety while eating**
- **How to take care of the exercise routine of the elder**

Summary

- 1. When you start caring for an elder, you may receive some specific inputs from your employer and the elder's doctor**
- 2. Note down the requirements and inputs and get them verified by your employer**
- 3. Prepare and follow a daily routine for the elder keeping in mind these requirements**
- 4. To ensure the health and safety of the elder, you must oversee all their activities, such as eating, resting, exercising, and going out**
- 5. Allow them to deviate from the routine occasionally, if they wish**
- 6. Encourage the elder to be independent as possible but ensure that they are safe by keeping a close watch on their activities**

SL5.7 Overseeing the Elder's Activities



When you start caring for an elder, you may receive some specific inputs from your employer and the elder's doctor



Note down the requirements and inputs and get them verified by your employer



Prepare and follow a daily routine for the elder keeping in mind these requirements



To ensure the health and safety of the elder, you must oversee all their activities, such as eating, resting, exercising, and going out



Allow them to deviate from the routine occasionally, if they wish



Encourage the elder to be Independent as possible but ensure that they are safe by keeping a close watch on their activities

Thank
you!

The image features a solid pink background. Scattered across the background are numerous small, elongated, teardrop-shaped confetti pieces in two colors: a vibrant magenta and a bright cyan. In the center of the image, the words "Thank you!" are written in a large, white, cursive script. The word "Thank" is on the top line, and "you!" is on the bottom line, with the exclamation mark being particularly large and prominent.

Quiz Test Day 5



UJUZU FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL5.1 The Importance of Outdoor Activities for the Elder

Label the Pictures:



SL5.2 Planning an Outing for the Elder

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11



12

SL5.3 Importance of Social Connections for the Elder

Label the Pictures:



1



2



3



4



5

SL5.4 Involving the Elder in Social Activities

Label the Pictures:



1



2



3



4



5



6



7



8

SL5.5 Connecting with the Elder Socially

Label the Pictures:



1



2



3



4



5

SL5.6 Aiding the Elder with Reading

Label the Pictures:



1



2



3



4



5



6



7



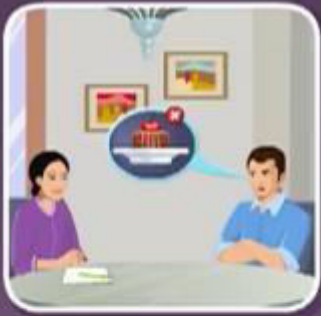
8



9

SL5.7 Overseeing the Elder's Activities

Label the Pictures:



1



2



3



4



5



6

