

Hand-out for Home Assignment Day 6



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL6.1 Importance of Recreational Activities for the Elder

In this module, you will learn about:

- **The importance of recreational activities for an elder**
- **The various types of recreational activities that an elder can take up**

Summary

Recreational activities:

- 1) **Should be chosen based on the elder's interests**
- 2) **Give the elder something to look forward to in a day**
- 3) **Divert the elder's mind from day to day problems**
- 4) **Keep the elder mentally alert**
- 5) **Can be active or passive**
- 6) **Can include learning a new skill**
- 7) **Should be planned for each day**
- 8) **Should not expose the elder to negative, depressing thoughts**

SL6.1 Importance of Recreational Activities for the Elder



Recreational activities: 1) should be chosen based on the elder's interests



2) Give the elder something to look forward to in a day



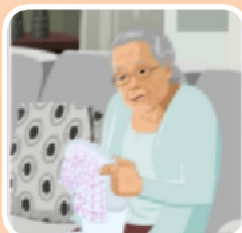
3) Divert the elder's mind from day to day problems



4) Keep the elder mentally alert



5) Can be active or passive



6) Can include learning a new skill

SL6.1 Importance of Recreational Activities for the Elder



7) Should be planned for each day, and



8) Should not expose the elder to negative, depressing Thoughts

SL6.2 Involving the Elder in a Hobby

In this module, you will learn about:

- The difference between a hobby and a pastime
- A few hobbies for an elder to engage in
- The ways to encourage an elder to engage in a hobby safely

Summary

1. Hobby is something that nurtures our creativity
2. An activity through which we enjoy someone else's creativity is a pastime
3. Based on the elder's interest, encourage hobbies like:
 - 1) Gardening
 - 2) Model making
 - 3) Writing
 - 4) Cooking
 - 5) Sewing and knitting
 - 6) Playing a musical instrument
 - 7) Painting
4. Ensure the elder remains safe and does not overexert while engaging in a hobby
5. Show interest in the elder's hobby
6. Encourage the elder to work at a comfortable pace
7. Appreciate the elder's effort

SL6.2 Involving the Elder in a Hobby



Hobby is something that nurtures our creativity



An activity through which we enjoy someone else's creativity is a Pas time



Based on the elder's interest, encourage hobbies like:
1) Gardening



2) Model making



3) Writing



4) Cooking

SL6.2 Involving the Elder in a Hobby



5) Sewing and knitting



6) Playing a musical instrument



7) Painting



Ensure the elder remains safe and does not overexert while engaging in a hobby



Show interest in the elder's hobby



Encourage the elder to work at a comfortable pace

SL6.3 Involving the Elder in Brain Activities

In this module, you will learn about:

- **The importance of engaging an elder in brain activities**
- **Some brain activities suitable for elderly people**

Summary

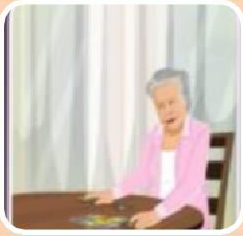
1. To engage an elder in brain activities:

- 1) Choose an activity based on the elder's ability and interests**
- 2) Set aside a time for brain activities every day**
- 3) Be patient and offer help when required**
- 4) Appreciate the elder for a successful attempt**
- 5) Allow the elder to quit if the person finds an activity too tough**
- 6) Never ridicule the elder for failing to complete an activity**

2. Some suitable brain activities for elderly people are:

- 1) Card games such as Memory, Rummy, and I Doubt It**
- 2) Board games such as Ludo, Snakes and Ladders, Scrabble, Chess, and Checkers**
- 3) Puzzles such as Sudoku, crossword, and jigsaw puzzles**

SL6.3 Involving the Elder in Brain Activities



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SL6.3 Involving the Elder in Brain Activities



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2) Board games such as Ludo, Snakes and Ladders, Scrabble, Chess, and Checkers



3) Puzzles such as Sudoku, crossword, and jigsaw puzzles

SL6.4 Involving the Elder in Distance Communication

In this module, you will learn about:

- Why an elder needs to connect with people living far away
- What mediums of distance communication can you help the elder use

Summary

1. The various means of distance communication include:

- | | |
|--------------------------|---|
| 1. Telephone | 5. Blogging |
| 2. Letters | 6. Websites to share project ideas |
| 3. Email | 7. Various applications on smart phones |
| 4. Social media websites | |

2. To help an elder use different means of distance communication, you must:

1. Encourage the elder to connect with friends and family members
2. Help the elder get the required material and equipment
3. Know how to use a computer and computer accessories
4. Be familiar with using email and social media websites
5. Caution the elder against sharing personal information with strangers

SL6.4 Involving the Elder in Distance Communication



The various means of distance communication include:
1) Telephone



2) Letters



3) Email



4) Social media websites



5) Blogging



6) Websites to share project ideas

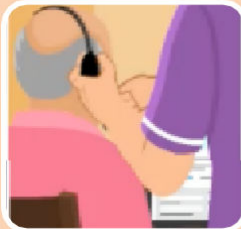
SL6.4 Involving the Elder in Distance Communication



Various applications on smart phones



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2) Help the elder get the required material and equipment



3) Know how to use a computer and computer accessories



4) Be familiar with using email and social media websites



5) Caution the elder against sharing personal information with strangers

SL6.5 Supporting Spirituality in an Elder

In this module, you will learn about:

- **How to care for an elder's holistic wellbeing by supporting them spiritually**

Summary

- 1. Encourage and participate in spiritual activities with the elders**
- 2. Do not impose your beliefs on the elders**
- 3. Be careful not to judge the elder for their beliefs**

SL6.5 Supporting Spirituality in an Elder



Encourage and participate in spiritual activities with the elders



Do not impose your beliefs on the elders



Be careful not to judge the elder for their beliefs

SL6.6 Involving the Elder in Technology Based Activities

In this module, you will learn about:

- The importance of engaging an elder in technology based brain activities
- Some technology based brain activities suitable for elderly people

Summary

- 1) **Technology based brain activities help an elder:**
 - 1) Stay mentally alert
 - 2) Play without a partner
 - 3) Overcome hesitation of using modern gadgets
 - 4) Improve hand-eye coordination and decision making skills
- 2) **Some suitable technology based brain activities for an elder are:**
 - 1) Candy crush
 - 2) Solitaire
 - 3) Angry Birds
 - 4) Word Search
 - 5) Matching games
 - 6) Internet versions of Ludo, Chess, Checkers, Sudoku, Crossword and Jigsaw puzzles

SL6.6 Involving the Elder in Technology Based Activities



Technology based brain activities help an elder: 1) Stay mentally alert



2) Play without a partner



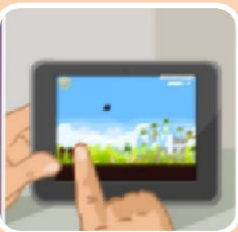
3) Overcome hesitation of using modern gadgets 4) Improve Hand-eye coordination and decision making skills



Some suitable technology based brain activities for an elder are:
1) Candy crush



2) Solitaire



3) Angry Birds

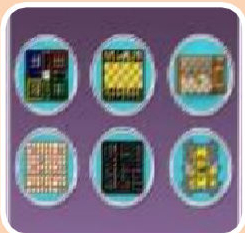
SL6.6 Involving the Elder in Technology Based Activities



4) Word Search



5) Matching games



6) Internet versions of Ludo, Chess, Checkers, Sudoku, Crossword and Jigsaw puzzles

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 cyan and a deep magenta. 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 line below it. The exclamation mark is large and prominent.

Quiz Test Day 6



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL6.1 Importance of Recreational Activities for the Elder

Label the Pictures:



1



2



3



4



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6



7

SL6.2 Involving the Elder in a Hobby

Label the Pictures:



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11



12

SL6.3 Involving the Elder in Brain Activities

Label the Pictures:



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SL6.4 Involving the Elder in Distance Communication

Label the Pictures:



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11



12

SL6.5 Supporting Spirituality in an Elder

Label the Pictures:



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SL6.6 Involving the Elder in Technology Based Activities

Label the Pictures:



1



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