

Hand-out for Home Assignment Day 10



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL 10.1 Reducing Stress of the Elder

In this module, you will learn about:

- **The reasons why an elder may be stressed**
- **The strategies to reduce the stress of the elder**

Summary

- 1. An elder may be stressed due to:**
 - 1) Changes in lifestyle and status**
 - 2) Death or illness of a loved one**
 - 3) Loneliness**
 - 4) Illness or deteriorating capabilities**
 - 5) Dislike for specific things or activities**
- 2. To reduce stress of an elderly person:**
 - 1) Ask them to share their problems and feelings**
 - 2) Ask family and friends to spend time with them**
 - 3) Motivate them to do things they like**
 - 4) Share jokes and stories**
 - 5) Try alternative therapies**
 - 6) Support religious and spiritual activities**

SL 10.1 Reducing Stress of the Elder



Changes in lifestyle and status



Death or illness of a loved one



Loneliness



Illness or deteriorating capabilities



Dislike for specific things or activities



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SL 10.1 Reducing Stress of the Elder



Ask family and friends to spend time with them



Motivate them to do things they like



Share jokes and stories



Try alternative therapies



Support religious and spiritual activities

SL 10.2 Sleeps and Rest for the Elder

In this module, you will learn about:

- The way to identify sleep and rest pattern for the elder
- The importance of sleep and rest pattern in deciding the daily routine of the elder
- The problem of sleeplessness in elders

Summary

1. To identify sleep and rest pattern:
 - 1) Record times of the day when the elder feels tired or wants to sleep
 - 2) Record the activity performed by the elder before feeling tired and sleepy
 - 3) Record your observations for several days
 - 4) Analyze your observations and look for similarities
 - 5) Identify the pattern from specific times and activities after which the elder feels tired and sleepy
2. The activities for the day should not interfere with the elder's sleep and rest pattern
3. If the elder has a problem of sleeplessness, inform a family member or the elder's doctor

SL 10.2 Sleeps and Rest for the Elder



Record times of the day when the elder feels tired or wants to sleep



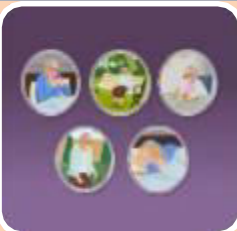
Record the activity performed by the elder before feeling tired and sleepy



Record your observations for several days



Analyze your observations and look for similarities



Identify the pattern from specific times and activities after which the elder feels tired and sleepy



The activities for the day should not interfere with the elder's sleep and rest pattern

SL 10.2 Sleeps and Rest for the Elder



If the elder has a problem of sleeplessness, inform a family member or the elder's doctor



SL10.3 Handling Loneliness in the Elder

In this module, you will learn about:

- Why an elder feels lonely
- How can you help the elder overcome loneliness?

Summary

If the elder under your care feels lonely:

1. Listen to them and find out about their passions
2. Read up on their areas of interests and try to engage them in good conversations
3. Plan social interactions around their areas of interests
4. Try to bridge the gap with younger generations through activities they can do together
5. Encourage family members and friends to stay connected with the elder
6. Encourage elders to meet new people and make new friends

SL10.3 Handling Loneliness in the Elder



Listen to them and find out about their passions



Read up on their areas of interests and try to engage them in good conversations



Plan social interactions around their areas of interests



Try to bridge the gap with younger generations through activities they can do together



Encourage family members and friends to stay connected with the elder



Encourage elders to meet new people and make new friends

SL10.4 Helping Elders with Depression

In this module, you will learn about:

- **How to recognize signs if the elder is depressed**
- **What could be the various reasons of depression?**
- **How to take care of an elder who is depressed**

Summary

- 1. If you notice the elder under your care is depressed, identify the reason for depression**
- 2. For external reasons, try to get the elder to see the positive side of life**
- 3. If there are no external reasons, report the depression to their family**
- 4. Provide better nutrition to the elder**
- 5. Incorporate outdoor activities in the elder's daily or weekly routine**
- 6. Ensure that the elder gets enough sunshine**
- 7. Encourage the elder to interact with others and build a social circle**
- 8. Encourage the elders to pursue their hobbies**

SL10.4 Helping Elders with Depression



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Incorporate outdoor activities in the elder's daily or weekly routine



Ensure that the elder gets enough sunshine

SL10.4 Helping Elders with Depression



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Encourage the elders to pursue their hobbies

SL10.5 Dealing with Death of a Loved One

In this module, you will learn about:

- The different stages of grieving
- The symptoms of every stage of grieving
- How you can help the elder accept the reality and maintain a positive outlook thereafter

Summary

1. Help the elder reach acceptance by supporting them through each stage of grief
2. Watch out for signs like refusal to eat, palpitations, sleeplessness, and wanting to be alone all the time
3. Help arrange for a doctor's visit if necessary
4. Help the elder cope with a positive outlook - wish them cheerfully every day
5. Keep them in good humor with positive anecdotes and jokes
6. Encourage them to go outdoors or spend time with their family and friends

SL10.5 Dealing with Death of a Loved One



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Help the elder cope with a positive outlook - wish them cheerfully every day



Keep them in good humor with positive anecdotes and jokes



Encourage them to go outdoors or spend time with their family and friends

SL10.6 Handling End of Life Issues

In this module, you will learn about:

- **Where to limit your involvement with an elder who is moving towards the end of their life**
- **Which decision should you completely leave to the elder's family**
- **How to care for and keep the elder happy in their last days**

Summary

- 1. You should not get involved in discussions around end of life issues**
- 2. Never bring up these topics when you are with the elder**
- 3. Encourage the elder to discuss these matters with their family**
- 4. Never influence the elder to will you any part of their wealth**
- 5. Do not take their promises seriously**
- 6. Never give your opinion regarding the elder's medical treatment**
- 7. Share facts about the elder's condition with the family**
- 8. Never give your opinion on the place the elder should spend their last days**
- 9. Do not participate in discussions around the elder's funeral**

SL10.6 Handling End of Life Issues



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SL10.6 Handling End of Life Issues



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Do not participate in discussions around the elder's funeral



Quiz Test Day 10



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SKILLS FOR OPPORTUNITIES

SL 10.1 Reducing Stress of the Elder

Label the Pictures:



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SL 10.2 Sleeps and Rest for the Elder

Label the Pictures:



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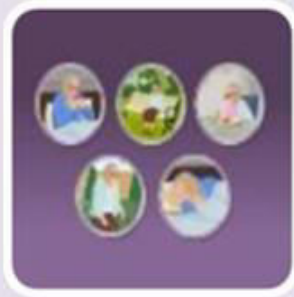
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SL10.3 Handling Loneliness in the Elder

Label the Pictures:



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SL10.4 Helping Elders with Depression

Label the Pictures:



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SL10.5 Dealing with Death of a Loved One

Label the Pictures:



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SL10.6 Handling End of Life Issues

Label the Pictures:



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