

Hand-out for Home Assignment Day 9



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES

SL9.1 Age Related Changes in an Elder

In this module, you will learn about:

- How human body changes with age

Summary

1. The skin becomes dry and wrinkled
2. And may develop pigment spots
3. Wounds take more time to heal
4. Hair becomes sparse and gray
5. Nails grow slower
6. The eyes sink into their sockets
7. The pupil becomes much smaller
8. The lenses become yellow and cloudy, leading to reduced clarity of vision
9. The hearing abilities reduce gradually
10. The sense of smell declines
11. The person may increasingly breathe from the mouth while sleeping
12. The efficiency in ventilation and gas exchange reduces
13. The person may lose teeth and their sense of taste may decline, in turn causing loss of appetite and nutrition
14. The person may become more susceptible to gastric irritation and intolerance to fatty foods
15. The bladder cannot stretch as much as before and can hold lesser amount of urine
16. Calcium is reduced from the bones and vertebral disks become thin
17. The person may lose height and assume a stooped, forward-bent posture
18. In the heart, the left ventricle wall and valves thicken and the left atrium increases
19. The heart contracts more slowly and the blood provided by the artery blood flow to the circulatory system decreases
20. The nerve cells gradually deteriorate and die
21. The person may take longer to perform various tasks and become forgetful
22. The sense to orient one's body deteriorates
23. The sense of touch decreases
24. The person may become less responsive to pain

SL9.1 Age Related Changes in an Elder



The skin becomes dry and wrinkled



And, may develop pigment spots



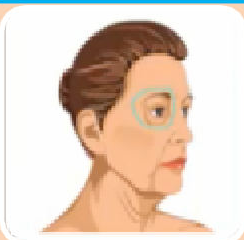
Wounds take more time to heal



Hair becomes sparse and gray



Nails grow slower

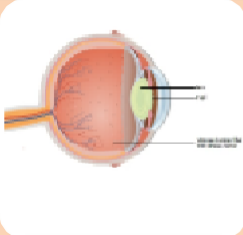


The eyes sink into their sockets

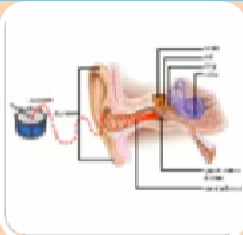
SL9.1 Age Related Changes in an Elder



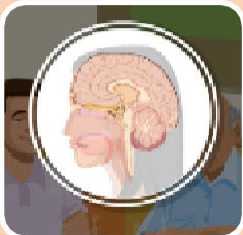
The pupil becomes much smaller



The lenses become yellow and cloudy, leading to reduced clarity of vision



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The person may increasingly breathe from the mouth while sleeping

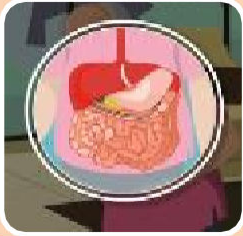


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SL9.1 Age Related Changes in an Elder



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The person may become more susceptible to gastric irritation and in tolerance to fatty foods



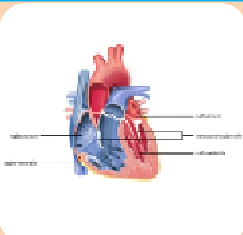
The bladder cannot stretch as much as before and can hold lesser amount of urine



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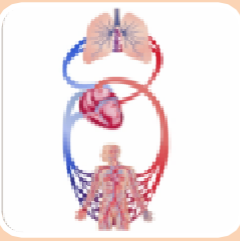


The person may lose height and assume a stooped, forward-bent posture

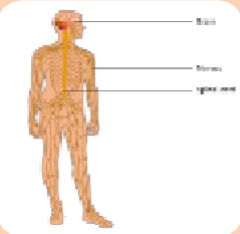


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SL9.1 Age Related Changes in an Elder



The heart contracts more slowly and the blood provided by the artery blood flow to the circulatory system decreases



The nerve cells gradually deteriorate and die



The person may take longer to perform various tasks and become forgetful



The sense to orient one's body deteriorates



The sense of touch decreases



The person may become less responsive to pain

SL9.2 Changing Roles of the Elder

In this module, you will learn about:

- **How a person's life is impacted socially as they age**
- **The effects these changes may have on the person**

Summary

- 1. Elders are no longer as strong and energetic as they used to be**
- 2. Their face and body ages**
- 3. Their health begins to deteriorate**
- 4. Another major change in role is retirement from an active work life**
- 5. Their children begin to take responsibility for decisions**
- 6. Elders may need to relocate due to reasons of health and safety**
- 7. Their role as a neighbor or a person of influence in their locality may change**
- 8. The loss of a spouse or friend through death impacts their role as a companion**

SL9.2 Changing Roles of the Elder



Elders are no longer as strong and energetic as they used to be



Their face and body ages



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Another major change in role is retirement from an active work life



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SL9.2 Changing Roles of the Elder



Their role as a neighbor or a person of influence in their locality may change



The loss of a spouse or friend through death impacts their role as a companion

SL9.3 Helping the Elder Cope with Changing Roles

In this module, you will learn about:

- How to help the elder accept their changed role in society

Summary

1. Allow the elder to be as independent as possible
2. Involve the elder in brain-based activities and physical exercise
3. Build the elder's schedule such that it keeps them busy throughout the day
4. Involve the elder in hobbies
5. Value what they think and say
6. Make them feel that they still have the opportunity to make choices about their own life
7. Organize family get-togethers, outings, and picnics
8. Help the elder explore their new neighborhood
9. Encourage them to volunteer their time in a local charity
10. Ask them to join a hobby group
11. Encourage them to make new friends

SL9.3 Helping the Elder Cope with Changing Roles



Allow the elder to be as independent as possible



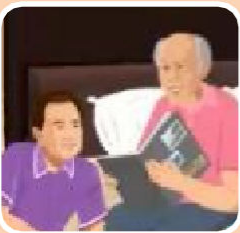
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SL9.3 Helping the Elder Cope with Changing Roles



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Help the elder explore their new neighborhood



Encourage them to volunteer their time in a local charity



Ask them to join a hobby group



Encourage them to make new friends

SL9.4 Positive Care giving and Happy Environment

In this module, you will learn about:

- How to keep the environment, around elders, happy and cheerful
- How to encourage the elder to be independent

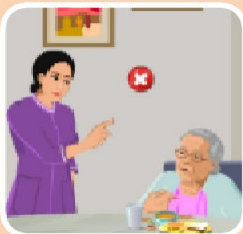
Summary

1. Greet the elder in the morning and try to make them look forward to the rest of the day
2. Speak softly around the elder
3. Encourage the elder to be as independent as possible
4. Never make fun of them, shout at them, or shame them
5. Never make them feel that it takes much of your effort and time
6. Always respect their dignity
7. Give the person the right to choose and make decisions about their lives
8. Encourage the elder to pursue their passions
9. Plan and engage the elder in various social activities
10. Keep the elder in good cheer and engage them in meaningful conversations
11. Ensure that the elder's living space is clean, hygienic, and clutter free
12. Ensure that the living space gets adequate sunshine and is well-lit
13. Keep the rooms smelling fresh
14. Use flowers and indoor plants
15. Play soft music at a low volume
16. Encourage the elder to watch entertaining or knowledge-based programs on television

SL9.4 Positive Care giving and Happy Environment



Greet the elder in the morning and try to make them look forward to the rest of the day



Speak softly around the elder



Encourage the elder to be as independent as possible



Never make fun of them, shout at them, or shame them



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SL9.4 Positive Care giving and Happy Environment



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Encourage the elder to pursue their passions



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Keep the elder in good cheer and engage them in meaningful conversations



Ensure that the elder's living space is clean, hygienic, and clutter free



Ensure that the living space gets adequate sunshine and is Well-lit

SL9.4 Positive Care giving and Happy Environment



Keeps the room smelling fresh



Use flowers and indoor plants



Play soft music at a low volume



Encourage the elder to watch entertaining or knowledge-based programs on television

SL9.5 Emotional well being of the elder

In this module, you will learn about:

- **What causes negative emotions in an elder**
- **How are negative emotions projected**
- **What can you do to ensure emotional wellbeing of the elder**

Summary

- 1. Observe the elder for the presence of negative emotions**
- 2. Talk to the elder to identify the negative emotions and their causes**
- 3. Through suggestions, empathy and your own experiences, try to replace them:**
 - 1) With positive emotions of hope**
 - 2) Hope, Faith**
 - 3) Love, contentment, and forgiveness**

SL9.5 Emotional well being of the elder



Observe the elder for the presence of negative emotions



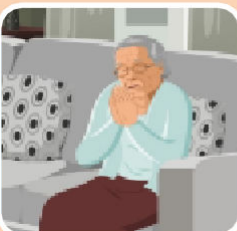
Talk to the elder to identify the negative emotions and their causes



Through suggestions, empathy and your own experiences, try to replace them:



1) with positive emotions of hope



2) Hope, Faith



3) Love, contentment, and forgiveness

SL9.6 Indicators of Wellness in an Elder

In this module, you will learn about:

- **What are the common psychological and physical signs or indicators of wellness**

Summary

- 1. See that the elder smiles and laughs frequently**
- 2. Note that the elder takes an interest in their day to day activities**
- 3. See if the elder has hobbies and interests**
- 4. Check if the elder enjoys the company of others**
- 5. See that the elder has a good appetite and is sleeping well**
- 6. Check that the elder's vitals are within normal limit**
- 7. Note that the elder is relatively pain free**
- 8. See that the elder does not have constipation**
- 9. Check if the elder's skin looks healthy**
- 10. Examine that the results of the elder's lab tests as indicators of physical wellness**
- 11. Arrange for a checkup of the elder with the doctor**

SL9.6 Indicators of Wellness in an Elder



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Note that the elder takes an interest in their day to day activities



See if the elder has hobbies and interests



Check if the elder enjoys the company of others



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SL9.6 Indicators of Wellness in an Elder



Note that the elder is relatively pain free



See that the elder does not have constipation



Check if the elder's skin looks healthy



Examine that the results of the elder's lab tests as indicators of physical wellness



Arrange for a checkup of the elder with the doctor

In this module, you will learn about:

- **How can you promote wellness of the body and mind in the elder**

Summary

- 1. Ensure that the elder eats well and healthy**
- 2. Make sure the elder gets enough sleep at night**
- 3. Ensure that the elder exercises regularly**
- 4. Keep the elder in good cheer**
- 5. Occupy the elder throughout the day with an easy routine**
- 6. Encourage the elder to take up a hobby**
- 7. Make sure that the elder socializes with friends and family**

SL9.7 Promotion of Wellness in an Elder



Ensure that the elder eats well and healthy



Make sure the elder gets enough sleep at night



Ensure that the elder exercises regularly



Keep the elder in good cheer



Occupy the elder throughout the day with an easy routine



Encourage the elder to take up a hobby

SL9.7 Promotion of Wellness in an Elder



Make sure that the elder socializes with friends and family

Thank
you!

The image features a solid pink background. Scattered across the background are numerous small, teardrop-shaped confetti pieces in two colors: a vibrant magenta and a bright cyan. The confetti is distributed fairly evenly, with some pieces appearing in small clusters and others in isolation. The overall effect is festive and celebratory.

Quiz Test Day 9



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SKILLS FOR OPPORTUNITIES

SL9.1 Age Related Changes in an Elder

Label the Pictures:



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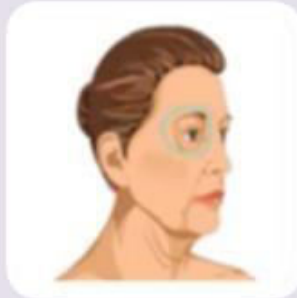
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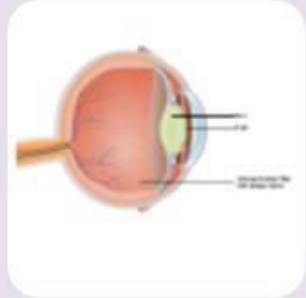
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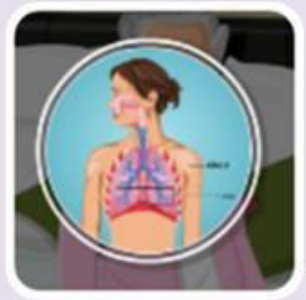
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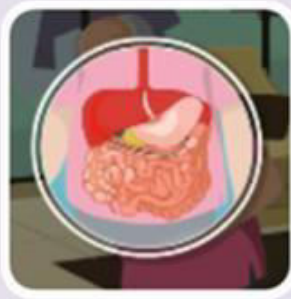
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SL9.1 Age Related Changes in an Elder

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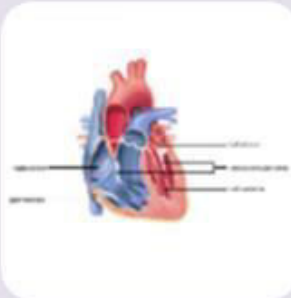
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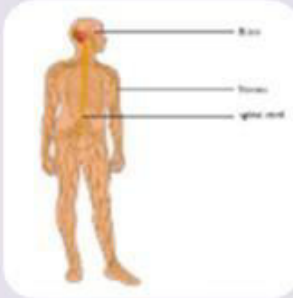
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SL9.2 Changing Roles of the Elder

Label the Pictures:



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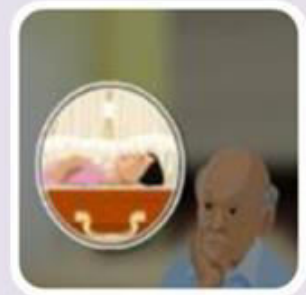
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SL9.3 Helping the Elder Cope with Changing Roles

Label the Pictures:



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SL9.4 Positive Care giving and Happy Environment

Label the Pictures:



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SL9.4 Positive Care giving and Happy Environment

Label the Pictures:



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SL9.5 Emotional well being of the elder

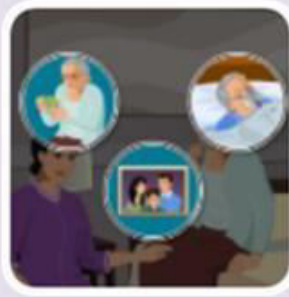
Label the Pictures:



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SL9.6 Indicators of Wellness in an Elder

Label the Pictures:



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SL9.7 Promotion of Wellness in an Elder

Label the Pictures:



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5



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7

