**DECEMBER MORNING 2023**

**FINAL**

**MARKS:40**

**TIME:45MIN**

**HANDOUT 10**

1. What are some of the reasons an elder could be stressed about? (5mks)
2. State 5 strategies to reduce an elder`s stress(5mks)
3. Explain 5 ways in which you can take care of an elder who is depressed. (5marks)
4. When do you limit your involvement while caring for an elder moving towards end of life (8marks)
5. Which decision should you completely leave to the elder`s family when it comes to end of life issues (1mk)
6. How can you help the elder overcome loneliness (5mks)
7. State and explain the different stages of grieving (6mks)
8. How can you help the elder reach acceptance (5mks)