**JANUARY AFTERNOON 2025**

**HANDOUT 5**

**30 MARKS**

**TIME: 30 MINUTES**

1. State whether ***True*** or ***False;*** 3 mks
2. You should encourage elders to be independent.
3. Allow the elder change from his/her routine from time to time.
4. An elder does not need an oversight in some activities such as eating.
5. State 5 ways in which you would help an elder read comfortably. 5 mks
6. State 5 preparations for an outing with an elder. 5 mks
7. State 5 ways to involve an elder in social activities. 5 mks
8. List 6 out door activities that could benefit an elder. 3 mks
9. State 5 benefits of taking an elder outdoors. 5 mks
10. State 4 benefits of social activities to the elder. 4 mks