**HAND OUT 9 ASSESSMENT**

**APRIL MORNING CLASS-2024**

**TIME:30MIN**

**MARKS: 30**

1. **Name 5 changes that occur with age in the human body (5 marks)**
2. **Which deficiency causes bones and vertebral disks to become thin and brittle? (1 mark)**
3. **How is a person`s life impacted as they age and what effects does this have on the person? (6 marks)**
4. **Explain how you can help an elder cope with changing roles (5 mark)**
5. **What can you do to ensure emotional wellbeing of the elder (5 marks)?**
6. **State 5 common psychological and physical signs or indicators of wellness in an elder (5 marks)**
7. **How are negative emotions projected in an elder? (3marks)**