HANDOUT 10-FINAL

FEBRUARY MORNING 2024

TIME:30MIN

MARKS: 35

1. What causes stress in an elder? (5 marks)
2. What should you do to reduce this stress in an elder? (5 marks)
3. Give 5 ways in which you can help an elder overcome loneliness? (5 marks)
4. How would you take care of an elder who is depressed? (5 marks)
5. How do you identify an elder`s sleep and rest pattern? (5 marks)
6. An elder is going through their last days, discuss you as caregiver what your do`s and don’ts are in the process of caring for them. (5 marks)
7. What are the stages of grief according to Ross Kubler? (5 marks)

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