**HAND OUT 9 ASSESSMENT**

**SEPTEMBER AFTERNOON CLASS-2024**

**TIME: 30MIN**

**MARKS: 30**

1. **Name 5 changes that occur with age in the human body (5 marks)**
2. **State 5 ways of promoting wellness in an elder. (5 marks)**
3. **Outline how you can help an elder cope with changing roles (5 marks)**
4. **State 5 common indicators of wellness in an elder (5 marks)**
5. **How is a person`s life impacted as they age and what effect does this have on the person? (6 marks)**
6. **Highlight 4 ways on how to keep the elder`s environment happy and cheerful (4 marks)**