**JUNE MORNING 2024**

**FINAL**

**HANDOUT 10**

**MARKS: 35**

**TIME: 45min**

1. State 5 strategies to reduce stress of an elder[5marks]
2. Identify reasons as to why an elder would be stressed [5marks]
3. Give 5 ways that you would do if the elder is depressed. [5marks]
4. State 8 ways on how you would care for and keep the elder happy in their last days [8marks]
5. What should you do if an elder has a problem of sleeplessness (2marks)
6. State 5 ways that you can do to help the elder overcome loneliness[5marks]
7. Give 5 ways to identify sleep and rest pattern. [5marks]