**HAND OUT 7**

**TIME:20 MIN**

**MARKS: 25**

1. State 5 ways you can display good etiquette and courtesy at work (5 marks)
2. How can you reduce stress as a caregiver? (5 marks)
3. What are some symptoms of stress (5 marks)
4. Explain 5 ways on how you would manage your time as a caregiver taking care of an elder in their home? (5 marks)

5.What are 5 ways you can keep yourself safe from a mentally ill person you are caring for? (5 marks)

**Handout 9**

1. State 5 ways the human body changes with age (5mks)
2. What are some of the effects an elder can experience due to their changing roles in society? (5mks)
3. How can you help an elder cope with changing roles? (5mks)
4. State 5 reasons that could stress an elder, and for each, state at least one strategy to reduce the stress (10mks)
5. What are the common psychological and physical signs or indicators of wellness? (5mks)