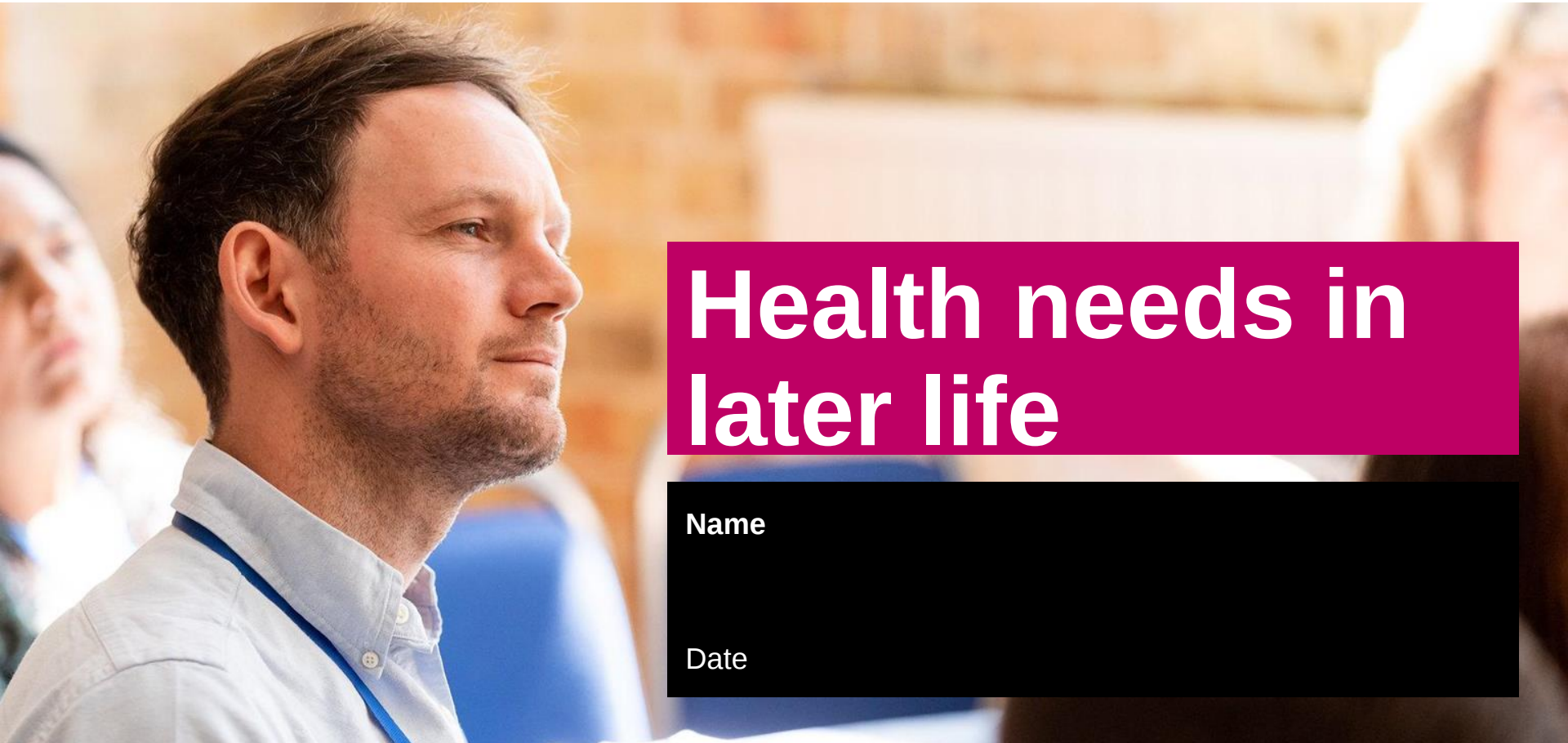




# Health needs in later life

Name

Date

## The grey years



# Today

- 01 The aging process**
- 02 PIES and older people**
- 03 When older people may need help**
- 04 Social isolation**
- 05 Activities and research**

# The Ageing Process

- It is a gradual process that involves changes to our bodies and minds.
- The ageing process gradually reduces a person's physical ability and sometimes their intellectual ability.
- Some older people require help and support to meet their basic needs as a result of physical or mental problems which may be experienced during their older age.

## Older people

- 'Older people' is the term used to describe adults who are 65 years old and over.
- It is a more positive term than 'Pensioner', 'Old person' or 'The Elderly'.
- Older people are a major client group for care services.
- According to government statistics this client group is growing at a quicker rate than any other.

# Task 1

Using a selection of sources research the PIES for later adulthood ( at least 2 sources per letter!)



When might an older  
person need help?

## When the weather is colder

Older people get colder more quickly.

When people get too cold they develop Hypothermia. Blood pressure falls, and they may lose consciousness.

28,700 people died of preventable illnesses due to cold in 2005.



# When they are not eating well

*This could be because:*

They are isolated. They have difficulty getting to the shops

They have a smaller appetite, because of they have lost their sense of smell

They have difficulty using their hands (e.g. following a stroke)

They have difficulty swallowing

They are eating less, and the quality of their food is not good enough



## When they are being bullied

Bullying can take several forms:

- Neglect – ignoring the person's needs
- Physical abuse – slapping, kicking etc.
- Humiliation- making them feel uncomfortable or stupid.
- Theft – for instance, over-charging them for shopping.



## Task 2

Sometimes elderly abuse is caused by lack of training and is unintentional.

Can you think of any other reasons why people might abuse the elderly?



# Social isolation

This is when a person isolates themselves from their usual daily activities.

- They will not want to see anyone
- Feel depressed and sad
- Might get sick
- Will be unhappy with life
- Feel more tired
- Will push people away
- Think that people do not care about them



## Task 3

### Social isolation

How might Social Isolation  
affect an individual's  
PIES?

Give 2 examples for each



## Activity – research in pairs

- What is Alzheimer's disease?
- What are the symptoms?
  - Physical
  - Intellectual
  - Emotional
  - Social
- What are the different stages of Alzheimer's disease?
- How would family/friends be affected by their loved one having this disease?
- Can it be cured?
- What is the treatment?

Repeat the process for **Stroke** and **Parkinson's disease**

## Useful weblinks

<http://www.helptheaged.org.uk> – Help the Aged

[http://www.ageconcern.org.uk/AgeConcern/intergeneration\\_about.asp](http://www.ageconcern.org.uk/AgeConcern/intergeneration_about.asp) - Age Concern is a charity that supports the elderly and runs programmes to promote inter-generational activity.

<http://www.contact-the-elderly.org/>

<http://news.bbc.co.uk/1/hi/health/4848646.stm> - links to BBC articles on growing old

[http://news.bbc.co.uk/cbbcnews/hi/newsid\\_4690000/newsid\\_4697000/4697090.stm](http://news.bbc.co.uk/cbbcnews/hi/newsid_4690000/newsid_4697000/4697090.stm) - Grandparents are cool! See this Newsround poll.

[http://news.bbc.co.uk/cbbcnews/hi/newsid\\_4270000/newsid\\_4278500/4278594.stm](http://news.bbc.co.uk/cbbcnews/hi/newsid_4270000/newsid_4278500/4278594.stm) - Newsround article on children teaching the elderly to use the web.

<http://www.internetrangers.co.uk> – a great source for young and old alike with tips and support for children and adults who want to help older people to learn to use the web.

# Later adulthood

## Key Terms:

Deteriorate – get worse

Independent – able to look after themselves

Dependent – need looking after

Hypothermia – dangerously low body temperature

Preventable – unnecessary, avoidable

Abuse – cruelty, neglect

Unintentional – accidental, not deliberate.



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