

INDIVIDUALS
ENGAGING IN
SOCIETY

Citizenship Foundation



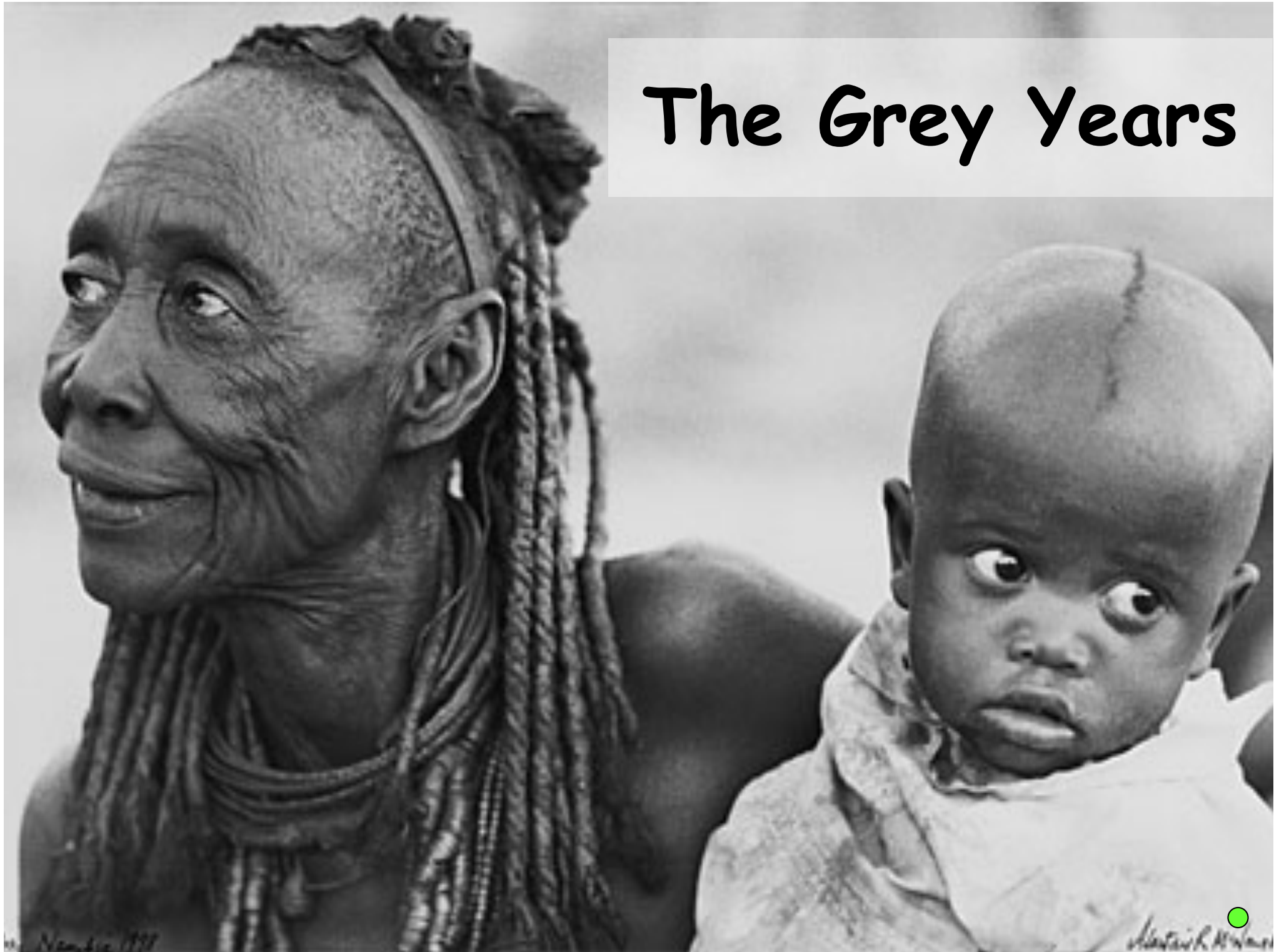
Using Go-Givers lessons

- This PowerPoint is designed to inform, and to support critical thinking and discussion.
- Go-Givers PowerPoints can be used in their entirety OR content can be saved and edited.
- In order for the **links** and **animation** to work, always show the PowerPoints in 'slide show' view.
- The **green dot** ● in the bottom right hand corner of the slide indicates when the slide animation is complete.
- More information about using PowerPoint can be found [here](#)
- The **LEARNING ACTIVITIES** are an **essential and integral part of this lesson**. They are linked at the end of this PowerPoint.

This lesson explores what it feels like to be old, and the needs of older people.



The Grey Years



How Old is Old?

No of Votes

- 30?
- 40?
- 50?
- 60?
- 70?
- 80?
- 90?

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If we live long enough
we will **all** become old.

What do you think life
is like for older
people?



You are as Old as You Feel!

Ask any older person how young they feel, and they will tell you that though their body may be getting older, they still feel like a teenager inside!



Throughout your life you will be the same person inside that you are now.

If you're a friendly, outgoing person you'll probably be that way when you're older.

If you prefer being alone now, more than likely you'll like to be alone as you age.



If you like rock music now, chances are you'll like it when you are older.



Ageing

As we grow older our skin becomes more wrinkled and our hair more grey.

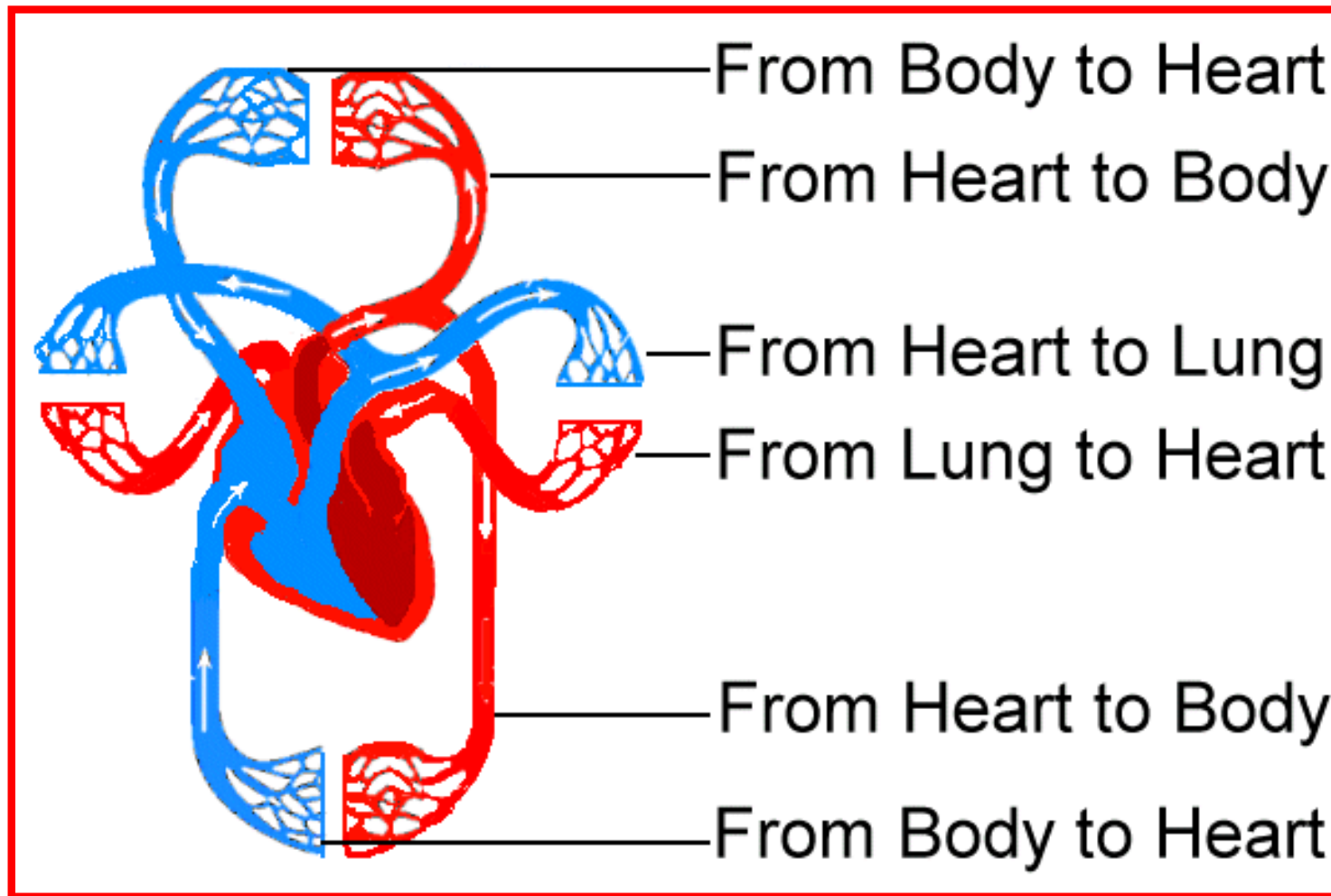
Eyesight and hearing deteriorate and glasses or hearing aids may be needed.



Ageing bones gradually lose their calcium, become weakened and fracture easily. This may be slowed by exercising and eating foods rich in calcium (e.g. dairy products, sardines, salmon).



An older person may get cold because of circulation problems, loss of body fat and other changes.



Often, older people have more body fat around the hips. This may make it more difficult to move.



Most older people like to be independent. It is only when something goes wrong with their health such as a stroke, heart attack or memory loss, that older people become more dependent for their care.



Helping older people maintain their independence

Help the Aged offer a 'SeniorLink' service. When an elderly person needs help they can press a button on a pendant or wrist strap.

They are then automatically connected to the SeniorLink Response Centre, where someone is able to help, 24 hours a day, 365 days a year.



When might an older person need help?

When the weather is cold

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 aren't 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.

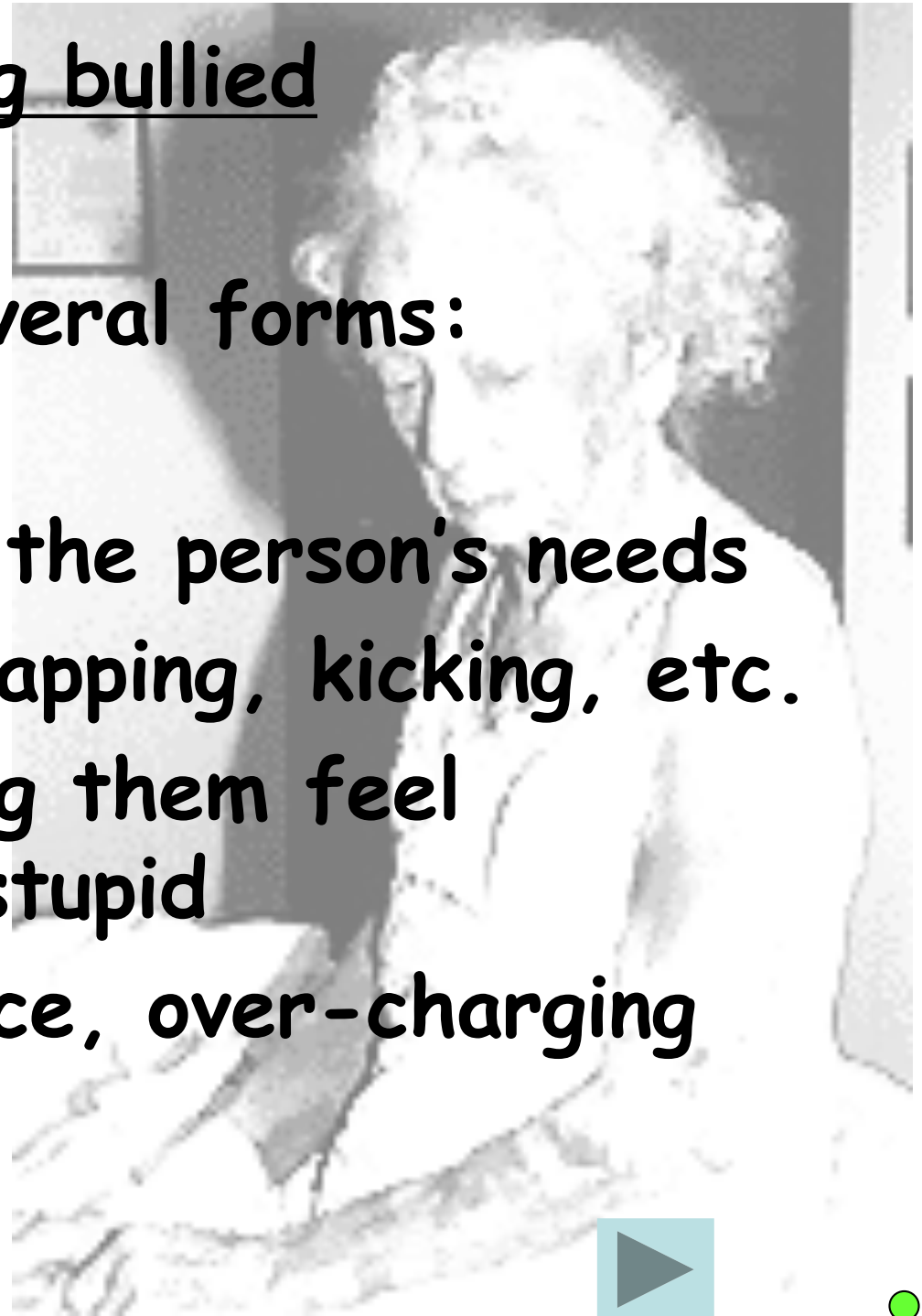
They are eating less, and the quality of their food is not good enough.



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



Think about this
Go-Givers.....

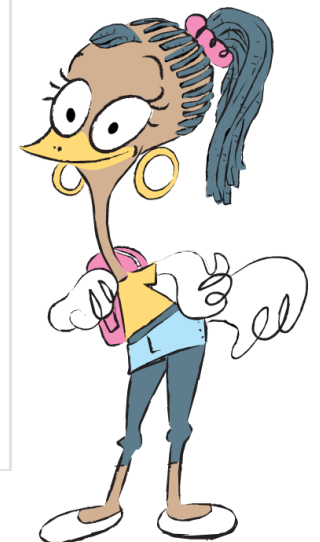
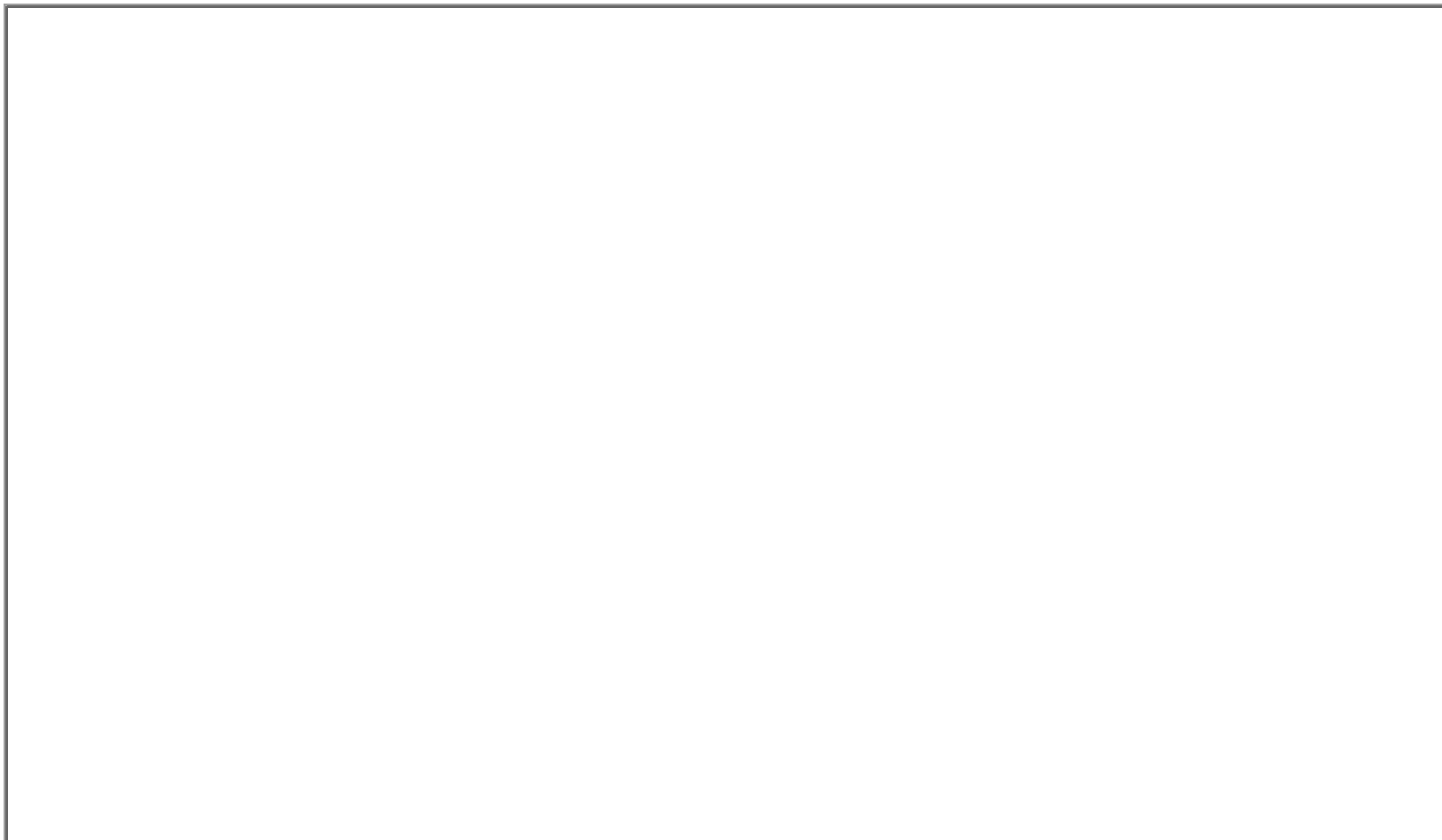


Older people have a lifetime of knowledge and experience to share.



Listen to their stories and learn from their wisdom whenever you have the opportunity!

Do you know any older people?
Think of ways that you can bring some
sunshine into their lives?



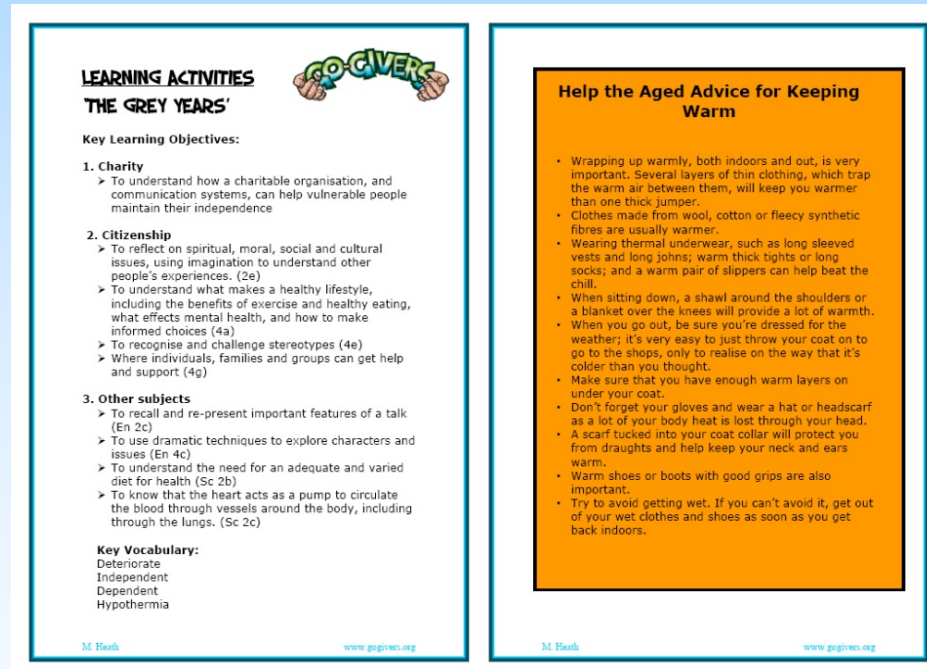
Glossary

- **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.



Activities to complete this lesson include:

- 'experience old age' activities
- group scenarios
- list of ways to keep warm at night



Click on the image above to view and/or download learning activities.

Rate this lesson [here](#).

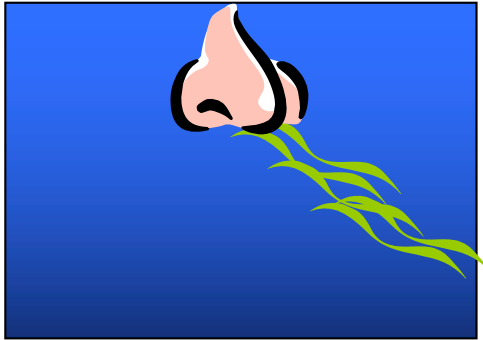
Useful Web Links

- 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. It has merged with Help the Aged.
- <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 - Grandparents are cool! See this Newsround poll.
- 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.ageconcern.org.uk/AgeConcern/internet_ranger.asp – a great source for young and old alike with tips and support for children and adults who want to become a Digital Champion to help older people to learn to use the web.





If you enjoyed this lesson, why not try:



Don't Make Your Best Friend Have to Tell You

Changes at puberty. How to tackle sensitive issues with a friend.



Belonging to Groups

Groups we belong to and how they support us. The positive and negative aspects of groups. Anti-bullying. Team roles and tasks.



What would you suggest that an older person should eat to ensure that they keep healthy and strong?

Menu

Breakfast

Lunch

Tea



A woman with short brown hair, wearing a pink turtleneck sweater and a black headset with a microphone, is looking directly at the camera. The background is white.

Help the Aged have an 'Elder Abuse Helpline'.

They say that 500,000 older people are being abused in Britain at any one time.

A quarter of those who abuse are sons or daughters.

Sometimes the abuse of older people is caused by lack of training and is unintentional.

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

