

## **The Elderly 1**

As people grow older, they slow down and cannot react quickly.

1. *Think of an elderly person you know.*

- *Which daily jobs do they find difficult to do?*
- *When might they sometimes feel unsafe?*
- *What kind of help do they need?*
- *Do they have any physical problems?*

### **Moving around**

Try moving your arm at the elbow. Try moving your hand at the wrist. The points where the body moves are called joints. They are like hinges. As we get older, the joints don't work as well. They can become stiff and it is hard to move around.

If they are about to trip over they react more slowly than younger people. They might fall. They might feel afraid of people rushing by them and might feel afraid that someone will bump into them.

2. *How would you move around an elderly person who cannot walk well? Be careful not to cause them to trip over.*

3. *What serious injury could happen to an elderly person if they trip over?*

## **The Elderly 2**

### **Eating the right food**

An elderly person needs to eat wisely. The body cannot break down and use as much sugar when we get old.

### **Muscles**

An elderly person may not be able to exercise as much as younger people. Why?

An elderly person may therefore have less muscle. Protein foods can help to build muscle. Protein foods are meats, eggs, dairy products, nuts, seeds, lentils and chickpeas.

### **Bones**

As people get older their bodies start to wear out. The body cannot mend itself as well as it used to. Bones get brittle and break easily and take a long time to mend.

Elderly people need to eat foods to help their bones stay strong. These foods are green leafy vegetables, fruits, vegetables, seeds and some dairy products.

*Now that you know what foods an elderly person needs, and doesn't need, plan three healthy meals for an elderly person – breakfast, lunch and dinner.*

## The Elderly 3

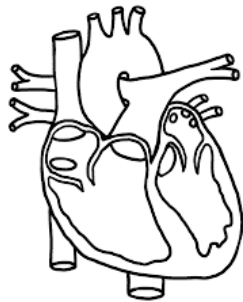
### Heart

In an elderly person, the blood doesn't flow as quickly around the body. The arteries allow blood to flow around the body from the heart. But if they become blocked, it can cause a heart attack. To stop this from happening, an elderly person needs to eat good foods from nature. Junk foods can cause the arteries to gradually become blocked. This may start from when a person is much younger.

### Teeth

Some elderly people have false teeth, or teeth missing, and can't chew as well as you can. This means they may not be able to eat hard foods like raw carrots or nuts.

1. Why should everyone eat good food from nature?
2. Why should we take good care of our teeth?
3. Draw a heart and colour the arteries red.
4. What would you do if someone you knew collapsed?



## The Elderly 4

### Hearing and eye sight

Most elderly people cannot see or hear as well as they used to.

When we speak to someone who cannot hear well we should talk to them close up and always look at them so they can see our lips.

1. What are some of the things they may not be able to do if they can't see well?
2. How would you feel if you couldn't hear well and there was loud music playing while someone was trying to talk to you?
3. How would you speak to an elderly person if they could not hear well?



## The Elderly 5

### God is patient, God is kind

The Bible says, "Love is patient, love is kind." (1 Corinthians 13:4).

Jesus was patient and kind with all people. Jesus was especially patient and kind with children. One day Jesus was going to teach about God, as He often did. But this day lots of children came up to Jesus. The disciples, (friends of Jesus), said, "Send these children away. They are being a nuisance." But Jesus said, "No, let the children come to me, because I love children, and children are part of the Kingdom of God." (Matthew 19:13-14)

Children can be God's servants by helping elderly people.

1. What could you do to help an elderly person?
2. Why should we be especially kind to elderly people?



## The Elderly 6

Children have more energy than older people. Children are more active. A child might think it's boring to sit down quietly and have a chat with an elderly person. But remember, Jesus is patient with you, so He wants you to be patient with others. Some elderly people may be lonely or sad. Think about how much joy you could bring to an elderly person by spending time with them!

### Elderly People can teach us many things

The Bible says, "Listen to your father, and when your mother is old show her your appreciation. (Proverbs 23:22 GNB)

Elderly people should be respected. They have a life time of experience to share with younger people. Grandparents can help their grandchildren to understand more about God. 2 Timothy 1:5 tells us about the faith of a grandmother called Lois.

1. Why would you need to show patience when helping an elderly person?
2. Why should we respect elderly people?

