**3rd stage**

**Caring for the elderly.**

**Advantages of care homes for elderly:**

* Care homes offer care 24/7 by trained and experienced staff who can handle emergencies and provide proper medical care.
* will not have responsibilities such as housework or cooking.
* Most care homes offer a range of organized activities that you can take part in if you wish.
* Care homes can handle a good place to the elderly people specially the people who don’t have any family help or family support.
* Care homes can be more convenient and affordable than home care, especially if the home needs modifications or adaptations to suit the elderly person’s needs.

**Disadvantages of care homes for elderly:**

* You may feel less independent and less able to make all your own decisions.
* care homes do support their residents to make certain decisions for themselves.
* living with a group of other people does mean that their needs also have to be taken into consideration.
* Space can be another issue when moving into a private care home. All your possessions have to fit into one room which may not be very large.
* Some people care homes doesn’t like home, so the feel always lonely.

***Old age and the brain***

If you hold a pen in your wrong hand, writing becomes uncomfortable and difficult. But keep doing it you will get better at it. You learn this is because connections between neurons and your brain gets stronger and your brain grows.

In our early years our brains grow very fast as we learn languages. Numbers, music and how to coordinate movements. By the time each neuron in our brains has connected to ten of thousands of other neurons, and every time we have a new thought or memory, our brains make new connections just as muscles get stronger by using them.

The Brains develops when it is stimulated, without stimulation it gradually dies.

A healthy brain does not lose huge numbers of brain cells as it ages. It continues to rewire itself and grow new neurons. However, degenerative brain diseases are very common in old age, and so we associate ageing with diseases such as Alzheimer's disease. Even though these disuses are very common in the elderly, it is a mistake to think that old age automatically equals mental decline. When elderly people who do not have Alzheimer's disease suffer age-related losses of memory and motor skills, it is often not because of ageing, but because of inactivity and lack of mental stimulation.

***Signs and symptoms***

Alzheimer's disease, what do you know about Alzheimer's disease?

How does it affect the following things ,

the memory, walking, daily, life behavior, and speech?

**Language**

(will) We use will to talk about future facts.

In twenty years ‘time, there will be more old people and fewer young people.

to make predictions and express hopes about the future We often use words such as I think... I hope..., and probably when we do this.

I don’t think I'll play sport when I'm 80 I hope won't live in a care home.

With family around, you'll probably have a long and healthy old age .

when we decide what to do, have, etc. Tea or coffee? Er. I'll have coffee, please.

to make offers, requests, and promises.

We can also use Shall I...? for offers, request, and promise.

I'll get you a drink.

Shall I get you something to eat?

Will you do me a favor ?

I won't be back late, so don't worry .

***Complete the sentences with the words below.***

*I will be* able, will have, I will probably

I will sleep, Shall I, will open

1- The new hospital **will open** in 2010.

2- I don’t think you **will sleep** tonight if you have a nap now.

3- **Shall** I go out tonight? Er … no, I think I’ll stay at home.

4- You **will be able** to go home a week after your operation.

5- I **will have** chicken curry with rice, please.

6- I’m working tonight, so I **will probably** be tired tomorrow.

***Complete the labels using the words below.***

**Wrinkled, focus, growth rate, impairment, fragile, discolored restrict, grey, constipation, sensitivity, leakage**.

a-Hair **loses pigmentation** and turns **discolored**. It becomes thinner and its **growth rate** slows down.

b- The lenses of the eyes become stiffer and thicker. It **becomes harder to focus** on near objects.

c- Deterioration of the inner ear causes **hearing impairment**.

d- Teeth become **fragile** and **sensitive** to the cold.

e-Skin loses elasticity and becomes dry and **wrinkled**.

It also becomes thinner, causing **leakage** of blood vessels.

f- Digestion slows down, causing **constipation.**

g- Fatty deposits **restrict** the blood flow and cause high blood pressure.

h- The bladder can’t hold as much urine, and there is some **incontinence**.

i-Bones become **brittle** and prone to fracture.