

Old age

Outstanding Science Year 5 - Animals, including humans - OS5B007

Learning Objective



I can explain some of the difficulties associated with old age and how they can be treated.

Me:   

Teacher:   

Aging

Old people can lead very fulfilling lives. They can look back on their achievements and enjoy their relationships with their children and grandchildren. However, as people grow old, their bodies and minds start to deteriorate (become weaker). This can make it more difficult for them to perform tasks that they could perform easily when they were younger. In addition, many old people suffer from loneliness as many of their friends and family have died and they find it difficult to socialise with others.



Helping older people

There are several ways that the difficulties of old age can be lessened. There are devices, such as hearing aids, walking frames and mobility scooters, which can help older people live more independently. We can help older people by visiting them and preventing them from becoming lonely. We can also explain new technology to them, and offering to perform some tasks for them, such as going shopping.

National Curriculum Statutory Requirements

SB1 - describe the changes as humans develop to old age

Activity

Read about these older people who are describing some of their activities and some of the difficulties that they have encountered. With a partner, explain some of the ways that they can help themselves or be helped by devices or other people. One has been done for you.

I'm Susan. I like to travel around the country, but my eyesight is poor and I am unable to drive a car any longer.



My advice for Susan

Susan could ask for help from a better-sighted friend or relative. She could travel by train, bus or coach. People at retirement age can use public transport more cheaply. An organised coach or bus trip is also a great way of meeting new people.

Discussion

Can you think of ways that you could help old people in your family?

Can you think of ways that your school helps old people in your local area? Can you think of anything more that your school could do? Why not discuss this with your school council?

My name is Edward. I find it difficult to walk. I am worried about falling over and hurting myself.

My advice for Edward



I'm Christopher. I find it difficult to reach objects on high shelves when I visit the shops.

My advice for Christopher



My name's Antonia. I have a computer but I don't know how to use it very well.

My advice for Antonia



My name is Ann. I live alone and I am very lonely. I have children and grandchildren, but they live on the other side of the world.

My advice for Ann

