

1 Elder Care

Get ready!

1 Before you read the passage, talk about these questions.

- 1 Why is there a growing need for elder care providers?
- 2 What are some respectful terms for older people?



HEALTH TODAY

The Need for Elder Care

As **medical** technology improves, people are living longer. However, most families can't afford to take care of their elderly **parents**. Therefore, people need help caring for their **aging** family members. That being the case, our country needs more **elder care providers**.

Actually, we need more skilled **caregivers**. These individuals are trained in **geriatric** care. They must understand the needs of **senior citizens** and they must understand and provide **non-medical** care, too. Some senior citizens are depressed after they **retire**. Some of them are **widowed**. Consequently, we need caregivers to improve the lives of our senior citizens.



Vocabulary

3 Read the sentences and choose the correct words.

- 1 Some children can't care for their **medical** / **parents**.
- 2 Ralph was too old to work in the auto shop, so he had to **elder care** / **retire**.
- 3 You should spend time talking with the elderly as part of their **non-medical** / **aging** care.
- 4 My grandfather is **widowed** / **geriatric** and misses his wife a lot.
- 5 Healthcare **senior citizens** / **providers** should lower their costs for low-income families.

Reading

2 Read the magazine article. Then, mark the following statements as true (T) or false (F).

- 1 ___ The need for elder care is decreasing.
- 2 ___ Some senior citizens aren't happy about retiring.
- 3 ___ Caregivers need to understand non-medical care.

4 Match the words or phrases (1-6) with the definitions (A-F).

- | | |
|----------------|---------------------|
| 1 __ aging | 4 __ elder care |
| 2 __ medical | 5 __ caregiver |
| 3 __ geriatric | 6 __ senior citizen |
- A an elderly person
 B dealing with the care of elderly people
 C related to illnesses, their treatment and prevention
 D a person who helps and takes care of someone who's ill or has a disability
 E getting older
 F the practice of helping and taking care of people too old to care for themselves

5 Listen and read the magazine article again. What kind of care do senior citizens need?

Listening

6 Listen to a conversation between a care provider and a relative. Mark the following statements as true (T) or false (F).

- ___ The woman's father seems to be sick.
- ___ The woman's father may miss his wife.
- ___ The man will warn the doctors about the father's health.

7 Listen again and complete the conversation.

Relative: Excuse me. You're my father's **1** _____, right?

Care Provider: Yes, I am.

Relative: Good. He seemed really sad when I **2** _____ him last time.

Care Provider: Oh, I'm sorry to hear that. Do you know why?

Relative: Well, I'm not sure. But he's been **3** _____ about his old job a lot.

Care Provider: He probably misses working. Some people are never ready to **4** _____.

Relative: What can we do to **5** _____ him?

Care Provider: I'll try to find some **6** _____ activities for him in the area.

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

Do you know ...?
He/She probably ...
What can we do ...?

Student A: You are a relative. Talk to Student B about:

- concerns about a family member
- when you first noticed the health concern
- what he/she thinks should be done

Student B: You are a care provider. Talk to Student A about his/her concerns regarding a family member.

Writing

9 Use the magazine article and the conversation from Task 8 to complete the elder care pamphlet.



Types of Elder Care:

We provide _____ family members with two types of care.

Non-medical Care

This helps to _____ the lives of _____ so they don't get _____.

Medical Care

This helps to maintain their _____.

Glossary

- accrue** [V-T-U14] To **accrue** something is to receive more of it at a regular rate over time.
- age-in-place** [PHRASE-U2] **Age-in-place** is the ability of a person to grow old and live in their own home regardless of factors like income and ability.
- aging** [ADJ-U1] If something is **aging**, it is getting older.
- aid** [V-T-U3] To **aid** someone is to help him or her.
- alone** [ADJ-U11] If someone is **alone**, they are not with anyone.
- amplify** [V-T-U10] To **amplify** something is to make it sound louder.
- appointment** [N-COUNT-U9] An **appointment** is an agreement for people to meet each other at a certain time and place.
- assist** [V-T-U5] To **assist** someone is to help them accomplish something.
- assisted living facility** [N-COUNT-U2] An **assisted living facility** is a place that provides housing, assistance in daily activities, and health care to elderly people or to people with disabilities.
- assistive** [ADJ-U10] An **assistive** device is something that gives the user some form of assistance.
- attentive** [ADJ-U12] If someone is **attentive**, he or she listens and pays attention to other people and things.
- attitude** [N-COUNT-U12] An **attitude** is the way a person thinks and behaves towards something.
- bib** [N-COUNT-U7] A **bib** is a piece of cloth or plastic worn around the neck to make sure clothes stay clean while eating.
- brace** [N-COUNT-U10] A **brace** is a device wrapped around part of the body to provide support to a joint.
- caregiver** [N-COUNT-U1] A **caregiver** is a person who helps and takes care of someone who's ill or with a disability.
- caring** [ADJ-U12] If someone is **caring**, they are kind and helpful to others.
- chair cushion** [N-COUNT-U10] A **chair cushion** is a pillow placed on the seat of a chair to make it more comfortable to sit on.
- change** [V-I-U8] To **change** is to put on different clothes, usually ones that are clean.
- check for** [V-T-U8] To **check for** something is to examine it carefully in order to spot the presence or absence of something.
- clean** [V-T-U6] To **clean** something is to remove dirt, dust, and germs from it.
- clear** [V-T-U6] To **clear** an area is to remove unwanted objects from it.
- CNA** [ABBREV-U4] A **CNA** (Certified Nursing Assistant) is someone who has received basic nursing training and works under an RN.
- communication** [N-UNCOUNT-U12] **Communication** is the act of exchanging information or feelings.
- compassionate** [ADJ-U12] If someone is **compassionate**, they show understanding to other people's feelings.
- continuing care community** [N-COUNT-U2] A **continuing care community** is a type of retirement community where the elderly are offered the option of independent living, assisted living and skilled nursing on a single campus. It is designed for people who mostly experience social isolation.
- cook** [V-T-U7] To **cook** something is to use heat and various ingredients to prepare a meal.
- cover** [V-T-U13] If someone **covers** for someone else, he or she works in place of that person.
- CPR** [ABBREV-U15] **CPR** (Cardiopulmonary Resuscitation) is when somebody repeatedly presses on a person's chest and breathes into his or her nose or mouth to get his or her heart beating and lungs breathing again.
- delicate** [ADJ-U8] If something is **delicate**, it is easily broken or it is weak.