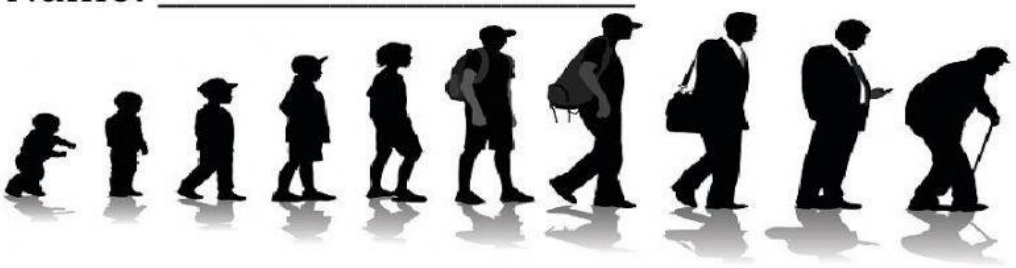
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Aging is a part of the natural cycle of life. As people age, they may have to adjust to many things. Some of these include physical limitations such as **hearing loss**, **paralysis (loss of muscle function)**, and **blindness.** Other limitations include **mental dysfunction** and/or **social adjustment** (loneliness, empty nest).

People are worthy of **love**, **care** and **respect** no matter what their age or condition of health.

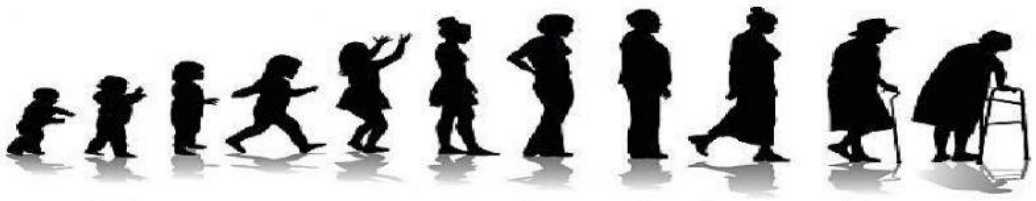
We all can provide support and services for individuals as their physical, mental and emotional abilities decline with age.

- Family members can provide support as caregivers and friends.
- Children and teens can find opportunities to become involved in the lives of older adults e.g. volunteering at senior citizens homes or daycare
- Citizens can advocate for enforcement and changes to laws that protect the rights of senior citizens.

Older adults and children can make valuable contribution to each other's lives. Younger people gain knowledge and skills about life and insights into any problems, while older people receive mental and social stimulation, help with certain tasks that become more difficult with age and a sense of security and purpose.

Questions

LIVEWORKSHEETS



Read the passage. Use it and your background knowledge to answer the questions that follow.

1. What is aging? _____
a. The process of getting old.
b. Not being able to do what you once could.
c. Being disabled.
d. The process of moving slower.

2. What is an outward sign of aging? _____
a. Weight gain
b. Gray Hair
c. Stronger Bones
d. Wrinkles

3. What is one ***social adjustment*** that older people may have to adjust?

_____

4. We can change the _____ so that older people can have better treatment.

5. Younger people can get _____ from older people in the community.

6. Older people can get _____ to do certain chores from younger people in the community.

7. Which helps the elderly?
   a. Early opening of stores
   b. Paying bills online
   c. Senior citizens line
   d. Speed Limit

LIVEWORKSHEETS