



# 7 Caring for the elderly

## LANGUAGE

### 1 Grammar

Choose the correct option to complete the sentences.

- 1 He *will to / wills / will* feel better after a short sleep.
- 2 *Do you will / Will you / You will /* visit me again tomorrow?
- 3 I'm afraid your grandfather *won't / not will / isn't* remember your name.
- 4 *I help / I'll help / I'll to help /* Mavis have her bath.
- 5 I hope I *won't put / don't put / put* my parents in a bad care home.
- 6 It's possible that, you *are having / will have / have* arthritis when you are old.
- 7 **A** Will he need a hearing aid? **B** No, he *won't / will / doesn't*.
- 8 I 's / 'll is / 'll be happy to see you tomorrow.

### 2 Key words from the unit

Complete the sentences with the words from the list.

- 1 She likes to have a \_\_\_\_\_ after lunch.
- 2 Alzheimer's causes a loss of \_\_\_\_\_ function.
- 3 Sufferers often have a \_\_\_\_\_ gait.
- 4 The mind needs \_\_\_\_\_ to stay fit.
- 5 He is quite \_\_\_\_\_ but he can see well.
- 6 She is \_\_\_\_\_ so she needs a power chair.
- 7 Loss of \_\_\_\_\_ is frustrating for the elderly.
- 8 With a \_\_\_\_\_ she can visit the shops.

shuffling  
immobile  
mobility aid  
nap  
independence  
deaf  
stimulation  
cognitive

## READING AND VOCABULARY

Any healthy person reading this has a good chance of living past their one hundredth birthday. However, that is not necessarily good news, because (1) e.

The main problem with old age is boredom. Boredom, and (2) \_\_\_\_\_. Depression can increase mental and physical decay, especially if it is made worse by the loss of a wife or husband.

Elderly people depend a lot on nursing care and (3) \_\_\_\_\_. They can be inattentive, have disorganized thoughts and speech, and they sometimes show strange behaviour. Many of them are bedridden and (4) \_\_\_\_\_.

It is possible to grow old and die without losing your faculties. However, (5) \_\_\_\_\_. It usually shows as confusion and forgetfulness.

Immobility is common problem for elderly people. This is often caused by diseases such as arthritis and osteoporosis. Another problem is incontinence, which (6) \_\_\_\_\_.

But there is a positive side to geriatric nursing. Care of the elderly is usually long-term, and so (7) \_\_\_\_\_ relationships with their patients, which can be very rewarding.



### 3 Comprehension

Choose the correct phrase a–g to go into the spaces in the Reading and Vocabulary text.  
The first one is done for you.

- a nurses have time to develop
- b intellectual impairment is very common
- c they can be very demanding to nurse
- d a sense of uselessness, produce depression
- ~~e not everyone looks forward to old age~~
- f suffer from sleep disorders and eating problems
- g causes a great deal of distress

### 4 Vocabulary

Choose the right equipment a–g for each of the geriatric problems 1–7.  
The first one is done for you.

- a glasses
- b artificial hip
- c bath lift
- ~~d walking stick~~
- e incontinence pad
- f commode
- g hearing aid

- 1 Patient needs a little help with mobility. d
- 2 This lady cannot focus well. \_\_\_\_\_
- 3 She needs help in the bathroom. \_\_\_\_\_
- 4 You have to shout, he's very deaf. \_\_\_\_\_
- 5 Patient's joint has degenerated because of arthritis. \_\_\_\_\_
- 6 She occasionally wets herself. \_\_\_\_\_
- 7 He needs a toilet by his bed. \_\_\_\_\_

### 5 Further vocabulary practice

Write these words in the correct places in the report.  
The first is done for you.

This lady is proud of her (1) independence. However, arthritis has taken away her (2) \_\_\_\_\_ and she is now (3) \_\_\_\_\_ to her room. This (4) \_\_\_\_\_ is making her depressed. She is also very (5) \_\_\_\_\_, but her (6) \_\_\_\_\_ is only a problem when she forgets to wear her hearing aid. The first thing she needs in order to get her (7) \_\_\_\_\_ again is a wheelchair.

|              |
|--------------|
| confined     |
| deaf         |
| independence |
| mobility     |
| confinement  |
| mobile       |
| deafness     |



## WRITING

### 6 Writing a letter

Use the patient's record to complete the letter about her to a physiotherapist (Mr. Martin). Describe the patient and her problems.

**City Hospital  
Department of Psychiatry**

**Patient's record**

**Patient's name:** Mrs Yasmina Said **Age:** 87

**Medical history:** 7th September – admitted for assessment

**Cognitive functions:** occasional confusion & loss of memory

**Mobility:** mobile but shuffling gait. Uses walking frame.

**Requirements:** physiotherapy

**Aims:** improve balance, mobility, independence with ADLs

Dear Mr Martin,

This letter introduces \_\_\_\_\_. She is \_\_\_\_\_ and was admitted \_\_\_\_\_ on the 7th of September. Mrs Said suffers \_\_\_\_\_. She is mobile but \_\_\_\_\_ to get around. She requires \_\_\_\_\_ in order to \_\_\_\_\_, increase \_\_\_\_\_ and \_\_\_\_\_.

Yours sincerely,