READING: CARING FOR THE ELDERLY

The world's population is getting older. In many countries, people are living longer because of advances in medicine, better nutrition, and improved healthcare services. As a result, doctors and healthcare professionals need to understand the challenges related to caring for elderly patients.

Older adults often have different medical needs. Some elderly patients suffer from chronic diseases such as diabetes, hypertension, arthritis, or heart problems. Others may experience memory problems or reduced mobility. Healthcare professionals play an important role in helping them maintain a good quality of life.

In the future, there will probably be more elderly people and fewer young people. Healthcare systems will need to adapt. Doctors will provide medical treatment, emotional support, and guidance for patients and families.

Many elderly people hope to remain independent. However, some may need assistance with daily activities such as eating, taking medication, or moving safely.

Technology will also change elderly care. Doctors will use digital tools to monitor patients' health. Telemedicine will help elderly people receive medical advice without always visiting a hospital.

Caring for older adults requires patience, empathy, and communication skills. Elderly patients are individuals with personal histories, emotions, and needs. Future healthcare workers specialized in elderly care will help older adults live healthier and safer lives.

1. TRUE / FALSE

1. The number of elderly people is increasing in many countries. ____
2. Medical advances help people live longer. ____
3. Elderly patients usually have fewer healthcare needs. ____
4. Doctors will only provide medical treatment in the future. ____
5. Many older adults want to remain independent. ____
6. Technology will not affect elderly care. ____
7. Communication skills are important in elderly care. ____
8. More specialists in elderly care will be needed. ____

2. VOCABULARY – Find the words in the text.

1. A health problem that continues for a long time and needs medical care. _____
2. The ability to move easily and perform physical activities. _____
3. Care or procedures given to improve a patient's health._____
4. To observe or check a patient's health regularly._____
5. Able to do things without help from others._____

LIVEWORKSHEETS

GRAMMAR: WILL

Uses:

• *Future facts:* There will be more elderly people.

• *Predictions/hopes*: I think doctors will use technology.

. *Decisions*: I'll check the patient.

• *Offers/requests/promises:* I'll help you. Will you explain?

4. COMPLETE THE DIALOGUE – WILL + VERB

Doctor: What do you think healthcare _____(be) like in the future?

Student: I think doctors _____(use) more technology.

Doctor: Hospitals _____(need) more specialists.

Student: I hope elderly people _____(have) better quality of life.

Doctor: They probably _____(receive) personalized treatments.

Student: I can help with the patient.

Doctor: Thank you. I _____(check) the records.

Student: _____you _____(explain) the treatment?

Doctor: I _____(talk) to the family.

Student: I _____(not/leave) until everything is finished.

5. LISTENING – Assessing a Patient

An elderly patient is admitted to hospital after a fall. Listen to the nurse talking to the patient's daughter and complete the table.

0 = none. - 1= mild - 2 = moderate - 3 = severe

Condition Level

Deafness _____

Loss of sight _____

Restricted movement _____

Sleep disorders _____

Problems feeding self_____

Incontinence _____

Signs of confusion _____

LIVEWORKSHEETS

CARING FOR THE ELDERLY

1. Choose the correct option

1. What is elder care mainly focused on?

a) Only treating diseases
b) Meeting physical, emotional, and social needs of older adults
c) Providing hospital treatment only

2. What is one of the main goals of elder care?

a) Reducing communication with patients
b) Improving the quality of life of seniors
c) Avoiding all medical treatments

3. Which of these is mentioned as a common challenge in elderly care?

a) Mobility limitations
b) Sports injuries
c) Food allergies

LIVEWORKSHEETS