

elderly cause area worksheet



the story

Imo Gene has lived in an assisted living center for ten years now. Most of her days are filled with routine: meals at regular times, conversations with others her own age, perhaps a walk outside if the weather is nice. When asked if she has any regular visitors she said, "No, I don't. The few relatives I have left all live out of town."

the root cause

As we age, all of us who live long lives will become elderly. Some form of assisted living often becomes necessary, and younger visitors are often rare. When families and young people show interest, the elderly are lifted by their energy. They feel special that you've taken the time to visit with them. You'll probably also find them to be a great source of wisdom!

statistics show...

The aging of the baby boom generation could fuel a 75 percent increase in the number of Americans ages 65 and older requiring nursing home care, to about 2.3 million in 2030 from 1.3 million in 2010. Demand for elder care will also be fueled by a steep rise in the number of Americans living with Alzheimer's disease, which could nearly triple by 2050 to 14 million, from 5 million in 2013.

how we can help

Personal visits mean so much. Anytime someone new, particularly someone younger with enthusiasm, comes to visit it makes his or her day! Short conversations are often all it takes to establish a friendship.

easy action steps

- Visit an assisted living center
- Make one or two elderly friends
- Return with a small gift or something memorable

discussion questions

1. Who is the most interesting person you know over 70 years old?

2. If you visited with a new elderly person, what would you say?

3. Do you have any good photos or videos to share?

