

# Changes in Old Age



twinkl

# Changes



What changes occur to human beings as they get older?



# True or False

Have a look at the true or false statements and decide what you think.

On the next page are the answers. Once you have had a go at deciding yourself then have a look at the answers. Do any of them surprise you?



All older people start to become senile (suffer memory loss).



Older people need a different diet to stay healthy.



If you look after your teeth properly you won't lose them all when you are old.



## True

Older people need a different diet to stay healthy.  
At different stages of development we do need to adjust our diets.

If you look after your teeth properly you won't lose them all when you are old.  
If you look after your adult teeth they should last you into old age!

Older people need to exercise.  
During all stages of human development exercise is important to stay healthy.

Older people can learn new skills.  
You are still developing mentally even in old age and older people can and do learn new skills. It can take them longer than a younger person but it is not less likely to happen.

The changes people go through as they get old are different for each person.  
No two people age in the same way and how you age depends on your mental and physical health.

Old age is the final stage of development for humans.  
This is true – there are no further stages of development after old age.

## False

All older people start to become senile (suffer memory loss).  
Only 30-40% of elderly people suffer from severe memory loss.

In old age, it is normal to be sick.  
In old age, the immune system (which fights diseases) does get weaker. This does not mean it is normal to be sick.

There is nothing you can do when you are younger to be healthier when you are older.  
Of course you can and must! If you are healthy when you are younger then it helps you to be healthier as an adult and in old age.

Older people can't look after themselves.  
The amount of care and help you need when you are older is completely different for each person. Some older people do need a lot of care while others continue to be independent.

All older people need help to walk.  
The idea of old people needing walking sticks is not completely false – some do and some don't. We know more about how to stay healthy now so it isn't as normal as it was in the past to see someone in old age with a walking stick.

Humans start to age at 60.  
You age throughout your whole life! Some people refer to 'becoming elderly' as 'aging' but the two are not the same thing.

# Changes in Old Age

Read the information given about changes in old age and then answer the questions.

**What would your poster success criteria be?**





# Human Life Cycle Revisited

When does the human life cycle end?

Our cells do not regenerate as quickly in old age, which affects the extent to which organs can function normally.

When does the human life cycle end?

This also makes the immune system (our bodies defence against disease and illness) weaker and less able to fight diseases. This makes it more likely that illnesses will be fatal (incidentally, babies, whose immune systems are not fully functioning, are at danger from the same diseases as older people – e.g. the flu).



