



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Act It Out: We Care

*An extension of "Life expectancy rising to over 90 years"*

Living longer is a good thing because we will have more time with our parents and grandparents. On the one hand, older adults can help younger generations because they have so much wisdom and life experience. On the other hand, as they become frail, they may need their family's support. We need to be aware of their needs and challenges so that we can be loving caregivers to them.

### DISCUSS

1. Read "Life expectancy rising to over 90 years" (page 6, *What's Up* March 2017).
2. Divide the class into three equal groups: Group A, Group B and Group C.
3. In your groups, list:
  - a. Five common problems that the elderly face.
  - b. Five day-to-day tasks that caregivers may need to help the elderly with.
  - c. Five challenges faced by family members who are caregivers to the elderly.
4. Discuss how you will be an effective caregiver to an elder having some of the problems and needs your group has listed in 3(a) and 3(b).

### PERFORM

5. Using your lists as a resource, perform a skit for your class. Use these guidelines:
  - Your skit should last two minutes.
  - Two members of your group should act as frail, older adults.
  - Two members should act as their caregivers.
  - The rest of the group should be the other family members.

### REFLECT

6. When all three groups have performed their skits, have a whole-class sharing session. During the session, take turns to talk about what you learnt by doing this activity.