

Developing a healthy, safer lifestyle

STAGES OF LIFE– YEAR 4

ELDERLY

STICKY KNOWLEDGE

Due to medical advances and better lifestyle choices, humans are living longer. More people live to 100.

Old people have more health problems than young adults.

As we get older, our bodies age too:

- bones weaken, which means they could break more easily
- glasses might need to be worn as eyesight could get worse
- hearing aids might need to be worn as hearing is not as sharp

Old people are also called "senior citizens". We should show respect our elders by showing them love and care.

Old people can sometimes become lonely. Some people 'Adopt a grandparent'.