

**I.I.S. INVERUNO**

**PROGRAMMA SVOLTO**

**MATERIA INGLESE**

*Classe 5D Servizi Socio Sanitari*

*– a.s. 2019-2020*

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**Testi utilizzati:** Growing into old age- Revellino, Schinardi, Tellier-CLITT

**Prof.ssa** Gabriella Airoidi

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**UNIT 1 HEALTHY AGING**

**1. When does old age begin?**

As people age, old age moves back

Definition of an older

Defining old

The last stage of life ( fotocopy) : ageing, maximum lifespan, longevity factors, gerontology, geriatrics, geriatric diseases

**2. Staying healthy as you age**

Life changes

Myths about healthy aging

Tips for keeping the mind sharp

Tips for exercising

Tips for sleeping well

Tips for eating well

**UNIT 2 HUMAN RIGHTS ( fotocopy)**

**1. The Universal Declaration of Human Rights**

Purpose, date, articles

**2. The Holocaust**

Antisemitism, Final solution.

Refugee Blues ( a poem by Auden)

**3. M.L. King and The American Civil Rights Movement**

Purpose, forms of protest

M.L. King's biography, his dream

I, too ( a poem by Hughes)

#### **4. N.Mandela**

Apartheid , definition

Mandela's biography, his ideal

'Invictus' ( a film by C. Eastwood)

### **UNIT 3 CARE SETTINGS**

#### **1.Long term care**

Care provided at home

Aging services

Independent living retirement community

Assisted living facilities

Nursing homes

CCRC

Adult day care centre

#### **2. Report about the training experience during the 3<sup>rd</sup> , 4<sup>th</sup> and 5<sup>th</sup> year of Vocational School**

### **UNIT 4 MINOR PROBLEMS AND MAJOR DISEASES IN OLD AGE**

#### **MINOR PROBLEMS**

##### **1.Depression in older adults**

Depression and illness

Dementia vs. depression in the elderly

Depression: self-help

##### **2. Age -related memory loss**

##### **3. About falls**

##### **4. Aging and eyesight changes**

Presbyopia: the aging eye

Eye cataract and glaucoma

##### **5. Aging and smell loss**

##### **6. Problems affecting taste**

##### **7. Age- related hearing problems**

##### **8. Urinary incontinence**

## **MAJOR DISEASES IN OLD AGE**

### **1. Dementia ( photocopy)**

Definition, causes, treatment, caring for someone with dementia, daily problems

### **2. Alzheimer's disease**

Definition, causes, symptoms

Treatments

### **3. Parkinson's disease**

Definition, causes, symptoms

Treatments, additional problems

### **4. Cardiovascular disease**

Atherosclerosis

Heart attack

Ischemic stroke

Hemorrhagic stroke

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La docente  
prof.ssa Gabriella Airoidi