

I.I.S. INVERUNO

PROGRAMMA SVOLTO

MATERIA INGLESE

Classe 5E Servizi Socio Sanitari

– a.s. 2019-2020

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

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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 3rd , 4th and 5th 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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