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Libro di testo:

GROWING INTO OLD AGE – Skills and Competencies for Health and Social Services Careers

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Argomenti di microlingua:

Unit 1

Growing old – What does getting old mean?

- Ageing, senescence and senility
- Types of ageing
- Different attitudes towards ageing
- A balanced diet

Unit 2

Growing old – Minor Problem of Old Age

- Diseases of the bones and joints (Osteoporosis and Arthritis)
- Vision and hearing problems (Presbyopia, Eye cataracts, Glaucoma and Presbycusis)

Unit 3

Growing old –Major Diseases

- Alzheimer's disease
- Parkinson's disease
- Cardiovascular diseases

Unit 4

Senior housing options

- Hourly care
- Live-in care
- Independent living facilities
- Assisted living facilities
- Nursing homes

Unit 5

Severe Disabilities

- Autism
- Down Syndrome
- Epilepsy

Il docente