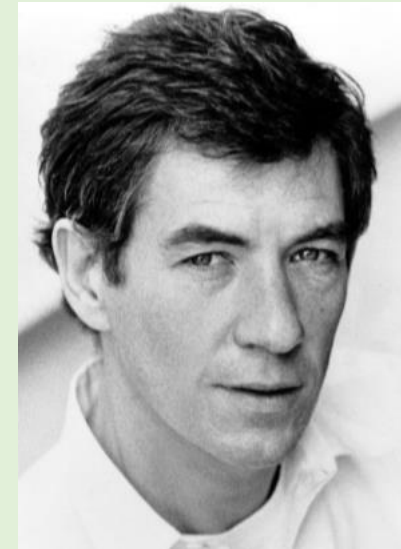
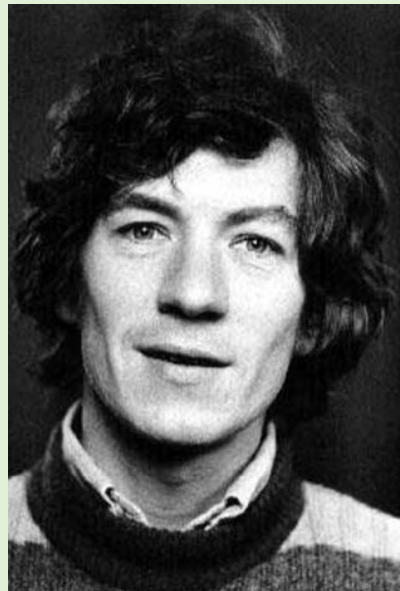
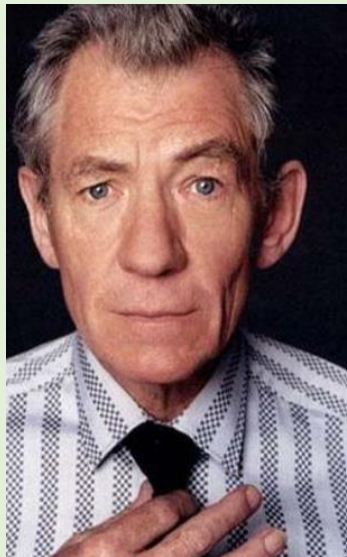


WALT understand changes in adulthood and old age.

- WILF: - Identify physical and mental changes that happen from adulthood to old age.
- Understand how elderly people are cared for.



Try to order the celebrities from youngest to oldest in their lifetime. Why do you think it goes in the order you have chosen? What changes do you notice?



The past few weeks we have learned about growing. Around age 20, humans stop growing and start gradually aging instead - this means, they start looking older.

Which features were you looking at when you were ordering the celebrities? Keep those in mind for later!



What age do you think adults reproduce (have children)?

*Though it is different for every women, most **females** have children between the ages of 20 and 40.*

*When a women reaches 40, her fertility (ability to have a baby) starts to decrease and makes it more difficult to grow a healthy baby. Around age 50, women reach the **menopause**. This is when they stop menstruating (releasing eggs and having periods), so they can no longer reproduce.*

Males can reproduce at any adult age.



What other changes do you think happen to our bodies?

Take a look here, then come back.

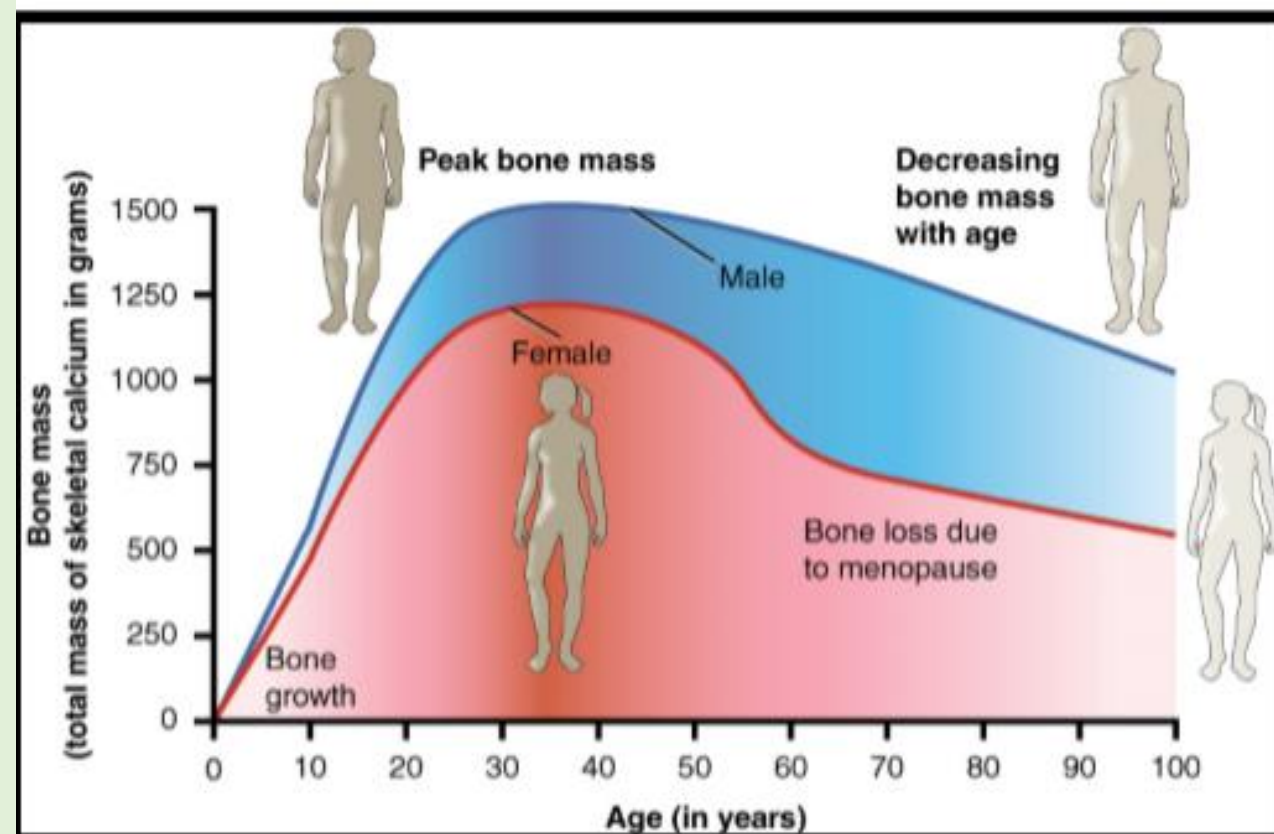
<https://www.dkfindout.com/uk/human-body/life-cycle/growing-older/>

Scientists are still researching how and why humans age. As we grow older, the following changes occur:

- Our bones weaken - Our bodies shrink slightly in height
- We experience hair loss (more often in men) and hair loses its colour, turning white or grey.
- There is often deterioration in hearing and eyesight.
- The heartrate slows down.
- Our immune system (the thing that keeps us healthy) can become weaker.
- There is an end to female fertility (menopause).
- Skin become wrinkled (less elastic).

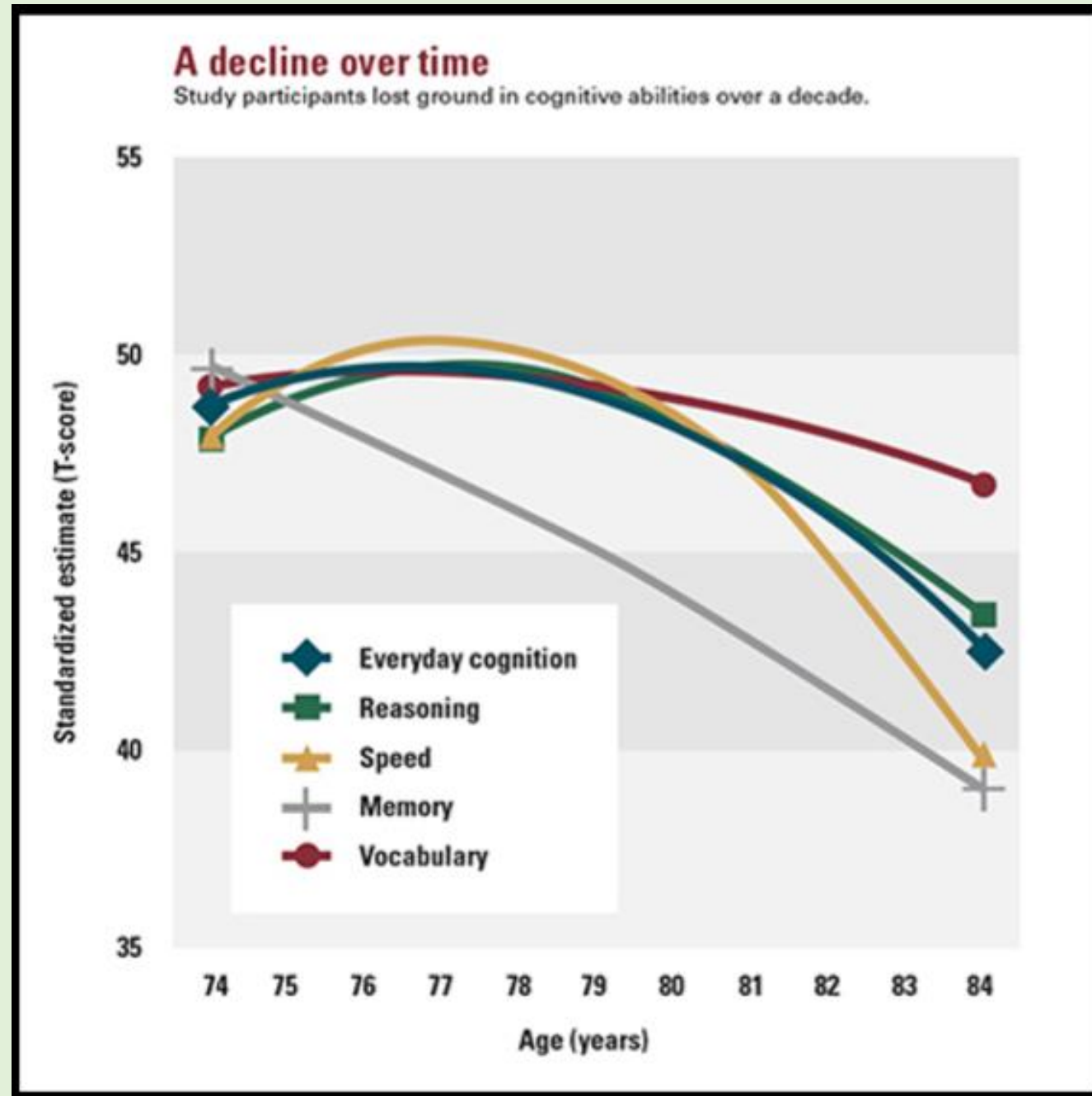


Scientists study the aging process by looking at data from different human's growth and health. They then find *casual relationships* - for example, Finding that as we get older, bone mass (how heavy the bones are) decreases - this shows that bones become more fragile with age.



This is also possible with Mental health - looking at how much people remember, their speed of learning, vocabulary and ability to explain their thoughts.

These are averages - not all humans are the same, as you can see by the curves.



Stereotypes: Have a look. Which are true and which are assumed by people but false?

Old people can be important caregivers

All old people become forgetful and senile

Many heads of government and big companies are in their 70s

Old people are not independent

Old people can't work as hard and are not as knowledgeable

Old people are often highly knowledgeable

Old people are boring

Children like to talk with their grandparents



Stereotypes: Have a look. Which are true and which are assumed by people but false?

The changes that humans go through in life can be very different for each person. Whilst there are some people who experience mental or physical difficulties when they age, there are many who are still in good physical and mental health, and able to work into very late life. We can look at scientific data for averages, but should never assume something we do not know to be true about another person.



Old people can be important caregivers	
All old people become forgetful and senile	X
Many heads of government and big companies are in their 70s	
Old people are not independent	X
Old people can't work as hard and are not as knowledgeable	X
Old people are often highly knowledgeable	
Old people are boring	X
Children like to talk with their grandparents	

Much of the time, it is the healthy living choices we make, for example, with diet, exercise and learning, which impact our life expectancy.

Fun fact: Japan has the highest life expectancy in the world and its population also has the highest ratio of centenarians (proportion of people aged 100 or more). Scientists believe that this is largely because of the healthy diet of the Japanese. A sedentary lifestyle and poor diet through our lives will increase the likelihood of a person developing serious diseases like heart disease, cancer and some forms of diabetes - diseases which are more prevalent in older people.



Your Activity:

Today you are going to create a fact file of 'What to expect as you age' for your book.

You should include physical and mental changes that will occur.

You could also include an attitudes and advice section on how to live healthily for the potential of a longer life.

Use:

<https://www.dkfindout.com/uk/human-body/life-cycle/growing-older/>

And the challenge cards here to help you with search terms for

<https://www.kiddle.co/>

For an advice section, look here: <https://www.ageuk.org.uk/information-advice/health-wellbeing/>



Challenge cards

Find out what happens to hair as we age	Find out what happens to our eyesight as we age
Find out what happens to our skin as we age	Find out what happens to our hearing as we age
Find out what happens to our bones as we age	Find out what happens to our immune system as we age

