



Erasmus Plus Programme

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**“EDUCATION -- THE CHALLENGE OF THE LATER
YEARS”**

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**INTELLECTUAL OUTPUT 2
MATERIALS FOR TEACHERS**

**ADAPAZARI MESLEKİ EĞİTİM MERKEZİ
TURKEY**

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TANITIM:

World health organization describes being old as "reduction of elderly people's flexibility (integration ability) to environmental factors."

Being old is a universal process which is seen in every living being no matter what and causes reduction in all of our functions.



There are some skills which elderly people lose either within usual process of old age or with chemo disorders. This causes communication breakdown in elderly people.,



But it shouldn't be forgotten that despite the time there are lots of permanent skills such as:

- knowledge especially grammar
- imagination that makes planning easy
- attention and concentration
- ability to decide practically when faced with problems
- coping with daily life problems



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These skills are the nature of what's person have been improved for all his life and being old is" **beginning of active conscious life**" in this sense.



It has mostly been discussed how much old age effects productivity. Because, as known, most art, philosophy, and science works have been done by people who are\were 65+.

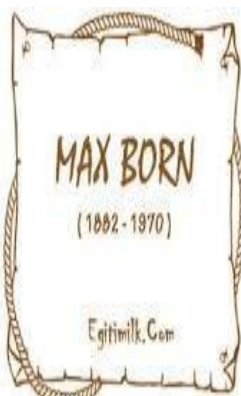
-physician max born at the age of 83 "responsibilities of nature scientists" geographer Alexander Von Humbolt at the age of 89 five book " Cosmos"

-philosopher Martin Buber at the age of 76" lessons on principles of dialogues "

-philosopher Bertrand Russel at the age of 96 "philosophy art"

-musical genius Guiseppe Verdi at the age of 80 "Fallstaff" opera

- musical genius Igar Stravinsk at the age of 84 " religious threnodies"



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In this period, individuals start feeling that life is limited and they are getting closer to death.

Especially when retired or when they have illnesses this feeling increases.




The ones who can deal with this period reach the conclusion that "life is a meaningful adventure" by evaluating their own lives and what they have been acwuired.



However, the ones who can't deal with this period feel hopelessness and weakness, believe that they will be dissolved after death and they are decayed with age and depressed.



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An elderly individual who's has lived all his life periods satisfactory enough, who is healthy and has reached his aims in life can be in peace and deal with the skills he lost.



At this exact point it's important to bring out their own potentials, make sure themselves lead young and new generations by feeling themselves well.

Consequently, to pass knowledge and experiences to us, an elderly individual is suppose to be happy and satisfied, in other words, his life quality ne



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LIFE QUALITY OF ELDERLY

Health of elderly, independence level, Social Communication, Physical and Mental health, content of life, viewpoint of life, living conditions, experience are all among the factors which affect life quality of elderly.

According to studies;

-As social communication is getting less than before, the number of the friends and relatives is getting less,too.

-Therefore, a social isolation covers elderly. The feeling of being abandoned lets elderly into depression and symptoms.



And this affect life quality of elderly negatively...

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This is the duty of all of us to;

“Keep alive communication and social environment for individuals during the period of aging”



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COMMUNICATION PROBLEM OF ELDERLY WITH SOCIETY

The era we are in is where time flies and people have difficulties to catch up with the last technologies. There is no single day that anything new occurs in the fields of technology, art and science as no new view of point is developed. These quick developments bring advantages for life quality along with them but conversely to this, generation gaps are getting wider.

Along with the generation gaps difference results in failure in communication. It has negative effects on society dynamics. While youngsters go on living and don't complain about this disconnection without realizing what they are missing, elderly can't catch up with novelties and they get away from metropolitan life. Elderly people start to live in a narrow environment that results in depressions and illnesses. When physical difficulties accompany these problems solidarity is inevitable. Joy of life can be lost due to this situation.



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It is very important to make elderly feel they are precious and still needed in society. This is vital to keep them in communication with society, close environment and themselves at 3rd and 4th age range. Various activities will help to achieve them.

As conclusion, each stage of life should be evaluated by observing its own features. Since birth, needs of individuals should be considered , social services for each age range should be determined and individuals should be guided to have benefits of these activities. By these activities and consciousness-raising, elderly can live happily without marginalizing and isolation.



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Here as listed, these activities play an important role to help elderly involve society and keep going on their communication with society.

EXAMPLE 1:

As following the motto “ a person whose face always turns to lights is young whatever his/her age is” it is aimed to guide elderly to use technology . There are lots of ICT courses or guidance for this aim. It will help elderly communicate easily and continuously.



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EXAMPLE 2:

It is observed that retired people who are out of work suddenly have lots of free time. When elderly doesn't spend these times effectively, his/her social life and communication with society are being affected negatively.

That is our duty to help them for an "active aging procedure" by leading them communicate with society.

It is essential to guide them for social activities to keep going on their communication with society..



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CONCLUSION:

As the results:

- *Disability
- *Illnesses
- * Solidarity- Isolation
- *Mental Illnesses and Symptoms (depression etc)
- * Economical Problems, lack of social security

Effects life quality negatively.

In this context, effective and successful aging;

To keep alive relationships and social environment of the individuals

To take precautions to minimize illnesses

To take up activities to power memory and physical capacity

To be positive

Priority should be given to help elderly know himself besides improving the life quality and lead successful aging. Then, needs of elderly should be identified.

As the results of these works, a wide social security web should be built to cover all elderly. There should be cooperation among NGOs, vocational companies, universities and local authorities.

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Attachments :

Telephone numbers and Internet addresses of institutions which can be accessed for social activities :

- www.sakarya.bel.tr
- www.adapazarihem.meb.k12.tr
- www.serdivanhem.meb.k12.tr
- www.erenlerhem.meb.k12.tr
- www.sakavder.com
- www.sakaryaavcilari.org
- www.sakarya.aile.gov.tr
- www.sesob.org.tr
- Sakarya Billiard Sport Club
Tel:0264 279 96 00
- Sakarya Chess Club
sakarya.tsf.org.tr
- Sakarya Swimming Club
sakaryayuzme.org.tr

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