

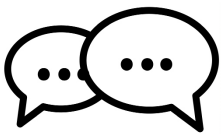
LESSON 2: THE POPULATION PYRAMID

Answer Sheet for Teachers: Activity 4 – How Would You Like to Live in Old Age?



Look at chapters 2, 6, 7 and 8 of the app *A Life Journey* to find out about the ageing process and to learn more about the elderly themselves.

- Chapter 2: “How important are my early years of life?”
- Chapter 6: “How do ageing societies work?”
- Chapter 7: “Is there a formula for healthy ageing?”
- Chapter 8: “How can I remain independent in old age?”



Select one of the following questions to answer and discuss with a partner. Present your findings to the class.

You can often read that the ageing society is a problem. What do you think about this?

- More people needing care
 - Strain on the social system
- Chapter: How can I remain independent in old age?
- » Sub-chapter: Trials and tribulations of old age
 - » Sub-chapter: Who pays: Care costs and finance models

What are the main problems that experts and the media cite when talking about the ageing population?

- Conflicts between generations in the labour market
 - Strain on the social system
 - Age-adapted work spaces
- Chapter: How do ageing societies work?
- » Sub-chapter: Who is taking whose job?
 - » Sub-chapter: Mythbuster: Old age isn’t enjoyable.
- Chapter: How can I remain independent in old age?
- » Sub-chapter: Who pays: Care costs and finance models

What are the potential consequences for a country when the number of people aged 65 and older increases?

- Later age of retirement
 - More cases of dementia and Alzheimer’s disease with consequences for the social system
- Chapter: How do ageing societies work?
- » Sub-chapter: Will you still need me when I’m 64?
- Chapter: Is there a formula for healthy ageing?
- » Sub-chapter: Dementia: The great unknown
- Chapter: How can I remain independent in old age?
- » Sub-chapter: Who pays: Care costs and finance models

Opinion question: Should the government step up its efforts to provide services and care for older people?

What would you do to improve your chances at being healthy at an older age?

- Physical activity and a good diet
 - No alcohol or nicotine
 - Mental activity
 - Self-happiness
 - Social contacts
- Chapter: Is there a formula for healthy ageing?

Opinion questions: What do you wish for in your old age? How long would you like to work? Where and with whom would you like to live with? In the case you need assistance when you get older, what type of support would you like to have?