Aging Boomers & the Elderly Activity

Using the information reviewed in this session and your handouts, please respond to the following scenarios.

1. Your 55-year-old neighbor is the care giver for her 83-year-old father. She is concerned that he does not eat or drink enough during meal time and is losing weight. She asks for your advice. What would you tell her?

2. Your 60-year-old husband, who is planning for retirement, does not see the importance of healthy eating and staying active. How might you approach this subject?

3. You heard on a television program that Saint John’s Wort is good for depression. You have been feeling a little down lately and would like to give it a try. What should you do first?