



Erasmus+

Don't bully me, don't discriminate me,
include me"

International Day of the Elderly

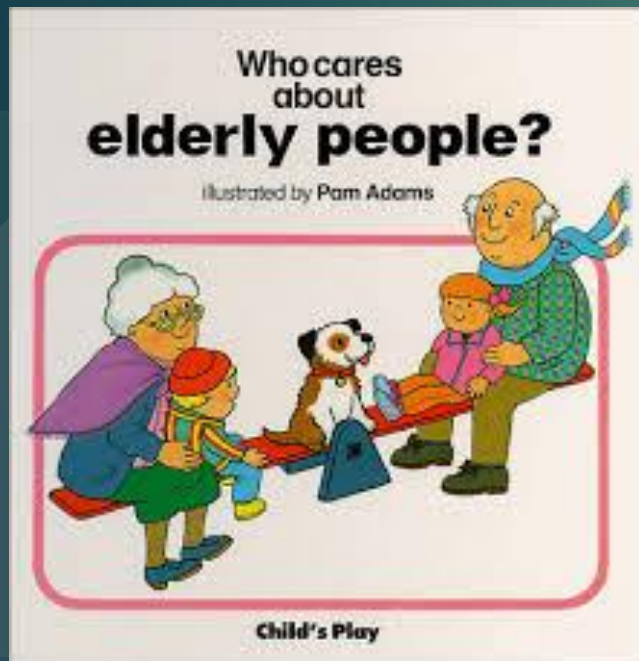


Erasmus Plus Project 2019-2022

International Day of the Elderly

1st October

The elderly refers to the period of the old age in which people experience a significant decline in their mental and physical strength and face various chronic diseases. Conventionally the start of the old age is placed in the 65th year of a person's life associated with leaving work and retirement.



- ▶ Volos nursing home is a warm, intimate and welcoming environment for the elderly. The elderly that are accommodated there can self-care and many of them have chronic diseases and disabilities.



- ▶ The visit to the nursing home was difficult due to Covid-19.
- ▶ Nevertheless, we visited the place and talked discreetly. (from the gate)





After the visit we came
to the following
conclusions...

- ▶ Older people have a positive attitude towards life, as when they leave work life, they have more time for their family, grandchildren and can make some of their dreams come true.

TALK IN CLASS-DEBATE

- ▶ Other seniors, however, feel marginalized after retirement, they feel that they have not accomplished what they wished for, that they have been deprived of much, and that they feel weak and forgotten.



We came to the conclusion that...

- ▶ The elderly have gained a lot of experience. They are cool and moderate, avoid exaggerations and give useful advice to young people.
- ▶ The state and members of society must show respect to the elderly for their contribution to their country.



Writing in class...

After visiting the nursing home imagine that you took an interview from an elderly relative and you asked him/her:

- What's the difference between living now and living in the past?
- How did him/her have fun then and how now?



Thank you for being here
today. We really
appreciate that you took
the time to be here and
listen to our presentation.
5th Highschool of Volos
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