

**CAREER  
PATHS**

# ELDER CARE

Sandra Michaels, BSN, RN  
Jenny Dooley

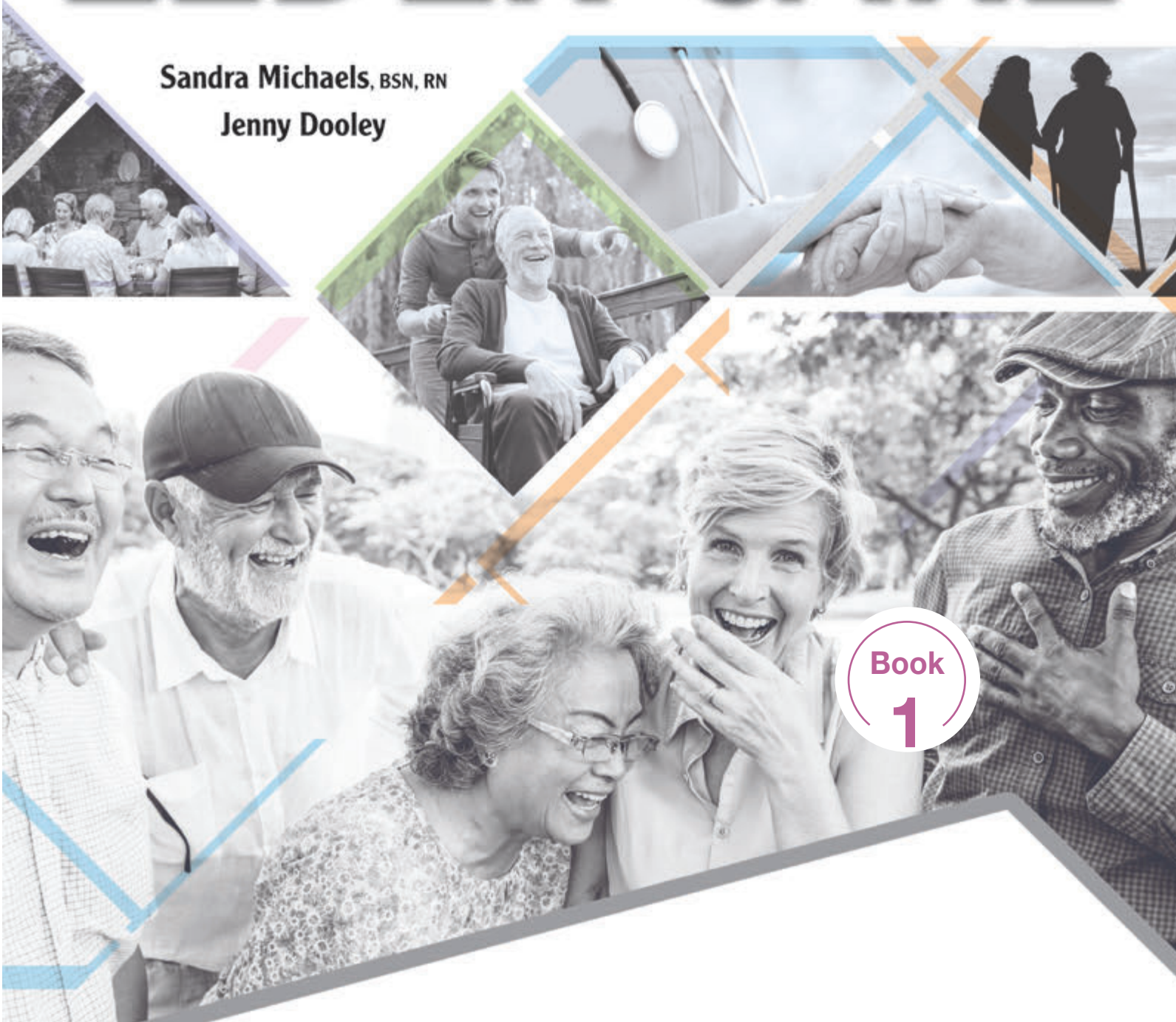


Express Publishing

**CAREER  
PATHS**

# ELDER CARE

**Sandra Michaels, BSN, RN**  
**Jenny Dooley**



Book

1



**Express Publishing**

## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Elder Care	Magazine article	aging, caregiver, elder care, geriatric, medical, non-medical, parent, provider, retire, senior citizen, widowed	Asking for information
2	Facilities and Locations	Advice column	age-in-place, assisted living facility, continuing care community, home care, hospital, intermediate care facility, nursing home, residence, retirement home, skilled nursing facility	Making a recommendation
3	Levels of Care	Webpage	aid, hospice, independent, live-in, long-term care, palliative, personal care assistant, skilled care, social care, visit	Discussing experience
4	Medical Providers	Webpage	CNA, general practitioner, geriatric medicine, LPN, LVN, medical professional, NP, physical therapist, RN	Identifying people
5	Goals of Elder Care	Mission statement	assist, encourage, facilitate, health, independence, involvement, quality of life, social outlet, stimulate	Expressing an opinion
6	Housekeeping	Manual excerpt	clean, clear, do the dishes, housekeeping, iron, laundry, messy, put away, sweep, tidy, wash	Expressing an amended opinion
7	Meals	Manual excerpt	bib, cook, deliver, dietary, feed, limitation, meal, prepare, restriction, weighted utensil	Requesting information
8	Bathing	Manual excerpt	change, check for, delicate, dry, hygiene, slippery, sponge bath, support, take a bath, towel	Giving a reminder
9	Transportation	Transportation policy	aid, appointment, grocery store, personal, post office, ride, run errands, social, transportation	Making suggestions
10	Assistive Devices 1	Webpage	amplify, assistive, brace, chair cushion, denture, grabber, headphone, hearing aid, overbed table, telescopic, zipper pull	Offering advice
11	Assistive Devices 2	Email	alone, foot lifter, reduce, risk, shoehorn, shower chair, toilet lift, toilet rail, transfer bench, walk-in bath	Expressing preference
12	Traits of Caregivers	Job posting	attentive, attitude, caring, communication, compassionate, kind, patient, positive, reliable, respectful, trustworthy	Asking for an example
13	Scheduling	Manual excerpt	cover, flexible, full-time, gap, holiday, on duty, part-time, shift, weekends, work nights	Making a request
14	Pay and Benefits	Handbook excerpt	accrue, hourly, mileage, overtime, raise, reimbursement, salary, sick time, time and a half, vacation	Presenting options
15	Training	Pamphlet	CPR, emergency, handle, identify, require, respond, standard procedure, technique, train, warning sign	Talking about a hypothetical situation

# Table of Contents

<b>Unit 1 – Elder Care</b> .....	4
<b>Unit 2 – Facilities and Locations</b> .....	6
<b>Unit 3 – Levels of Care</b> .....	8
<b>Unit 4 – Medical Providers</b> .....	10
<b>Unit 5 – Goals of Elder Care</b> .....	12
<b>Unit 6 – Housekeeping</b> .....	14
<b>Unit 7 – Meals</b> .....	16
<b>Unit 8 – Bathing</b> .....	18
<b>Unit 9 – Transportation</b> .....	20
<b>Unit 10 – Assistive Devices 1</b> .....	22
<b>Unit 11 – Assistive Devices 2</b> .....	24
<b>Unit 12 – Traits of Caregivers</b> .....	26
<b>Unit 13 – Scheduling</b> .....	28
<b>Unit 14 – Pay and Benefits</b> .....	30
<b>Unit 15 – Training</b> .....	32
<b>Glossary</b> .....	34

**CAREER  
PATHS**

# ELDER CARE

**Sandra Michaels, BSN, RN**  
**Jenny Dooley**



**Book  
2**



**Express Publishing**

## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Nutrition	Journal article	B-vitamins, Calcium, carbohydrate, contributing factor, fat, high fructose corn syrup, junk food, malnutrition, obesity, omega-3, protein, Vitamin A, Vitamin C, Vitamin D, zinc	Making a recommendation
2	Medication: Planning and Storing	Pamphlet	bottle, capsule, childproof, dispose, expiration date, expire, medication log, organizer, pill, pillbox, refill, timer	Making suggestions
3	Medication: Types	Patient medication list	antibiotic, antidepressant, anti-inflammatory, antihistamine, dose, laxative, painkiller, sedative, stimulant, suppository	Giving a reminder
4	Medication: Administration	Patient charts	administer, by mouth (P.O.), dosage, intramuscular injection (IM), oral administration, prescription, route of administration, shot, subcutaneous (SQ), sublingual (SL), tablet, topical	Asking for clarifications
5	Medication: Measurements	Patient medication list	cubic centimeter (cc), drop (gtt), gram (g), microgram (mcg), milligram (mg), milliliter (ml), milliequivalent (mEq), ounce (oz), tablespoon (Tbsp), teaspoon (tsp)	Asking for repetition
6	Medication: Frequency Abbreviations	Medication administration record	ac, BID, pc, PRN, qh, qhs, QID, QOD, stat, TID	Expressing confusion
7	Medication: Complications	Webpage	complicate, disoriented, dizziness, driving, drowsy, drug interaction, fatal, inhibit, lightheaded, overdose, polypharmacy, side effect	Asking for advice
8	First Aid	Guide	assess, bandage, bleeding, burn, cover, elevate, faint, first aid, immobilize, laceration, pressure, shock	Expressing sympathy
9	CPR and the Elderly	Brochure	airway, chest compression, CPR, crack, lung, obstruction, POLST, pulse, puncture, rescue breathing, rib, sternum	Expressing a lack of knowledge
10	Incontinence	Blogpost	adult brief, bathroom, bedpan, bladder control, bowel movement, dignity, inability, incontinence, incontinence underwear, sanitary napkin, sensitive, unaware	Making an assumption
11	Mobility	Advertisement	cane, climb, get around, limit, mobility, public transportation, roller, shuttle service, stairlift, unable, walker, wheelchair	Discussing solutions
12	Fall Prevention	Pamphlet	clear, clutter, fall, handrail, hazard, lighting, nonslip, path, pet, remove, risk, stair, stumble, trip	Showing understanding
13	Common Injuries	Newspaper article	bone, broken, bruise, cut, fracture, heal, heat stroke, hypothermia, recuperate, sprain	Reacting to good news
14	Wound Care	Guide	cellulitis, debridement, desiccation, dress, eschar, exudate, inflammation, maceration, necrosis, slough, suture, tissue, wound	Expressing gratitude
15	Medical Equipment	Email	alternating pressure mattress, biohazard waste container, glove, gown, latex, mask, oxygen tank, sharps container, syringe, tubing	Talking about location

# Table of Contents

<b>Unit 1 – Nutrition</b> .....	4
<b>Unit 2 – Medication: Planning and Storing</b> .....	6
<b>Unit 3 – Medication: Types</b> .....	8
<b>Unit 4 – Medication: Administration</b> .....	10
<b>Unit 5 – Medication: Measurements</b> .....	12
<b>Unit 6 – Medication: Frequency Abbreviations</b> .....	14
<b>Unit 7 – Medication: Complications</b> .....	16
<b>Unit 8 – First Aid</b> .....	18
<b>Unit 9 – CPR and the Elderly</b> .....	20
<b>Unit 10 – Incontinence</b> .....	22
<b>Unit 11 – Mobility</b> .....	24
<b>Unit 12 – Fall Prevention</b> .....	26
<b>Unit 13 – Common Injuries</b> .....	28
<b>Unit 14 – Wound Care</b> .....	30
<b>Unit 15 – Medical Equipment</b> .....	32
<b>Glossary</b> .....	34

**CAREER  
PATHS**

# ELDER CARE

**Sandra Michaels, BSN, RN**  
**Jenny Dooley**



Book  
**3**



**Express Publishing**



## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Legal Concerns	Email	advance directive, DNR order, estate planning, financial document, incapacitated, lawyer, legal, medical intervention, power of attorney, trust, will, wish	Asking for clarifications
2	Client Journal	Employee handbook	activity, binder, client journal, daily, entry, event, note, notebook, observation, record, sudden, unexpected	Reviewing information
3	Elder Abuse	Pamphlet	abuse, bedsore, belittle, condescending, disrespectful, elderspeak, harm, neglect, negligence, physical abuse, report, take advantage of, theft, verbal abuse	Agreeing
4	Communicating with Patients and Family	Handbook chapter	anxiety, cultural differences, empathy, health literacy, jargon, miscommunication, nonverbal, open-ended questions, preconception, rapport, therapeutic, verbal	Asking for/ Responding to advice
5	Communicating with Staff	Memo	abbreviation, adhere to, assessment, at risk, chronological order, comprehensive, concise, document, highlight, legibly, plan of care, status, update	Apologizing
6	Emotional health	Guide	apathy, decline, depression, despair, effect, mental state, mood, pessimistic, suicide, unresponsive, warning sign, withdrawn	Expressing concern
7	Common Diseases 1	Patient files	ailment, arthritis, cataract, chronic, emphysema, eyesight, glaucoma, hearing loss, hypertension, insomnia, osteoporosis	Asking about knowledge
8	Common Diseases 2	Handbook chapter	acute, ambulance, cold, droop, fever, flu, heart attack, infection, numb, pneumonia, slur, stroke, symptom	Describing symptoms
9	Common Diseases 3	Journal article	Alzheimer's, cancer, cognitive, debilitating, dementia, diabetes, disoriented, heart disease, impairment, memory loss, mental, Parkinson's	Describing change
10	Monitoring Equipment	Webpage	alert, bed alarm, bedwetting alarm, camera, door alarm, get lost, GPS, medical bracelet, monitor, notify, track, video monitor, wander	Making suggestions
11	Testing Devices	Journal article	BioMEMs, biosensor, ECG, EEG, glucose monitor, lab-on-a-chip, MEMs, microfluidics, oximeter, oxygen saturation, point-of-care testing device, spectrophotometer	Discussing experience
12	Preventing Infection	Staff manual	antibiotic resistance, antimicrobial, bacteria, biohazard, disinfectant, face mask, handwashing, nosocomial infection, quarantine, transmit, ventilator-associated pneumonia, virus	Expressing necessity
13	Funeral Planning	Pamphlet	burial, casket, cemetery, ceremony, cremation, eulogy, funeral, pall bearer, plot, prepay, reading, remains, urn, viewing, wake	Stating a preference
14	Challenges	Message board posts	break, burn out, challenge, confusion, cope, exhaustion, frustration, get attached to, grief, mourn, move on, place, time off	Expressing sympathy
15	Future of the Industry	Magazine article	advance, demand, expand, growth, lifespan, outlook, population, rely on, role, technology	Discussing future trends

# Table of Contents

<b>Unit 1 – Legal Concerns</b> .....	4
<b>Unit 2 – Client Journal</b> .....	6
<b>Unit 3 – Elder Abuse</b> .....	8
<b>Unit 4 – Communicating with Patients and Family</b> .....	10
<b>Unit 5 – Communicating with Staff</b> .....	12
<b>Unit 6 – Emotional Health</b> .....	14
<b>Unit 7 – Common Diseases 1</b> .....	16
<b>Unit 8 – Common Diseases 2</b> .....	18
<b>Unit 9 – Common Diseases 3</b> .....	20
<b>Unit 10 – Monitoring Equipment</b> .....	22
<b>Unit 11 – Testing Devices</b> .....	24
<b>Unit 12 – Preventing Infection</b> .....	26
<b>Unit 13 – Funeral Planning</b> .....	28
<b>Unit 14 – Challenges</b> .....	30
<b>Unit 15 – Future of the Industry</b> .....	32
<b>Glossary</b> .....	34

# 1 Elder Care

## Get ready!

1 Before you read the passage, talk about these questions.

- 1 Why is there a growing need for elder care providers?
- 2 What are some respectful terms for older people?



### HEALTH TODAY

## The Need for Elder Care

As **medical** technology improves, people are living longer. However, most families can't afford to take care of their elderly **parents**. Therefore, people need help caring for their **aging** family members. That being the case, our country needs more **elder care providers**.

Actually, we need more skilled **caregivers**. These individuals are trained in **geriatric** care. They must understand the needs of **senior citizens** and they must understand and provide **non-medical** care, too. Some senior citizens are depressed after they **retire**. Some of them are **widowed**. Consequently, we need caregivers to improve the lives of our senior citizens.



## Vocabulary

3 Read the sentences and choose the correct words.

- 1 Some children can't care for their **medical** / **parents**.
- 2 Ralph was too old to work in the auto shop, so he had to **elder care** / **retire**.
- 3 You should spend time talking with the elderly as part of their **non-medical** / **aging** care.
- 4 My grandfather is **widowed** / **geriatric** and misses his wife a lot.
- 5 Healthcare **senior citizens** / **providers** should lower their costs for low-income families.

## Reading

2 Read the magazine article. Then, mark the following statements as true (T) or false (F).

- 1 \_\_\_ The need for elder care is decreasing.
- 2 \_\_\_ Some senior citizens aren't happy about retiring.
- 3 \_\_\_ Caregivers need to understand non-medical care.

**4 Match the words or phrases (1-6) with the definitions (A-F).**

- |                |                     |
|----------------|---------------------|
| 1 __ aging     | 4 __ elder care     |
| 2 __ medical   | 5 __ caregiver      |
| 3 __ geriatric | 6 __ senior citizen |
- A an elderly person  
 B dealing with the care of elderly people  
 C related to illnesses, their treatment and prevention  
 D a person who helps and takes care of someone who's ill or has a disability  
 E getting older  
 F the practice of helping and taking care of people too old to care for themselves

**5 Listen and read the magazine article again. What kind of care do senior citizens need?**

**Listening**

**6 Listen to a conversation between a care provider and a relative. Mark the following statements as true (T) or false (F).**

- \_\_\_ The woman's father seems to be sick.
- \_\_\_ The woman's father may miss his wife.
- \_\_\_ The man will warn the doctors about the father's health.

**7 Listen again and complete the conversation.**

**Relative:** Excuse me. You're my father's **1** \_\_\_\_\_, right?

**Care Provider:** Yes, I am.

**Relative:** Good. He seemed really sad when I **2** \_\_\_\_\_ him last time.

**Care Provider:** Oh, I'm sorry to hear that. Do you know why?

**Relative:** Well, I'm not sure. But he's been **3** \_\_\_\_\_ about his old job a lot.

**Care Provider:** He probably misses working. Some people are never ready to **4** \_\_\_\_\_.

**Relative:** What can we do to **5** \_\_\_\_\_ him?

**Care Provider:** I'll try to find some **6** \_\_\_\_\_ activities for him in the area.

**Speaking**

**8 With a partner, act out the roles below based on Task 7. Then, switch roles.**

**USE LANGUAGE SUCH AS:**

*Do you know ...?*  
*He/She probably ...*  
*What can we do ...?*

**Student A:** You are a relative. Talk to Student B about:

- concerns about a family member
- when you first noticed the health concern
- what he/she thinks should be done

**Student B:** You are a care provider. Talk to Student A about his/her concerns regarding a family member.

**Writing**

**9 Use the magazine article and the conversation from Task 8 to complete the elder care pamphlet.**



**Types of Elder Care:**

We provide \_\_\_\_\_ family members with two types of care.

**Non-medical Care**

This helps to \_\_\_\_\_ the lives of \_\_\_\_\_ so they don't get \_\_\_\_\_.

**Medical Care**

This helps to maintain their \_\_\_\_\_.

# Glossary

- accrue** [V-T-U14] To **accrue** something is to receive more of it at a regular rate over time.
- age-in-place** [PHRASE-U2] **Age-in-place** is the ability of a person to grow old and live in their own home regardless of factors like income and ability.
- aging** [ADJ-U1] If something is **aging**, it is getting older.
- aid** [V-T-U3] To **aid** someone is to help him or her.
- alone** [ADJ-U11] If someone is **alone**, they are not with anyone.
- amplify** [V-T-U10] To **amplify** something is to make it sound louder.
- appointment** [N-COUNT-U9] An **appointment** is an agreement for people to meet each other at a certain time and place.
- assist** [V-T-U5] To **assist** someone is to help them accomplish something.
- assisted living facility** [N-COUNT-U2] An **assisted living facility** is a place that provides housing, assistance in daily activities, and health care to elderly people or to people with disabilities.
- assistive** [ADJ-U10] An **assistive** device is something that gives the user some form of assistance.
- attentive** [ADJ-U12] If someone is **attentive**, he or she listens and pays attention to other people and things.
- attitude** [N-COUNT-U12] An **attitude** is the way a person thinks and behaves towards something.
- bib** [N-COUNT-U7] A **bib** is a piece of cloth or plastic worn around the neck to make sure clothes stay clean while eating.
- brace** [N-COUNT-U10] A **brace** is a device wrapped around part of the body to provide support to a joint.
- caregiver** [N-COUNT-U1] A **caregiver** is a person who helps and takes care of someone who's ill or with a disability.
- caring** [ADJ-U12] If someone is **caring**, they are kind and helpful to others.
- chair cushion** [N-COUNT-U10] A **chair cushion** is a pillow placed on the seat of a chair to make it more comfortable to sit on.
- change** [V-I-U8] To **change** is to put on different clothes, usually ones that are clean.
- check for** [V-T-U8] To **check for** something is to examine it carefully in order to spot the presence or absence of something.
- clean** [V-T-U6] To **clean** something is to remove dirt, dust, and germs from it.
- clear** [V-T-U6] To **clear** an area is to remove unwanted objects from it.
- CNA** [ABBREV-U4] A **CNA** (Certified Nursing Assistant) is someone who has received basic nursing training and works under an RN.
- communication** [N-UNCOUNT-U12] **Communication** is the act of exchanging information or feelings.
- compassionate** [ADJ-U12] If someone is **compassionate**, they show understanding to other people's feelings.
- continuing care community** [N-COUNT-U2] A **continuing care community** is a type of retirement community where the elderly are offered the option of independent living, assisted living and skilled nursing on a single campus. It is designed for people who mostly experience social isolation.
- cook** [V-T-U7] To **cook** something is to use heat and various ingredients to prepare a meal.
- cover** [V-T-U13] If someone **covers** for someone else, he or she works in place of that person.
- CPR** [ABBREV-U15] **CPR** (Cardiopulmonary Resuscitation) is when somebody repeatedly presses on a person's chest and breathes into his or her nose or mouth to get his or her heart beating and lungs breathing again.
- delicate** [ADJ-U8] If something is **delicate**, it is easily broken or it is weak.