

Let's talk about **GETTING OLDER**



A booklet about getting older for
adults who have a learning disability

Down's Syndrome

SCOTLAND helping people realise their potential

Everybody grows older.

This booklet will help you to
think about the things that might
happen to you, as you get older.

TALKING about getting older

Talk about the things that happen to your body as you get older.

Here are some of the things you might say...



Grey hair and wrinkles.



Can't walk as well, take longer to do things.



Might need glasses or a hearing aid.



Might find it harder to remember things.

GOOD THINGS about getting

Lots of people enjoy a busy life as they get older.

Talk about some of the good things that will happen to you as you get older.

You might say...



Not having to get up early every day.



Cheaper travel.

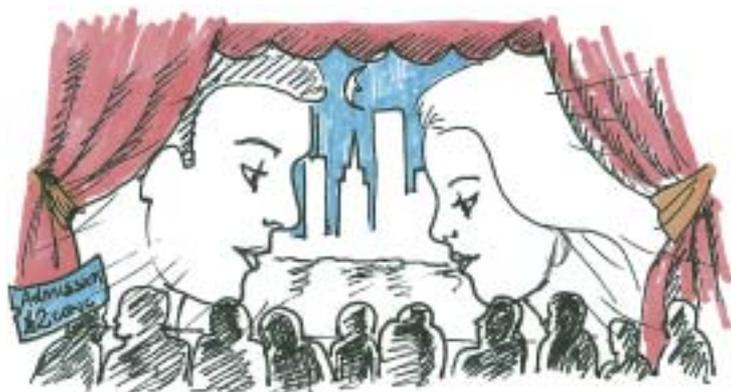
older

More time to do things you like.



Not having to
go to work.

Cheaper
entrance to
the cinema
or theatre.

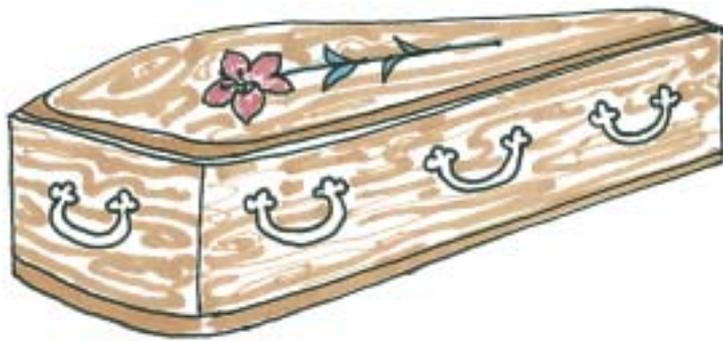


HARD THINGS about getting

Talk about some of the changes that will happen as you get older that might be **HARD** to cope with.

People dying.

Losing your parents, family members and friends.



Becoming ill.



older

Becoming forgetful.



Moving house.



Finding it harder to look after yourself.

The MENOPAUSE

The menopause may also be called ‘the change’.

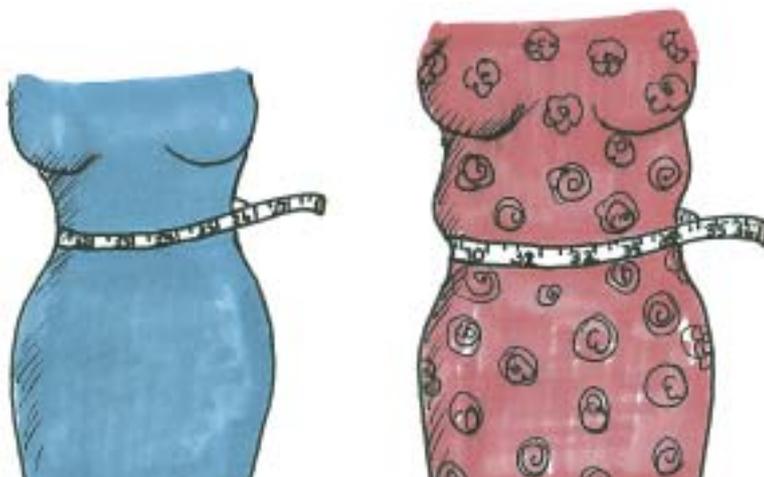
The menopause happens to all women. It usually starts after the age of 45 years, but some women experience the symptoms earlier than that.

The changes to your body include...

Periods happen less often and eventually stop altogether.



A woman's shape will change and her waist will get thicker.



Women may experience changes in mood. This can mean that they may feel happy some of the time. At other times they may feel sad or bad tempered.



Women have 'hot flushes'.

This is when their body feels very hot.

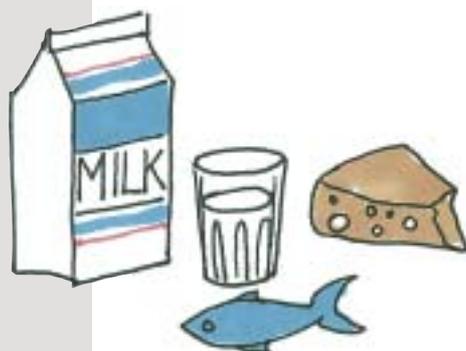
They may also feel sweaty or shivery.

No-one else can tell that this is happening.

A woman may need to fan herself to keep cool.

Flushes can last for a few minutes or up to an hour. They may occur several times each day.

Flushes may also happen at night.



Women need to have enough calcium to make sure that their bones stay strong. Some women have Hormone Replacement Therapy (HRT) – ask your GP about things that might help.

Keeping fit and HEALTHY

BAD THINGS...

Eating chips and fried food.



Sitting alone watching TV all day.



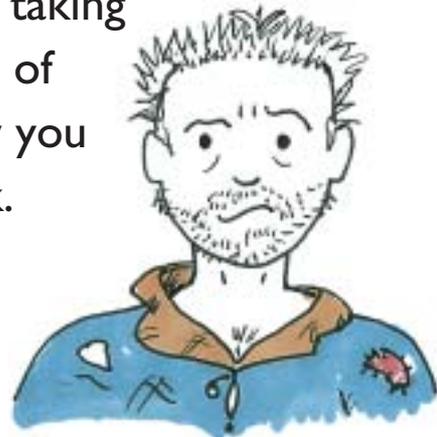
Smoking.



Drinking too much beer.



Not taking care of how you look.



GOOD THINGS...

Exercise and keep active.



Eating healthy foods.



Keep doing things for yourself.



Taking care of how you look.



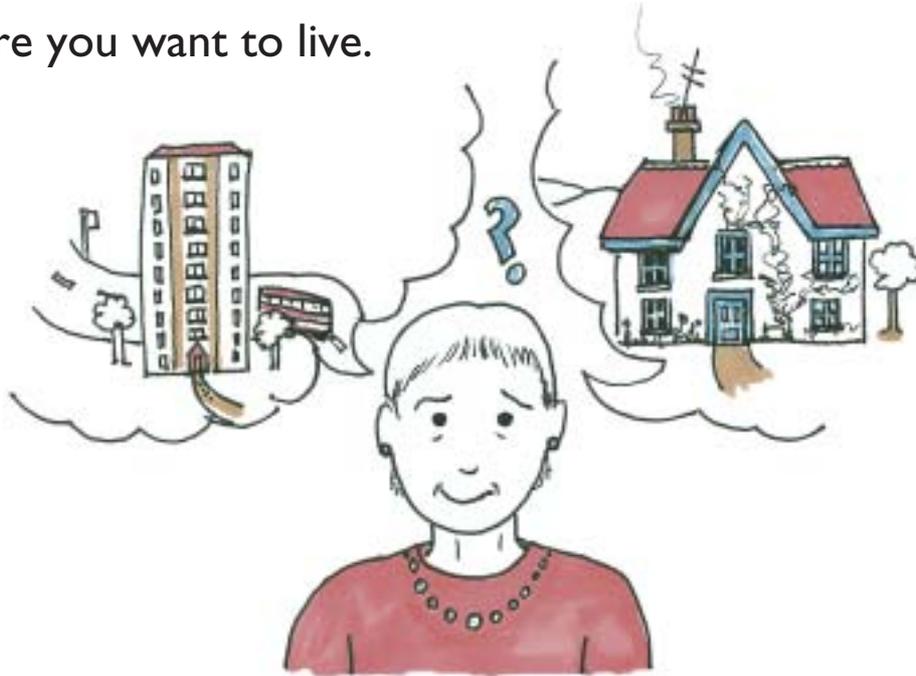
Learn new things.



What would you LIKE to happen

Think about...

Where you want to live.



Who you want to live with.



en to you as you grow older?

What type of help you might need.



How you would like to spend your time.



REMEMBER

Who can you talk to about getting older?

Your parents, carers and family members

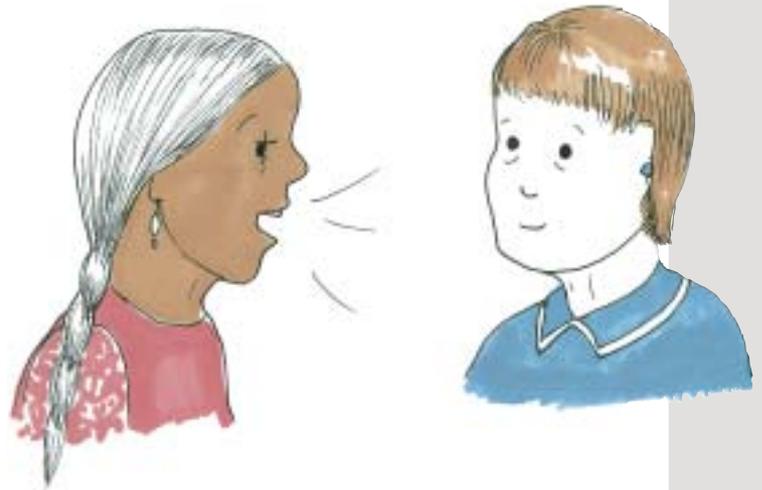
Your GP

Your social worker

Your keyworker

Your community nurse

Your friend



Who would you like to talk to?

Useful Addresses

Down's Syndrome Scotland

158-160 Balgreen Road

Edinburgh EH11 3AU

Tel 0131 313 4225

E-mail info@dsscotland.org.uk

www.dsscotland.org.uk

Down's Syndrome Association, England, Wales and Northern Ireland

155 Mitcham Road

London SW17 9PG

Tel 020 8682 4001

E-mail info@downs-syndrome.org.uk

www.downs-syndrome.org.uk

**Other booklets in this series are available
from Down's Syndrome Scotland**

What is dementia?

Let's talk about death

Down's Syndrome

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