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* + [Healthy Aging Handout](https://moodle.tru.ca/course/view.php?id=7042&section=21#bootstrapelements64149)

For this assignment, you will design a handout that could be used to inform older adults in a long-term care facility.

Instructions

Suppose you work at a seniors residence, whether it is independent living or assisted living. Create a two page handout that informs residents how to age healthfully. Include specific lifestyle behaviours outlined in your text and in the resources provided in this unit. Be sure to make the handout clear and easy to read by this population. You will be marked on your ability to create a succinct, aesthetically appealing handout with practical suggestions for elderly individuals to live longer, healthier lives.

Suggested Grading Rubric

Here is a set of guidelines to help you set goals in your assignment and interpret the grades you receive:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | **Excellent****(4 marks)** | **Good****(3 marks)** | **Satisfactory****(2 marks)** | **Needs Improvement****(0–1 mark)** |
| **Accuracy and Relevance** | All facts in the pamphlet are accurate. The pamphlet contains information that is practical to the reader. | 75% of the facts in the pamphlet are accurate. The pamphlet contains mostly practical information. | 50% of the facts in the pamphlet are accurate. The pamphlet contains some practical information. | Fewer than 50% of the facts in the pamphlet are accurate. The pamphlet does not contain enough practical information. |
| **Organization** | Each section in the pamphlet has a clear beginning, middle, and end. The pamphlet has exceptionally attractive formatting. | Almost all sections of the pamphlet have a clear beginning, middle, and end. The pamphlet has attractive formatting and well-organized information. | Most sections of the pamphlet have a clear beginning, middle, and end. The pamphlet has well-organized information. | Less than half of the sections of the pamphlet have a clear beginning, middle, and end. The pamphlet’s formatting and organization of material are confusing to the reader. |
| **Technical Merit** | The pamphlet is easy to read, without any spelling or grammatical errors. | The pamphlet has one or two areas that are difficult to read, and there are spelling or grammatical errors. | The pamphlet has three or four areas that are difficult to read, and there are spelling or grammatical errors. | The pamphlet is illegible. |
| **Graphics** | Graphics go well with the text, and there is a good mix of text and graphics. | Graphics go well with the text, but there are so many that they distract from the text. | Graphics go well with the text, but there are too few and the brochure seems “text-heavy.” | Graphics do not go with the accompanying text or appear to be randomly chosen. |
| **References** | Careful and accurate records are kept to document the source of all of the facts and graphics in the brochure. | Careful and accurate records are kept to document the source of most of the facts and graphics in the brochure. | Careful and accurate records are kept to document the source of some of the facts and graphics in the brochure. | Sources are not documented accurately or are not kept on many facts and graphics. |

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