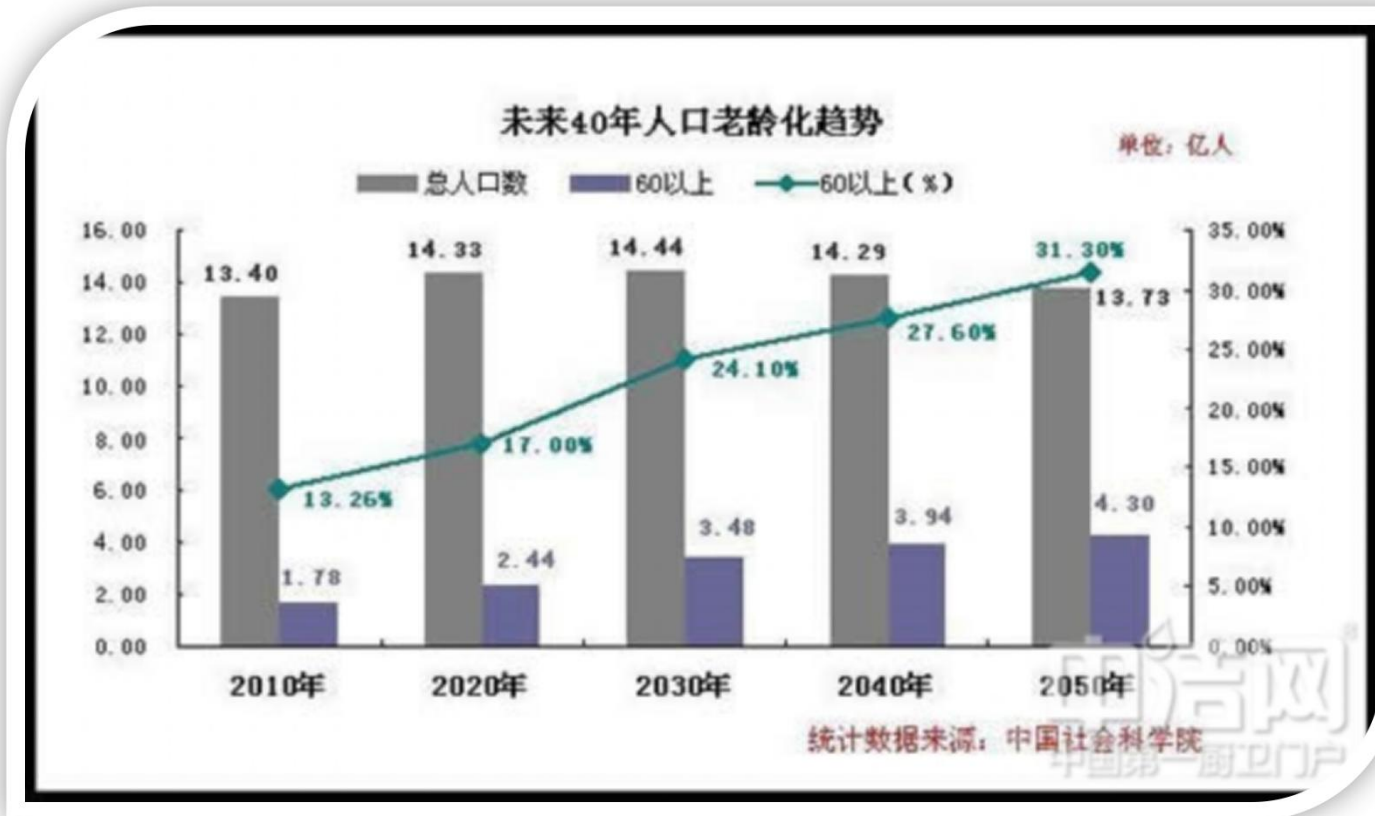


# Coping with Old Age

-How to face the aging problem?

# Aging Society



The problem of the population aging in China has been more and more significant since 1990s.

# The side effects caused by the aging population

- ◆ To society
- ◆ To family
- ◆ To individual

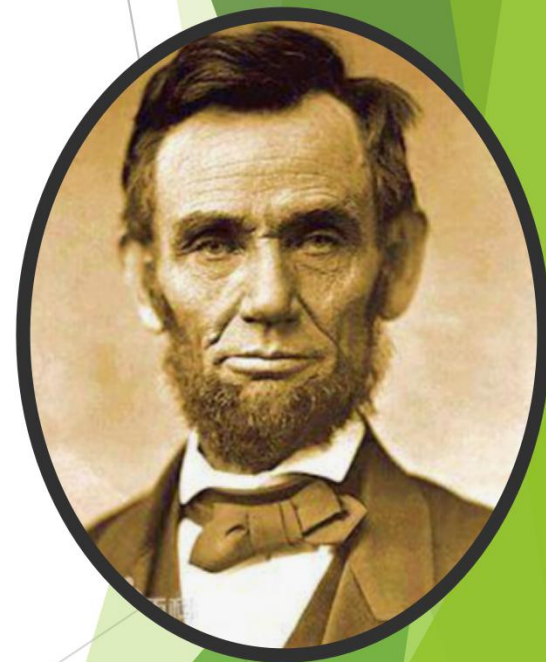


# Adopt a positive mental attitude

Elderly people should always try to be optimistic. They should try their best to avoid seeing only the negative side of things by counting their blessings, not their curses. Elderly people have lots of aches and pains and sometimes severe financial worries. But they must fight hard to maintain a positive attitude. In addition, exercising regularly and moderately is a necessity to keep alive.



# late bloomers



Qi Baishi is a great artist who has complied with the trend of art. The biggest feature of his painting style is to meet the aesthetic needs of ordinary people.



# 永远的 春天

纪念邓小平诞辰  
100周年

邓小平与广东改革开放

*Deng xiaoping quickened the steps of opening up and reform of China. He laid the foundation for China's embarking on the road of socialist market economy with Chinese characteristics.*



22 years old: business failure

23years old: ran for state Senate and failed

24years old: in business fail again

25years old: was elected state senator

29years old: launch a campaign, speaker of the failure

34years old: ran unsuccessfully for Congress

37years old: elected to Congress

39years old: failed in congressman re-election

46years old: ran for the Senate and failed

47years old: competitive election to the vice president to be a failure

49years old :ran for the Senate failed again

51years old: was elected president of the United States.

***As you can see, Lincoln had suffered a lot of difficulties and failures, but he never gave up through his whole life and succeeded at an old age. Lincoln led a great fight to save the Union and end the slave system.***



# How to cope with old age

From the above examples, we know that life will not lose its luster because of old age. As long as you have a dream and stick to the faith when you are old, you still can create a miracle. The Looks are easy to get old but the heart is not. Elderly people should be optimistic and hopeful about life.

# OLD



Ordeal+Lean+Death



Optimism+Listen+Defend

关注老年人心理健康  
Concerned about the mental health of the elderly.

*At the same time, we need to take good care of the elderly. We should give a little more care and understanding. And we can not discriminate against them. This is our dedication, our moral obligation.*

- 1. The government should establish a socialized service system for the aged as soon as possible.
- 2. Taking good care of the elderly is the duty and obligation of the younger generation. Everyone will grow old one day. Those who are not old should set a good example for their children. What's more, we are supposed to go back to see the elderly, because most of them are afraid of loneliness. Finally, we should remember that the elderly do not only need just a material reward but need more spiritual comfort and care. *Respect, care, and accompany are the most precious gifts we can give to elderly people.*

# *Thanks for listening*



你知道他们需要的  
不只是宠物。

