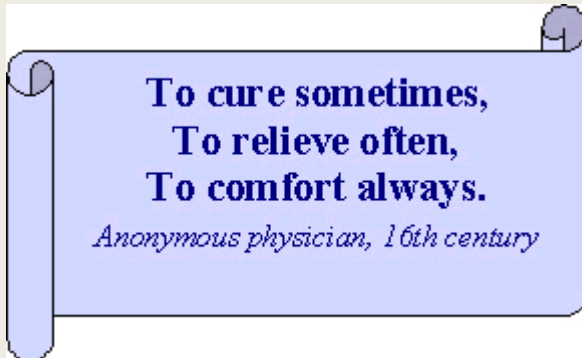


## TOPIC 4: END OF LIFE CARE, AGEING POPULATIONS

### **TASK ① END OF LIFE CARE, AGEING POPULATIONS, POSTERS**

**TASK 1A DISCUSSION.** Discuss the message communicated by the following pictures.

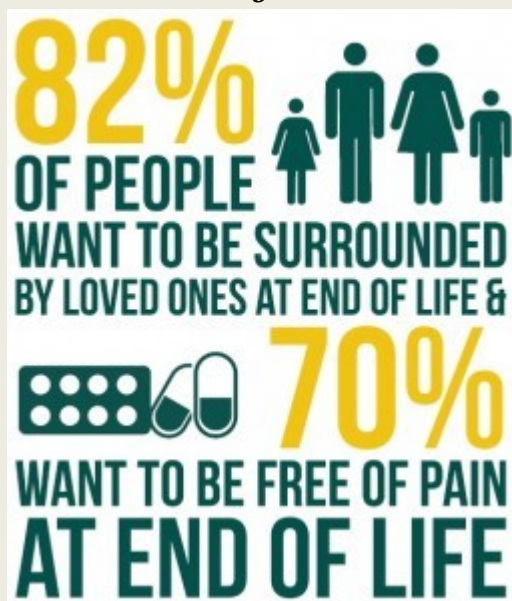
1



2



3



4



Picture 1 taken from: <http://www.meel.uic.edu/meel-ss/demo/impact/frame1.asp/>  
Picture 2 taken from: <http://www.deathreferencedesk.org/2012/07/29/do-not-resuscitate-tattoos-cannot-be-stopped/>  
Picture 3 taken from: <http://hospicefoundation.ie/hospice/hospice-palliative-and-end-of-life-care/>  
Picture 4 taken from: <https://cz.pinterest.com/nlm4caregivers/end-of-life-care/>

## **TASK ② END OF LIFE CARE**

**TASK 2A** Read the introductory text about palliative care and answer the questions. To prepare for the introductory text study the following vocabulary.

1 <b>hospice</b> ( <i>noun</i> )	a hospital that looks after people that are dying
2 <b>multidisciplinary</b> ( <i>adj.</i> )	involving different subjects of study or areas of professional activity
3 <b>diagnosis</b> ( <i>noun</i> )	a statement about what disease someone has, based on examining them
4 <b>symptom</b> ( <i>noun</i> )	a sign that someone has an illness
5 <b>palliative</b> ( <i>adj.</i> )	reducing the pain or other bad effects of a terminal illness (=one that cannot be cured)

Definitions taken from: [www.macmillandictionary.com](http://www.macmillandictionary.com)

**TASK 2B** Read the introductory text about palliative care and answer the questions.

- 1 What is palliative care?
- 2 Who is it for?
- 3 What is its goal?

**Palliative care** is a multidisciplinary approach to specialised medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, physical stress, and mental stress of a serious illness—whatever the diagnosis. The goal of such therapy is to improve quality of life for both the patient and the family. Palliative care is provided by a team of physicians, nurses, and other health professionals who work together with the primary care physician and referred specialists (or, for patients who don't have those, hospital or hospice staff) to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

The focus on a person's quality of life has increased greatly since the 1990s. In the United States today, 55% of hospitals with more than 100 beds offer a palliative-care program, and nearly one-fifth of community hospitals have palliative-care programs. A relatively recent development is the palliative-care team, a dedicated health care team that is entirely oriented toward palliative treatment.

Adapted from: [https://en.wikipedia.org/wiki/Palliative\\_care](https://en.wikipedia.org/wiki/Palliative_care)

## **TASK ③ PALLIATIVE CARE – ONE PATIENT'S STORY**

**TASK 3A** Study the following phrases and translate them into Czech.

- 1 to come to terms with one's own mortality = \_\_\_\_\_
- 2 deceased person = \_\_\_\_\_
- 3 to be entitled to finances = \_\_\_\_\_
- 4 to suffer from an incurable disease = \_\_\_\_\_
- 5 terminal diagnosis = \_\_\_\_\_
- 6 the patient valued the treatment = \_\_\_\_\_

- 7 to improve the quality of life for patients = \_\_\_\_\_
- 8 to take advantage of sth = \_\_\_\_\_
- 9 to make the very best of a situation = \_\_\_\_\_
- 10 she was diagnosed with liver cancer = \_\_\_\_\_

**RECORDING 1 TASK 3B Watch the video and answer the questions.**

- 1 What symptoms other than physical ones is palliative care interested in?
- 2 How did Davine, a woman with a terminal diagnosis, respond to the possibility of being placed in a home with professional care?
- 3 What facilities are family members of those placed in homes entitled to?
- 4 What support does palliative care offer to relatives of the deceased?

**TASK 3C WORDFORMATION. Complete the gaps with words made from the words in brackets.**

- 1 Palliative care is for patients with \_\_\_\_\_ diseases. (CURE)
- 2 We are interested in emotional symptoms, such as \_\_\_\_\_. (ANXIOUS)
- 3 Upon further \_\_\_\_\_, she was diagnosed with secondary liver cancer. (INVESTIGATE)
- 4 A huge \_\_\_\_\_ was lifted off her shoulders, when the patient was first introduced to Sue Ryder Care. (WEIGH)
- 5 She was able to come to terms with her own \_\_\_\_\_. (MORTAL)
- 6 The family took advantage of \_\_\_\_\_ facilities offered by the programme. (RECREATE)
- 7 She got on well with all the \_\_\_\_\_ staff. (NURSE)
- 8 She became \_\_\_\_\_ and had to be hospitalized. (WELL)

**TASK 3D PREPOSITIONS. Complete the gaps with suitable prepositions.**

- 1 She gave her children things to remember her \_\_\_\_\_ .
- 2 I was looking forward \_\_\_\_\_ our next conversation.
- 3 She was able to cope \_\_\_\_\_ her illness well.
- 4-5 She was able to come \_\_\_\_\_ terms \_\_\_\_\_ her own mortality.
- 6 She was able to deal \_\_\_\_\_ her problems.

- 7 Patients do not know what care they are entitled \_\_\_\_\_.
- 8 Who will look \_\_\_\_\_ me if I become ill?
- 9 The staff are aware \_\_\_\_\_ pain and distress relatives experience when they lose a loved one.

Adapted from: <https://www.youtube.com/watch?v=BuF5qxIDa3c>

## **TASK (4) DEATH**

**TASK 4A DISCUSSION.** Answer the questions below on your own and then discuss the results with your partner.

- 1 How do you feel when the subject of death comes into the conversation?  
 A Uncomfortable – I don't want to talk about it.  
 B It depends how other people react.  
 C Fine - it's perfectly natural to talk about death.  
 D *other reaction*
- 2 You have to tell a close friend that a mutual friend of yours has just died. You know that they were very close. How would you start the conversation?  
 A I'm afraid we won't be meeting Mary for lunch on Friday after all.  
 B Have you heard? Mary's just died.  
 C You'd better sit down. I've got some bad news about Mary. She died last night.  
 D *other reaction*
- 3 A friend of yours (a rather unreliable one) has just died, owing you a lot of money. After the funeral his sister comes to talk to you. Do you say?  
 A I was hoping to meet one of the family. I can get my money back.  
 B Poor George! He was such a good old friend. (and I forget about the money)  
 C I will miss George – but not as much as the £1, 000 he owed me!  
 D *other reaction*

Taken from: MacAndrew, R. & Martínez, R. (2001). *Taboos and Issues*. Thomson, Heinle, pp. 1.

## **TASK (5) ASSISTED DYING DEBATE**

**TASK 5A** Give words transcribed by the following and translate them into Czech.

TRANSCRIPTION	STANDARD SPELLING	TRANSLATION INTO CZECH
1 /, ju: θə' neɪ zɪə/		
2 /' mæn, slɔ : tə(r)/		
3 /' mɜ : (r)də(r)/		
4 /' su: ɪ saɪ d/		
5 /' vɒ lənt(ə)ri/		
6 /ɪ n' vɒ ləntəri/		
7 /' kɒ ŋj əsnəs/		
8 /' pʌ nɪ ʃ mənt/		
9 /, ɪ rɪ ' vɜ : (r)səb(ə)l/		
10 /' g ɪ lti/		
11 /sɪ ' vɪ ə(r)/		
12 /strəʊ k/		

Pronunciation transcripts taken from: [www.macmillandictionary.com](http://www.macmillandictionary.com)

**TASK 5B DEFINITIONS.** Match the words with their definitions below.

***EUTHANASIA, MANSLAUGHTER, MURDER, SUICIDE***

- 1 \_\_\_\_\_ = the painless killing of a patient who is suffering from an incurable and painful disease.
- 2 \_\_\_\_\_ = the action of killing oneself deliberately
- 3 \_\_\_\_\_ = the illegal, deliberate killing of a human being
- 4 \_\_\_\_\_ = the crime of killing a person illegally but not intentionally

*Taken from: MacAndrew, R. & Martínez, R. (2001). Taboos and Issues. Thomson, Heinle, pp. 28.*

**TASK 5C** Study the following phrases and translate them into Czech.

- 1 at the request of his daughter = \_\_\_\_\_
- 2 to charge sb with murder = \_\_\_\_\_
- 3 to have/suffer a stroke = \_\_\_\_\_
- 4 severe irreversible brain damage = \_\_\_\_\_
- 5 to commit a crime = \_\_\_\_\_
- 6 to give a punishment = \_\_\_\_\_
- 7 to regain consciousness = \_\_\_\_\_
- 8 to be in great pain = \_\_\_\_\_
- 9 to commit suicide = \_\_\_\_\_
- 10 to arrest sb = \_\_\_\_\_
- 11 to realize what has happened = \_\_\_\_\_
- 12 to inform the police = \_\_\_\_\_
- 13 to be guilty of = \_\_\_\_\_

**TASK 5D DISCUSSION.** In pairs or small groups, read the following situations and discuss the questions below each one.

1 Alan Jones, aged 78, had a second stroke three weeks ago. He has severe brain damage and his condition is getting worse. At the request of his daughter, a nurse stops giving him oxygen until his heart stops. The nurse then starts giving oxygen again. People think Mr Jones died naturally. Later, Mr Jones's daughter tells a friend what happened. The friend is married to a police officer. As a result, the police charge the nurse with murder.

- Do you feel that the nurse has committed a crime?
- Do you feel that the daughter has committed a crime?
- What punishments, if any, should be given?

2 Antonia James, aged 24, suffered severe, irreversible brain damage in a road accident six weeks ago and has not regained consciousness. She is breathing on her own but being fed through a tube. Her parents feel that Antonia's existence is no more than a living nightmare. They want the doctor to stop feeding her so that she will die. The doctor refuses, saying that food and fluids are not "medical treatment" but the basic necessities of life.

- Who do you feel is right – the doctor or the parents?
- Who should make this decision - Antonia's parents? The doctors? A court of law?

3 Mike O'Brien, aged 58, has terminal cancer. He is no longer able to live a normal life and is often in great pain. He has always said that when this happened, he would take his own life. However, he is now so weak that he cannot open the bottles of pills he wants to take. His son opens the bottle for him. Mike takes the pills and dies peacefully. The doctor is surprised at Mike's sudden death, realizes what has happened and informs the police. The police arrest the son for helping his father to commit suicide.

- Is the doctor right to inform the police?
- Is the son guilty of committing a crime?

4 The wife of a close friend has died recently. Your friend has been terribly upset since her death. In a conversation with him you begin to suspect that he is thinking of taking his own life.

- What would you do?

5 A woman terrorist was found guilty of planting a bomb which killed 20 people. She has been sent to prison for 20 years. She now refuses to eat and says she is not guilty.

- Should she be allowed to die or should she be kept alive?

*Taken from: MacAndrew, R. & Martínez, R. (2001). Taboos and Issues. Thomson, Heinle, pp. 28.*

## **TASK 5E DISCUSSION. Are these the same in the Czech Republic?**

### **Four types of euthanasia**

Suicide = killing yourself. In the UK it is illegal to help someone commit suicide.

Voluntary euthanasia = when someone asks to die. They may not be able to commit suicide so they need help or they may not be able to ask to die, but they have left instructions.

Involuntary euthanasia = this is when someone has not actually asked to die. However, they are killed so that they do not have to suffer any more.

Non-voluntary euthanasia = killing someone who is not able to ask to live or die. For example, they might be in a long-term coma.

*Taken from: MacAndrew, R. & Martínez, R. (2001). Taboos and Issues. Thomson, Heinle, pp. 28.*

**TASK 5F DISCUSSION.** Work in groups of three. You are each supposed choose 1 of the posters below (1 poster will not be used) and orally present its message to the rest of the group.

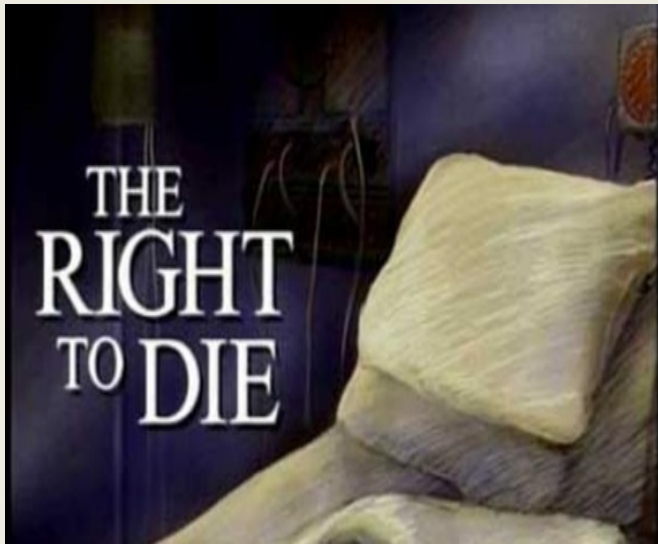
1

An assisted dying law would not result in more people dying, but in fewer people suffering.

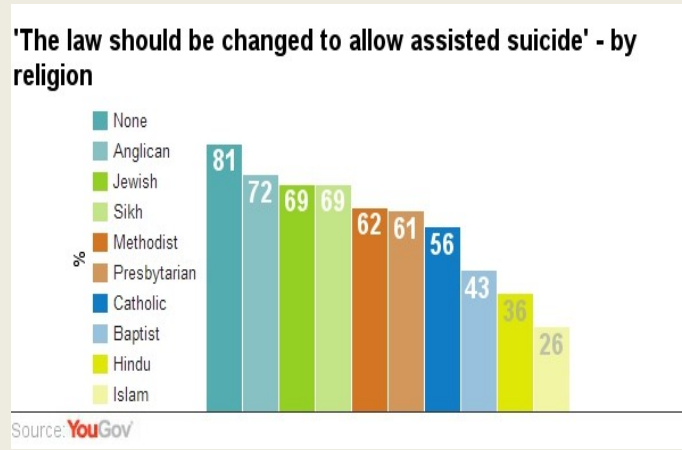
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Pictures taken from:

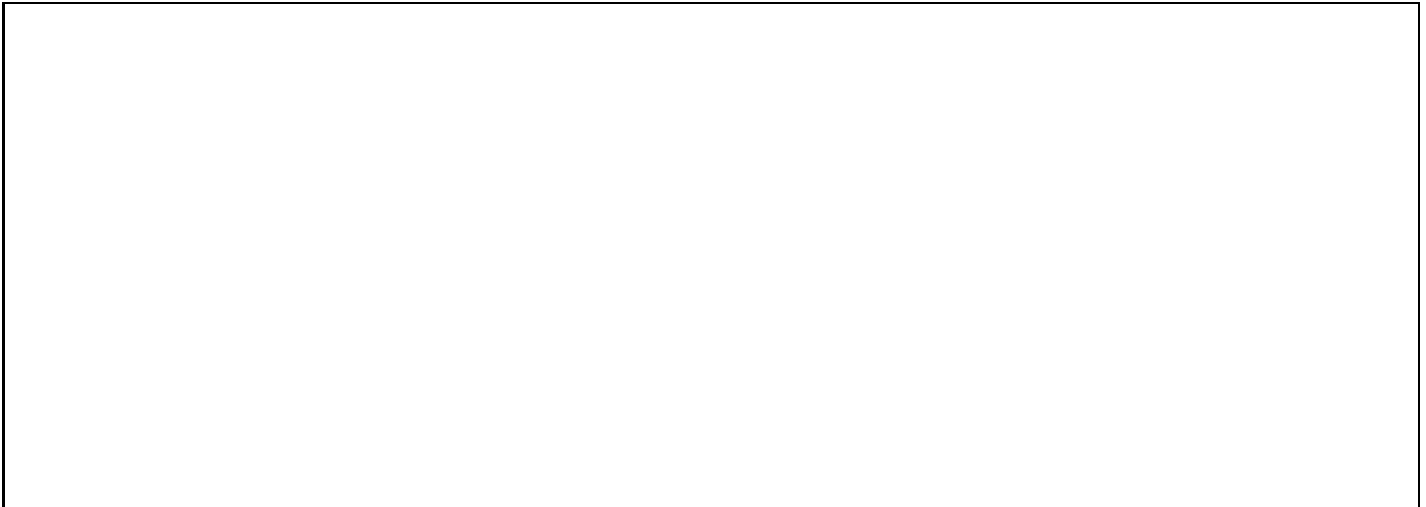
[https://www.google.cz/search?rlz=1C1EODB\\_enCZ656CZ656&espv=2&biw=1920&bih=911&tbn=isch&sa=1&q=ASSISTED+DYING&oq=ASSISTED+DYING&gs\\_l=img.3..0j0i30k114j0i5i30k113j0i24k112.5719015.5721880.0.5722510.14.13.0.1.1.0.203.1000.11j1j1.13.0....0...1c.1.64.img..0.14.1007...0i67k1j0i10i67k1.bLaHXI8MQkQ&dpr=1&cad=cbv&bvch=u&sei=2J\\_KV63jO8OTU9iIj\\_gL#imgrc=Ma\\_UKIJ0gfPhAM%3A](https://www.google.cz/search?rlz=1C1EODB_enCZ656CZ656&espv=2&biw=1920&bih=911&tbn=isch&sa=1&q=ASSISTED+DYING&oq=ASSISTED+DYING&gs_l=img.3..0j0i30k114j0i5i30k113j0i24k112.5719015.5721880.0.5722510.14.13.0.1.1.0.203.1000.11j1j1.13.0....0...1c.1.64.img..0.14.1007...0i67k1j0i10i67k1.bLaHXI8MQkQ&dpr=1&cad=cbv&bvch=u&sei=2J_KV63jO8OTU9iIj_gL#imgrc=Ma_UKIJ0gfPhAM%3A)

**TASK 5G LAW TO ALLOW ASSISTED DYING IN THE UK.** To prepare for the listening exercise, study the following vocabulary.

- 1 of sound mind
- 2 modelled on
- 3 disabled
- 4 backing
- 5 significant

rational, mentally healthy  
 following the example of  
 lacking some physical abilities  
 support  
 important

**RECORDING 2 TASK 5H LAW TO ALLOW ASSISTED DYING IN THE UK.** Listen to the recording, take notes in order to be able to present the content of the recording orally.



**TASK 5I VERBS.** Complete the gaps with the correct forms of the following verbs.

***ALLOW, CAUSE, END, GIVE, PUT***

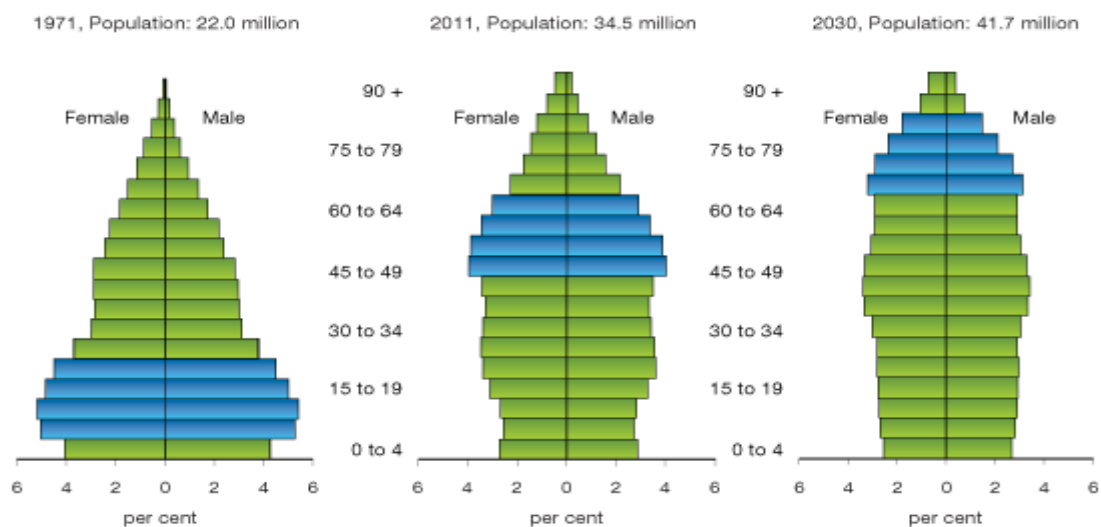
1-2 A law which would \_\_\_\_\_ assisted suicide is being discussed in Britain. This law \_\_\_\_\_ controversy.

3-4 This law would \_\_\_\_\_ you a right to \_\_\_\_\_ your life under certain circumstances.

5 Opponents say it will \_\_\_\_\_ vulnerable and disabled people at risk.

## **TASK 6 AGEING POPULATIONS**

**TASK 6A** Using the below picture, make a presentation about the "Historical and Future Expected Age and Sex Distribution in the Canadian Population".



Taken from: [http://www.cihr-irsc.gc.ca/e/documents/ihspr\\_strat\\_plan\\_2015-19-en.pdf](http://www.cihr-irsc.gc.ca/e/documents/ihspr_strat_plan_2015-19-en.pdf)



**TASK 6B** Before you listen to the recording, study the following vocabulary. To get the right definitions, match the numbers in the left column with the letters in the right column. Complete the middle column with the Czech translations of the English words or phrases.

English	Czech	Definition
1 ageing		A a serious illness affecting someone's brain and memory in which they gradually stop being able to think or behave in a normal way. Most forms of dementia usually affect only old people
2 phenomenon		B problem with the brain which can make someone unable to move a part of their body, a medical condition in which blood is suddenly blocked and cannot reach the brain, or in which a blood vessel in the brain breaks, often causing a loss of the ability to speak or to move particular muscles
3 burden		C a serious illness caused by a group of cells in the body increasing in an uncontrolled way. It is often treated by chemotherapy (=special drugs) or by radiotherapy
4 stroke		D a serious medical condition in which your body does not produce enough insulin to reduce the amount of sugar in the blood
5 cancer		E a difficult thing people have to deal with
6 diabetes		F a medical condition in which the force of blood in the veins is too high
7 dementia		G getting older
8 chronic		H serious and lasting for a long time, the opposite expression: <b>acute</b>
9 the global community		I an event or situation that can be seen to happen or exist, something unusual that happens
10 high blood pressure		J the group of countries which sees itself as connected, often helping each other economically and socially

Definitions adapted from: [http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2012/04/120405\\_witn\\_ageing\\_population.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2012/04/120405_witn_ageing_population.shtml)  
 Definitions adapted from: [www.macmillandictionary.com](http://www.macmillandictionary.com)

**RECORDING 3 TASK 6C** Based on the information in the recording say whether the following statements are true (T) or false (F) and justify your choice.

- 1 Health systems around the world are adequately equipped to deal with population ageing. T/F
- 2 Population ageing is fastest in high-income countries. T/F
- 3 People in the poorest countries suffer from chronic conditions rather than acute conditions. T/F

**TASK 7 AGEING POPULATION AND RETIREMENT AGE**

**TASK 7A DISCUSSION.** Discuss the message communicated by the below pictures.



Picture 1 taken from: <http://chieforganizer.org/2013/03/13/raising-retirement-age-is-the-poor-subsidizing-the-rich/raising-the-retirement-age/>  
 Picture 2 taken from: <http://www.usatoday.com/story/money/columnist/powell/2015/11/07/full-retirement-age-magic-number-social-security-benefits/74656796/>

**TASK 7B DISCUSSION.** To be able to participate in the following discussion, make sure you are familiar with the following words and phrases.

to pay enough social insurance contributions	to save up for your retirement	qualifying years
to raise / lower the retirement age	old age pensions sufficient to live on	to be eligible for old age pension

- 1 What is the age of retirement in your country? Is it different for men and women? Has it been raised or lowered recently?
- 2 Have you ever thought of this stage of your life? What are some of your thoughts?
- 3 Have you planned for your retirement or will you ever plan for it?
- 4 Do you think people have to get retired at a certain age or according to their ability?
- 5 Do you think retired people miss their jobs? How about you, will you?
- 6 What are some difficulties that retired people have?
- 8 Do you think that current state old-age pensions are sufficient to live on in the Czech Republic?
- 9 Do you think that old-age pensions will be sufficient in the Czech Republic when you retire?
- 10 What conditions do you need to fulfil in the Czech Republic to be eligible for the state old-age pension?

Questions 1-6 taken from <http://www.languageties.com/en/conversation-questions/topic/retirement>

**TASK 7C** Before you listen to the recording, study the following vocabulary. To get the right definitions, match the numbers in the left column with the letters in the right column. Complete the middle column with the Czech translations of the English words or phrases.

English	Czech	Definition
1 pensions		A where one generation (people born at about the same time as each other) has done something which leads to unfair treatment for another generation
2 retirement		B very frightened
3 OAP		C study of changes or trends in the number of births, deaths and diseases in a community
4 senior citizen		D money regularly paid to a person by a company or government after he or she is too old or too ill to continue working
5 terrified		E age at which a person usually stops working. In the UK it when you reach the age between 60 and 65
6 generational injustice		F American English phrase for old-age pensioner
7 demographics		G old-age pensioner, a person who has retired and collects his or her pension

Definitions adapted from: [http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2010/09/100916\\_6min\\_ageing\\_population\\_page.shtml](http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2010/09/100916_6min_ageing_population_page.shtml)

**RECORDING 4 TASK 7D** Listen to the recording and write a 50-70-word summary of it.

**TASK 7E VERBS.** Complete the gaps with the correct forms of the following verbs.

***BLAME, COLLECT, REACH, STAND FOR***

- 1 There are lots of terms for people who \_\_\_\_\_ retirement age.
- 2 OAP \_\_\_\_\_ an old-age pensioner.
- 3 It is wrong to \_\_\_\_\_ people for having been born in better times and having easier lives.
- 4 In the future people will simply have to work longer before they start \_\_\_\_\_ a pension.

**TASK 7F WORDFORMATION. Complete the gaps with words made from the words in brackets.**

- 1-2 You come across the phrase old-age pensioner less \_\_\_\_\_ as it is thought to be less \_\_\_\_\_ to older generations. (FREQUENT, RESPECT)
- 3 More and more people will spend longer in \_\_\_\_\_. (RETIRE)
- 4 She is not sure whether she will survive \_\_\_\_\_ when she stops working. (FINANCE)
- 5 Raising the retirement age is a very \_\_\_\_\_ issue in a number of countries. (CONTROVERSY)
- 6 These generations had a very \_\_\_\_\_ position. (ADVANTAGE)

**TASK 7G PREPOSITIONS. Complete the gaps with suitable prepositions.**

- 1-3 Some people are not saving \_\_\_\_\_ retirement and are therefore in danger \_\_\_\_\_ not having enough to live \_\_\_\_\_ when they are old and unable to work.
- 4 People who own property can earn money by renting it \_\_\_\_\_.
- 5 People really need to sort \_\_\_\_\_ their financial future.
- 6 Someone may say that some generations who lived easier lives are "guilty" \_\_\_\_\_ generational injustice.

## VOCABULARY

ageing	/ ' eɪ dʒ ɪ ŋ /	stárnutí
to arrest sb	/ ə ' rest /	zatknout
burden	/ ' bɜ : (r)d(ə)n /	břemeno
cancer	/ ' kænsə(r) /	rakovina
chronic	/ ' krɒ nɪ k /	chronický
to comfort sb	/ ' kʌ mfə(r)t /	utěšovat
comfort	/ ' kʌ mfə(r)t /	útěcha
deceased	/ dɪ ' si: st /	zesnulý
dementia	/ dɪ ' menʃ ə /	demence
demographics	/ , demə ' ɡ ræfɪ ks /	demografie
diabetes	/ , daɪ ə ' bi: ti: z /	diabetes
eligible for	/ ' elɪ dʒ əb(ə)l /	mající nárok na, způsobilý pro
hospice	/ ' hɒ spɪ s /	hospice
insurance	/ ɪ n ' ʃ ʊ ə rəns /	pojištění
multidisciplinary	/ mʌ lti ' dɪ sə , plɪ nəri /	multidisciplinární
nurse	/ nɜ : (r)s /	zdravotní sestra
palliative	/ ' pæliəti v /	paliativní
phenomenon	/ fə ' nɒ mi nən /	jev
physician	/ fɪ ' zi ʃ (ə)n /	lékař
relief	/ ri ' li: f /	úleva
to relieve	/ ri ' li: v /	ulevit
symptom	/ ' si mptəm /	symptom
euthanasia	/ , ju: θə ' nei ziə /	eutanázie
manslaughter	/ ' mæn , slə : tə(r) /	zabití (neúmyslné)
(to) murder	/ ' mɜ : (r)də(r) /	vražda, zavraždit
stroke	/ strəʊ k /	mrtvice
sufficient	/ sə ' fi ʃ (ə)nt /	dostatečný, dostačující
suicide	/ ' su: ɪ saɪ d /	sebevražda
voluntary	/ ' vɒ lənt(ə)ri /	dobrovolný
involuntary	/ ɪ n ' vɒ ləntəri /	nedobrovolný, mimovolní

## SELECTED PHRASES

high blood pressure	= vysoký krevní tlak
at the request of his daughter	= na žádost jeho dcery
to be guilty of	= být vinen
to be in great pain	= mít velké bolesti
to charge sb with murder	= obvinít někoho z vraždy
to come to terms with one's own mortality	= vyrovnat se s vlastní smrtelností
to commit a crime	= spáchat zločin
to commit suicide	= spáchat sebevraždu
to be entitled to finances	= mít nárok na finance
to fulfil a condition	= splnit podmínku
generational injustice	= mezigenerační nespravedlivost
to give a punishment	= udělit trest
to have/suffer a stroke	= utrpět mrtvici
to improve the quality of life for patients	= zlepšit kvalitu života pacientů
to inform the police	= informovat policii
to lower retirement age	= snížit věk odchodu do důchodu
to make the very best of a situation	= využít / zvládnout situaci co nejlepším způsobem
palliative care	= paliativní péče
patient valued the treatment	= pacient si cenil léčby
to pay enough social insurance contributions	= zaplatit/odvést dostatečnou částku na sociálním pojištění

physical stress	= fyzická zátěž, fyzický stres
qualifying years	= odpracovaná léta potřebná pro pobírání státního starobního důchodu
to raise retirement age	= zvýšit věk odchodu do důchodu
to reach retirement age	= dosáhnout věku odchodu do důchodu
to regain consciousness	= nabýt vědomí
to realize what has happened	= uvědomit si, co se stalo
severe irreversible brain damage	= těžké, nevratné poškození mozku
to suffer from an incurable disease	= trpět nevyléčitelnou nemocí
terminal diagnosis	= konečná diagnóza
to take advantage of sth	= využít něčeho

## TRANSCRIPT 1: PALLIATIVE CARE – ONE PATIENT'S STORY

- Specialist: Palliative care is the care of patients, their friends, their families who are living with an incurable diagnosis, and our aim, really, is to improve the quality of life for those patients and those who care for them. People die of all kinds of illnesses and most palliative care teams are very open to care for people with any incurable disease, so we're interested in how, physically, a patient might feel, and I guess that's the issues around pain and those problems. And we're interested in those emotional symptoms, the fear, the anxiety.
- Husband: Davine was really struggling and you could tell that something wasn't right, and sure enough, upon further investigation, she had secondary liver cancer diagnosed, so we were given a terminal diagnosis. That was when we were first introduced to Sue Ryder Care. It was as if a weight was lifted off Davine's shoulders. She immediately felt that this was somewhere she needed to be because such a huge weight had been placed upon her coming to terms with her own mortality and this was, I think, where she felt she could address it and deal with it.
- Specialist: Those questions like "Who will look after me if I become unwell at home?" Or maybe "What finances am I entitled to?" And the last part of care which we're involved in is what we might call spiritual care. So helping patients to find, if possible, some kind of meaning from their situation.
- Husband: I think here she was able to think about lots of things, her own mortality, write lots of things, she wrote in a journal, she wrote letters to family. She came up with ideas as to how she wanted to be remembered.
- Son: Yeah, she made us these special boxes at Easter and they had different stuff in, photos. She was always like that, she was quite into making little arts and crafts. And I think she knew it was terminal and she just wanted to give us something to remember her by.
- Daughter: We've got pictures of us with her on them. We just store them up on a shelf and every now and then we just get them down, look at all different things that we've put in there to remember her by, like photos and things she's given us, and I think that helps a lot as well.
- Specialist: You recognise that all of us at some point are going to die, but even if you have a terminal diagnosis you're still very much living, and so what we would want to do is improve patients' quality of life.
- Husband: Sue Ryder Care enabled such a positive quality of life that we were able to take advantage of family trips away, family holidays, going away to Scotland, taking advantage of all of the recreational opportunities that a family could want in a summer.
- Specialist: Part of our role is to support the patient and the families around about what care they want at the end of life and what choices they may want to make, and that might be around where they want to die.
- Husband: I arrived five minutes after she had died, but it's never been a problem for me because I knew of how much she valued the treatment, the care from all of the nursing staff. I know that one of the nurses was holding her hand at the time. She was holding someone who was caring for her, was doing exactly what she would want.
- Specialist: Palliative care is also very aware of the enormous pain and distress of grief and so most teams would want to support relatives and friends of patients after the patient has died.
- Husband: After Davine died we received a monthly call from the Sue Ryder Care support team. I would always wonder, "What am I going to talk about?" and then 40, 45 minutes later be saying goodbye and perhaps looking forward to our next conversation in a month's time.
- Specialist: One of the ways we work is to say to patients and carers, but also to other health professionals, "We're here, we're friendly. Come and speak to us."
- Son: You go to places like hospitals or you talk about it at school and it's more... it's the illness you're talking about and the symptoms, whereas here it's coping with it and support and stuff.
- Daughter: People are friendly and the atmosphere's nice and everything. It's just a nice warming place to be.

Husband: I think it was a good way to go and making the very best of a bad situation. I think physically, emotionally and spiritually she was ready and in hindsight it made it a lot more bearable.

Taken from: <https://www.youtube.com/watch?v=BuF5qxIDa3c>

## TRANSCRIPT 2: ASSISTED DYING DEBATE

*A law which would allow assisted suicide is being discussed in Britain. The proposal is based on laws already in place in the US states of Oregon and Washington. It has caused controversy. The BBC's Fergus Walsh reports:*

The Assisted Dying Bill would allow adults **of sound mind** with six months to live the right to end their lives at a time of their choosing.

It would be a profound step for society **modelled on** the law in Oregon. If experience there is a guide, it could lead to around 1,000 people a year in England and Wales choosing an assisted death.

Opponents argue it would put the **frail**, vulnerable and **disabled** at risk. Whilst it's unlikely to get sufficient **backing** or parliamentary time to become law, simply passing its second reading today would be **significant** – the first time such a bill would have done so.

Taken from: BBC learning English, Words in the News, 18 July, 2014

Taken from: [http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2014/07/140718\\_witn\\_suicide.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2014/07/140718_witn_suicide.shtml)

## TRANSCRIPT 3: AGEING POPULATIONS

*The World Health Organisation has given a warning that health systems around the world are not adequately equipped to deal with population ageing where it is now happening fastest: in less well-off countries. The WHO says there is a rising burden of heart disease, stroke and similar problems among older people even in very poor countries. The BBC's Mike Wooldridge reports.*

While Europe and Japan were among the first places to see their population **ageing**, the **phenomenon** is now occurring fastest in low and middle-income nations and WHO says the most dramatic changes are taking place in countries such as Cuba, Iran and Mongolia.

This means that where in the past infections were considered the greatest challenge, now even in the poorest countries the biggest health **burdens** for older people come from conditions such as heart disease, **stroke, cancer, diabetes, dementia** and sight and hearing loss.

W.H.O. says present health systems are poorly designed for the **chronic** care needs arising from this pattern of disease. The campaigning organisation HelpAge International welcomed the new focus on the impact of ageing but said **the global community** was still worryingly slow to act.

HelpAge cited Ghana where it said nearly sixty per cent of older people suffer from **high blood pressure** often leading to strokes and heart attacks but only five per cent are able to control it through medication.

Taken from: BBC learning English, Words in the New, Ageing populations, (5 April, 2012)

Taken from: [http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2012/04/120405\\_witn\\_ageing\\_population.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2012/04/120405_witn_ageing_population.shtml)

## TRANSCRIPT 4: AGEING POPULATIONS AND RETIREMENT AGE

Alice: Hello! I'm Alice and this is 6 Minute English. I'm joined today by Abdu. Hi Abdu.

Abdu: Hi Alice.

Alice: Today we're talking about ageing populations, pensions and retirement. I'm going to start by asking you Abdu – what age do you expect to retire? Abdu: I'm planning to retire around 65 to 70.

Alice: And do you have a pension?

Abdu: Unfortunately not.

Alice: I've also got a third question – according to the United Nations in 1950, 8% of the world's population was over 60 years old. Currently 11% of the world's population is over 60. Any guesses what percentage will be over 60 in 2050?

Abdu: I'm not sure – it looks like it's going up? I would guess 15%.

Alice: Have a think about it and I'll let you know at the end of the programme. There are lots of terms for people who have reached retirement age. Official terms in British English are 'OAP – which stands for old aged pensioner' and in American English 'Senior Citizen' or 'Senior'.

Abdu: You hear the term OAP less frequently these days in the UK. It doesn't sound as respectful perhaps as 'Senior Citizen'.

Alice: In many countries, economists and politicians are talking about the impact of an ageing population. In many countries around the world people are living longer and will spend more time in retirement. Experts are worried about how we will pay for the health and services for an increasing number of people in retirement.

Abdu: Some people save money in pension plans or retirement funds as they're called in the United States. What's interesting is how many people don't have pensions despite the warnings given by governments about saving for retirement. According to a BBC survey, only 2 out of every 10 people around the world have a pension.

Alice: We asked people if they were scared about getting old and not having enough money to live on. Here's what they said:

*Extract 1: Goodness there's a question – I currently have a pension in my job so I'm not too worried that way and I'm also hoping to save for my retirement and for later years by owning property and renting that out and selling it on when I need more income. I'm not fussed about getting old – we all have to get older sometime, you know, so I'm not scared about it. Life is life and that's the way life should be. I'm not scared about getting older or being unemployed, at all. Not very scared – I'm more scared about getting older than being unemployed. Terrified. Absolutely terrified – I don't know what's going to happen in the future. I'm really worried and I really need to sort that out.*

Alice: Some people have other plans for how they will survive financially when they retire. One man said he was hoping to save for retirement by owning property and renting it out or selling it when he needs more income.

Abdu: And one man said he was terrified – very very frightened about what's going to happen in the future because he hasn't thought about planning for retirement

Alice: In some countries the age of retirement is being increased so that people will work longer before they collect their pensions. This is very controversial in some societies.

Abdu: In France people went on strike to complain about proposals to increase the retirement age from 60 to 62 Alice: And in the UK, some people in their 20s and 30s are annoyed that they may have to work longer than people in previous generations – especially those born in the 1940s and 50s who are sometimes called the baby boomer generation.

Abdu: The baby boomers – people born between the years of 1945 and 1964 after the Second World War, when there was a large increase in the number of children born.

Alice: Here's Rosamund Irwin, a 26-year-old journalist, talking to her father Nigel, a 60-year-old lawyer. She thinks life is going to be very difficult.

*Extract 2: Well, I think the baby boomers are guilty of great generational injustice. What they've done to the future is they have had the very advantageous position of having access to very generous pensions. They've had cheap housing when they came out of university and they didn't pay to go to university. This problem that arises is because of changes in demographics, and the expectation that we'll all live longer and I think that the next generation has every prospect of living longer, than we baby boomer generation. And so if they want to complain that they've got to work longer to earn those pensions it's because they will live longer overall.*

Alice: So Rosamund Irwin says it's unfair that her generation will have to work longer than her parents did. She says there is generational injustice.

Abdu: She says her parent's generation started from an advantageous position.

Alice: They have generous pensions and had cheap housing compared to today. But her father says his generation shouldn't be blamed. He thinks the problem arises because of changes in demographics. In this case, that's the spread of ages across the population, the fact that there are more older people than there were before.

Abdu: But he says that younger people have every prospect of living longer.

Alice: I think he means that the younger generation should be grateful that they will live longer than people have ever done before – but they will have to pay for it. So have you had a thought about our question at the beginning of the programme Abdu? What percentage of the world's population will be over the age of 60 in 2050?

Abdu: I'm sticking with my original answer – 15%.

Alice: Actually, it's a bit higher. By the middle of this century, the United Nations estimates that 22% of people will be over the age of 60. Well that's all we've got time for today. Thanks for joining us and see you next time.

Alice/Abdu: Bye!

Taken from: [http://downloads.bbc.co.uk/worldservice/learningenglish/6minute/100916\\_6min\\_ageing\\_population.pdf](http://downloads.bbc.co.uk/worldservice/learningenglish/6minute/100916_6min_ageing_population.pdf)