

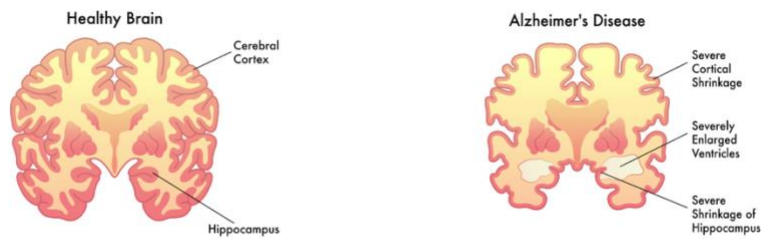


# Dementia

EXAMPLE

# Dementia

Reading, writing, listening & speaking lessons



[www.academic-englishuk.com/dementia](http://www.academic-englishuk.com/dementia)

# Lesson PDF Book



## Dementia

EXAMPLE

Reading Test

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# Student

**Time:** *Approximately 1 hour*

## Two types of lesson

**Lesson#1:** [Easy] \*\*\*\*\* [B2/C1]

1. Predict the content of the text by reading the title. Write down the key terms & ideas.
2. Read the text. Check the unknown words with a dictionary.
3. Answer the comprehension questions.
4. Check your answers with the provided key (pass mark is 70%).

**Lesson #2:** [Hard] \*\*\*\*\* [C1]

1. Read the text without looking up any words.
2. Answer the comprehension questions.
3. Check your answers with the provided key (pass mark is 70%).

# Teacher

## Two types of lesson

**Lesson#1:** [easy] \*\*\*\*\* [B2/C1]

1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the \*summary (add 30 minutes to the test).

**Lesson #2:** [hard] \*\*\*\*\* [C1]

1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions**.
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the \*summary (add 30 minutes to the test).

\*Summary writing: [www.academic-englishuk.com/summary](http://www.academic-englishuk.com/summary)

## Dementia (Text 1) EXAMPLE

By C. Wilson (2023)

Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease such as Cholinesterase Inhibitors (donepezil, [redacted]

and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

Overall, dementia is a not a single disease; it is [redacted], frontotemporal, and mixed dementia) with an extensive range of symptoms. It is widely believed that that [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

## References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] [www.alzheimers.org.uk](https://www.alzheimers.org.uk/about-dementia/types-dementia/). Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia - [redacted]* <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

## Dementia (Text 2) EXAMPLE

By C. Wilson (2023)

1. Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

2. Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

3. There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

4. The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease such as Cholinesterase Inhibitors (donepezil, [redacted]

and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

5. There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

6. Overall, dementia is a not a single disease; it is [redacted], frontotemporal, and mixed dementia) with an extensive range of symptoms. It is widely believed that that [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

## References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] [www.alzheimers.org.uk](https://www.alzheimers.org.uk/about-dementia/types-dementia/). Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia* - [redacted] <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

## Comprehension Questions **EXAMPLE**

**1. Headings:** Choose a subheading for each paragraph. One title is not needed.

1	<i>D</i>	A	Variants of dementia
2		B	[REDACTED]
3		C	Preventative measures
4		D	<del>Extended definition of dementia</del>
5		E	Epidemiology
6		F	[REDACTED]
		G	Aetiology

\_\_\_ / 5

**2. True / False / Not Given:** One question per paragraph.

		T / F / NG
<b>Paragraph 1</b>		
i.	The treatment of dementia is [REDACTED] of different symptoms.	
<b>Paragraph 2</b>		
ii.	Alzheimer's is [REDACTED] of dementia.	
<b>Paragraph 3</b>		
iii.	Having more [REDACTED] is quite common.	
<b>Paragraph 4</b>		
iv.	The main cause of dementia [REDACTED] to be genetics.	
<b>Paragraph 5</b>		
v.	Most dementia [REDACTED] (MRI, CT and PET).	
<b>Paragraph 6</b>		
vi.	Mental decline [REDACTED] process.	

\_\_\_ / 6

**3. Reference Words:** What do these words connect to? (underlined in the text).

Paragraph	Word	Connection
1	It	<i>Dementia</i>
2	Their	
3	[REDACTED]	
4	It	
5	[REDACTED]	
6	This	

\_\_\_ / 5

**4. Open Answer Questions:** One question per paragraph.

<b>Paragraph 1</b>			
i.	Use four words or phrases from paragraph one to define dementia.		
	1. <i>neurodegenerative disorder</i>	2.	3.
			4.



<b>Paragraph 2</b>	
ii.	How serious is [redacted] 65? Why?
<b>Paragraph 3</b>	
iii.	What is the common [redacted] types of dementia?
<b>Paragraph 4</b>	
iv.	[redacted] (age-related changes in the brain, along with genetic, environmental, and lifestyle factors) which [redacted] important? Why?
<b>Paragraph 5</b>	
v.	What is the [redacted] MRI and PET scan?
<b>Paragraph 6</b>	
vi.	What will happen [redacted] to dementia?

\_\_\_ / 8

**5. Types of dementia:** Match the dementia type with the cause.

	Source		Point
i.	[redacted]	a.	The brain's blood supply is blocked or damaged, [redacted] and die.
ii.	Vascular dementia	b.	Primarily [redacted] with personality and behaviour.
iii.	[redacted]	c.	An [redacted] cerebral cortex which prevents communication with brain [redacted]
iv.	Frontotemporal dementia	d.	Abnormal deposits [redacted] the brain's nerve cells.

i.		ii.		iii.		iv.	
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\_\_\_ / 4

**6. Key language:** Search for the word or phrase in the paragraph that means:

Paragraph	Explanation	Word
1	A state of anxiety or nervous excitement.	
1	Happening [redacted] stages.	
2	Identify [redacted] of the symptoms.	
2	Be [redacted] (a quantity, or number).	
3	A serious [redacted] happens when the blood supply to part of the brain is cut off.	

3	An experience involving the apparent perception of something not present.	
3	The [redacted] death.	
4	The [redacted] from a parent to their child through the genes.	
4	A diet that focuses around foods derived from plant sources.	
5	A doctor [redacted] for people who live in a particular area.	
5	A [redacted] process of becoming smaller.	
6	Showing poor [redacted] old age.	

\_\_\_ / 12

**7. Stance:** What does the write think [redacted]? And what does he think should happen?

i) Key problem	
ii) [redacted] ?	

\_\_\_ / 2

**Overall Total:** \_\_\_ / 42

## Comprehension Questions **ANSWERS**

**1. Headings:** Choose a subheading for each paragraph. One title is not needed.

1	<i>D</i>	<b>A</b>	Variants of dementia
2	<i>E</i>	<b>B</b>	Diagnosis
3	<i>A</i>	<b>C</b>	Preventative measures

**ALL ANSWERS INCLUDED IN PAID VERSION...**



## Dementia

EXAMPLE

Reading to Writing Summary

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# Student

## Two types of lesson

### Lesson#1: [Medium] \*\*\*\* [B2/C1]

1. Predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points and supporting details and complete the **outline**.
4. Write a one-paragraph summary of 200-250 words.
5. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
6. Answer the critical thinking questions & check possible answers.

### Lesson #2: [Challenging] \*\*\*\* [C1]

1. Read the text – no dictionary.
2. Identify the key points and supporting details and complete the **outline**.
3. Write a one-paragraph summary of 200-250 words.
4. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
5. Answer the critical thinking questions & check possible answers.

# Teacher

## Two types of lesson

### Lesson#1: [Medium] \*\*\*\* [B2/C1]

1. Distribute the text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day: distribute a **new copy of text** and the **summary question**.
3. Set 1 hour to read the text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback<sup>1</sup>: take in and mark [[use our correction code\\*](#)].
5. Feedback<sup>2</sup>: distribute **completed outline** & **model answer**. Students compare with their own work.
6. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
7. Extra: critical thinking questions / group discussion (30 minutes).

### Lesson #2: [Challenging] \*\*\*\* [C1]

1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback<sup>1</sup>: take in and mark [[use our correction code\\*](#)].
4. Feedback<sup>2</sup>: distribute **completed outline** & **model answer**. Students compare with their own work.
5. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
6. Extra: critical thinking questions / group discussion (30 minutes).

Correction code\*: [www.academic-englishuk/error-correction](http://www.academic-englishuk/error-correction)

## Dementia EXAMPLE

By C. Wilson (2023)

1. Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

2. Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

3. There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

4. The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease such as Cholinesterase Inhibitors (donepezil, [redacted]

and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

5. There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

6. Overall, dementia is a not a single disease; it is [redacted], frontotemporal, and mixed dementia) with an extensive range of symptoms. It is widely believed that that [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

## References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] [www.alzheimers.org.uk](https://www.alzheimers.org.uk/about-dementia/types-dementia/). Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia* - [redacted] <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

## Summary: Key Points

Take notes on the key points of the text.

1. Main idea:
Support:
2. Main idea:
Support:
3. Main idea:
Support:
4. Main idea:
Support:
5. Main idea:
Support:
6. Main idea:
Support:



### Summary: Key Points

Take notes on the key points of the text.

<p>1. Main idea:</p> <ul style="list-style-type: none"> <li>• Dementia (Dem.) = functions ( thinking, behaviour) / nerve cells / the elderly.</li> <li>• / &gt;</li> <li>• Symptoms (s/sx) like = difficult (NIH, 2021).</li> </ul>
<p>2. Main idea: Epidemiology</p> <ul style="list-style-type: none"> <li>• UK = (Alzheimer's Soc, 2022).</li> <li>• World = 50 min (Alzheimer's Assoc, 2020).</li> <li>• Over 65 (NHS, 2021).</li> </ul>
<p>3. Main idea: 4 types of dementia</p> <ol style="list-style-type: none"> <li>1. Alzheimer's = / cerebral = (Alzheimer's Soc, 2022) = INTFC protein deposits with the communication between brain , 2023). S/sx =</li> <li>2. = INTRPT (protein axons) white matter brain (NIH, 2021). Major strokes. S/sx. = planning, decisions</li> <li>3. Lewy Affect brain. S/sx = thinking, movement, behav, mood (NIH, 2021) + visual hallucinations /</li> <li>4. mporal = i- frontal + temporal lobes (Mayo Clinic, 2021). S/sx = beh, pers, think, judge, move. <ul style="list-style-type: none"> <li>• Autopsy = more common!</li> </ul> </li> </ol>
<p>4. Main idea: Aetiology</p> <ul style="list-style-type: none"> <li>• UndRst. age / gene / envir/ lifestyle (Alzheimer's Assoc, 2020).</li> <li>• Multiple genes (NIH, 2023).</li> <li>• NOT</li> <li>• Mild cognitive impairment (MCI) = &amp; galantamine) / Memantine / Aducanumab / Lecanemab (Mayo Clinic, 2021).</li> <li>• Prevention = reduction of alcohol intake, regular</li> </ul>
<p>5. Main idea: Diagnosis</p> <ul style="list-style-type: none"> <li>• NO 1 test. Cognition (GPCOG) (Alzheimer's Soc, 2022).</li> <li>• MRI scan = diagnosis + type. = blood vessel (vas) (Alzheimer's disease) (NHS, 2023).</li> <li>• PET scan = amyloid or tau protein (Alzheimer's disease).</li> <li>• (Mayo Clinic, 2021).</li> </ul>
<p>6. Main idea: Awareness raising</p> <ul style="list-style-type: none"> <li>• Not a single disease = medical conditions + EXTSV symptoms.</li> <li>• (Alzheimer's Assoc. 2021).</li> <li>• Urgent need = awareness causes + imp of lifestyle.</li> <li>• &gt; (NHS, 2023).</li> </ul>

## Summary

**Task:** Write a 200-250 word summary on the key features of the text.

Word Count: \_\_\_\_\_

## Sample Summary: Dementia

Dementia is a widespread neurodegenerative disorder [redacted] [redacted] damage neuropathways which prevent communication [redacted] leading to [redacted] [redacted] dementia types which [redacted] by protein aggregations or the [redacted], is the accumulation of [redacted] and tau tangles within the [redacted] (Alzheimer's Soc, 2022); vascular dementia is the [redacted] the [redacted] dementia affects the chemicals in the brain through deposits of the [redacted] (NIH, 2021); [redacted] [redacted] the frontal and temporal lobes (Mayo Clinic, 2021). The Aetiology of dementia is not [redacted] on a [redacted], environment and lifestyle aspects (Alzheimer's Assoc, 2020). Diagnosis is generally through [redacted] the type [redacted] to treatment, there are a range of medicines available to decrease the decline for mild [redacted] [redacted] does not [redacted] ageing population and [redacted] campaigns are necessary.

Word count: 249

### **Critical Thinking Questions**

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Are the sources used credible? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay on: *To what extent is dementia a serious problem for society.*

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence.

[2 points]

### **Critical Thinking Questions ANSWERS**

i) What's the stance of the author? What is the evidence for this?

*Final paragraph*

- *The writer believes that most people think dementia is normal ageing.*
- *He calls for more awareness about the disorder and a better focus on lifestyle choices.*

**ALL ANSWERS ARE INCLUDED IN PAID VERSION...**

[2 points – ANY OF THESE POINTS]



## TED TALK Listening Test 1

**EXAMPLE**

**Alzheimer's is not normal aging – and we can cure it.**

Samuel Cohen (2015)

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## Alzheimer's is not normal aging – and we can cure it **EXAMPLE**

[listening test questions]

**Author:** Samuel Cohen

**Date:** 2015

**Time:** 7.44

**Level:** \*\*\*\* [B2/C1]

**Video:** [https://www.ted.com/talks/samuel\\_cohen\\_alzheimer\\_s\\_is\\_not\\_normal\\_aging\\_and\\_we\\_can\\_cure\\_it](https://www.ted.com/talks/samuel_cohen_alzheimer_s_is_not_normal_aging_and_we_can_cure_it)

Check these words and phrases before listening:

### Key vocabulary

1. Medical asylum.
2. [REDACTED].
3. To pass away.
4. [REDACTED].
5. Plaque.
6. [REDACTED].
7. Alzheimer's disease.
8. To be diagnosed.
9. [REDACTED].
10. Antiretrovirals.
11. [REDACTED].
12. The golden years.
13. [REDACTED].
14. Baby boomers.
15. To cure a disease.
16. [REDACTED].
17. Fatal.
18. [REDACTED].
19. Origami.
20. [REDACTED].
21. Worms.
22. [REDACTED].
23. To raise awareness.

# Teacher

## LISTENING TEST QUESTIONS

**Aim:** to develop the students' ability to listen to a short lecture, to take notes and then use those notes to answer a range of test-type questions.

**Lesson Time:** Approximately 1:00-2:00 hours

### Lead in

- Ask Students to read the 'title' & predict the content of the lecture.
- Ask students to write down key terms & language from the discussion.
- Feed in / check key vocabulary.

### Differentiation

#### **Lesson#1:** [Challenging]

1. Students listen once & take notes.
2. Give 5 minutes to tidy notes.
3. Students listen again & add to notes (use a different colour pen).
4. Distribute questions: Set 20-25 minutes to answer.
5. Feedback: Distribute or project answers.

#### **Lesson #2:** [Medium]

1. Students listen once & take notes.
2. Distribute questions: Set 15 minutes for students to answer the questions from their notes.
3. Listen again. Students answer the missed questions as they listen.
4. Give an extra 10 minutes to consolidate answers.
5. Feedback: Distribute or project answers.

#### **Lesson #3:** [Easier]

1. Distribute questions. Students have 10 minutes to look at the questions.
2. Students listen & answer the questions.
3. Give 5 minutes to tidy their answers.
4. Students listen again to check answers & answer the missed questions.
5. Give 5-10 minutes to tidy their answers.
6. Feedback: Distribute or project answers.

### Follow up activity options

1. Students write a reflective paragraph on their ability to take notes and answer the questions.
2. Students write an evaluative paragraph on the strengths and weaknesses of the ideas put forward by the speaker.
3. Students write a summary and response. This is a one paragraph summary of the talk and a one paragraph reflection or evaluation.

Video: [https://www.ted.com/talks/samuel\\_cohen\\_alzheimer\\_s\\_is\\_not\\_normal\\_aging\\_and\\_we\\_can\\_cure\\_it](https://www.ted.com/talks/samuel_cohen_alzheimer_s_is_not_normal_aging_and_we_can_cure_it)



## Alzheimer's is not normal aging – and we can cure it **EXAMPLE**

### 1. Background

1. 1.1 What TWO symptoms did [redacted] at the medical asylum?

i.	
ii.	

\_\_\_/2

### 2. Medical progress

2.1. Which of the following medical [redacted] ?

	Progress	√	x
i.	Many [redacted] cancer.		
ii.	Statins for heart disease.		
iii.	New [redacted]		
iv.	Vaccines for infections.		

\_\_\_/4

### 3. Facts and figures

3.1. Select one answer per question only.

i. How long has the speaker been working on finding a cure for Alzheimer's disease?

- a) [redacted]
- b) Over ten years.
- c) [redacted]
- d) Over two decades.

ii. How many people are [redacted] ?

- a) 4 million.
- b) [redacted]
- c) 24 million.
- d) [redacted]

iii. How many people will be [redacted] ?

- a) [redacted]
- b) 115 million.
- c) [redacted]
- d) 150 million.

iv. What are the [redacted] you live to 85 years old or older?

- a) One in two.
- b) [redacted]
- c) One in four.
- d) [redacted]

v. How much does Alzheimer's cost [redacted] year?

- a) [redacted]
- b) 150 billion dollars.
- c) [redacted]
- d) 250 billion dollars.

\_\_\_/5

**4. Medical and social challenges of our generation**

4.1. Are the following questions true or false?

		T/F
i.	Alzheimer's is the [redacted] prevent.	
ii.	The [redacted] more on Alzheimer's research than cancer.	
iii.	Alzheimer's [redacted] cancer.	
iv.	For the last 114 years, [redacted] for aging.	
v.	Alzheimer's [redacted] expectancy.	

\_\_\_ / 5

**5. The science**

5.1. Complete the gaps with the words in the box to show what happens in the brain when a person has Alzheimer's.

[redacted] tangles [redacted] plaques [redacted]

Protein \_\_\_\_\_ [redacted] form \_\_\_\_\_ that eventually become [redacted] and \_\_\_\_\_.

\_\_\_ / 4

5.2. What is the analogy the speaker [redacted] trying to find a cure for this disease.

[redacted]

\_\_\_ / 2

**6. The latest results**

6.1. What [redacted] indicate?

[redacted]

\_\_\_ / 1

**7. Conclusion**

7.1. What [redacted] listener?

[redacted]

\_\_\_ / 2

**Total Score \_\_\_ / 25**

## Alzheimer's is not normal aging – and we can cure it **ANSWERS**

### 1. Background

1.1 What TWO symptoms did Auguste display at the medical asylum?

i.	<i>She was delusional.</i>
ii.	<i>She couldn't remember the basic details of her life.</i>

\_\_\_ /2

### 2. Medical progress

**ALL ANSWERS INCLUDED IN PAID VERSION...**



## TED TALK Listening Test 2

The 'dementia village' that's redefining elder care

Yvonne van Amerongen (2018)

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## The 'dementia village' that's redefining elder care

### EXAMPLE

[listening test questions]

**Author:** Yvonne van Amerongen

**Date:** 2018

**Time:** 10.21

**Level:** \*\*\*\* [B2/C1]

**Video:**

[https://www.ted.com/talks/yvonne\\_van\\_amerongen\\_the\\_dementia\\_village\\_that\\_s\\_redefining\\_elder\\_care](https://www.ted.com/talks/yvonne_van_amerongen_the_dementia_village_that_s_redefining_elder_care)

Check these words and phrases before listening:

### Key vocabulary

1. Amsterdam.
2. Dutch (the language).
3. [REDACTED]
4. Confusion/confused/confusing.
5. [REDACTED]
6. A nursing home.
7. [REDACTED]
8. A resident.
9. Daily rhythm.
10. [REDACTED]
11. Lifestyle.
12. [REDACTED]
13. To be courteous.
14. A passerby (also spelt passer-by).
15. [REDACTED]
16. Gesture.
17. [REDACTED]
18. Volunteers.
19. [REDACTED]
20. Facilities.

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# Teacher

## LISTENING TEST QUESTIONS

**Aim:** to develop the students' ability to listen to a short lecture, to take notes and then use those notes to answer a range of test-type questions.

**Lesson Time:** Approximately 1:00-2:00 hours

### Lead in

- Ask Students to read the 'title' & predict the content of the lecture.
- Ask students to write down key terms & language from the discussion.
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#### **Lesson#1:** [Challenging]

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#### **Lesson #2:** [Medium]

1. Students listen once & take notes.
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### Follow up activity options

1. Students write a reflective paragraph on their ability to take notes and answer the questions.
2. Students write an evaluative paragraph on the strengths and weaknesses of the ideas put forward by the speaker.
3. Students write a summary and response. This is a one paragraph summary of the talk and a one paragraph reflection or evaluation.

Video:

[https://www.ted.com/talks/yvonne\\_van\\_amerongen\\_the\\_dementia\\_village\\_that\\_s\\_redefining\\_elder\\_care](https://www.ted.com/talks/yvonne_van_amerongen_the_dementia_village_that_s_redefining_elder_care)

## The 'dementia village' that's redefining elder care **EXAMPLE**

### 1. Background

1.1 What \_\_\_\_\_ does the Hogewek have?

i.		ii.		iii.	
iv.		v.			

\_\_\_/5

### 2. The problem with dementia

2.1. Who is \_\_\_\_\_ for?

i.		ii.		iii.	
----	--	-----	--	------	--

\_\_\_/3

2.2. Who is more \_\_\_\_\_ and why?

	Who		Why
i.		ii.	

\_\_\_/2

2.3. Complete the gaps in the paragraph on the characteristics of dementia.

\_\_\_\_\_ *aggressive* \_\_\_\_\_ *disease* \_\_\_\_\_

Dementia is a \_\_\_\_\_ that \_\_\_\_\_ . People \_\_\_\_\_ and \_\_\_\_\_ , they get \_\_\_\_\_ , depressed, \_\_\_\_\_ .

\_\_\_/5

### 3. How it all started

3.1. Are the following questions true or false?

		T/F
i.	The speaker was a _____ in 1982.	
ii.	The speaker _____ nursing home.	
iii.	The dementia _____ their environment.	
iv.	The dementia _____ house.	
v.	The speaker thought _____ groups of 15, 20 or 30.	

\_\_\_/5

### 4. Lifestyle groups

4.1. Select one answer per question only.

i. How many \_\_\_\_\_ form?

a) 6

b) \_\_\_\_\_

c) 8

d) \_\_\_\_\_

ii. What are the characteristics [redacted] group?

- a) Rock music and Dutch cuisine.
- b) [redacted]
- c) Classical music and Dutch cuisine.
- d) [redacted]

iii. What are the characteristics of [redacted] group?

- a) [redacted]
- b) They get up early and go to bed late.
- c) [redacted]
- d) They get up late and go to bed late.

iv. What are the characteristics [redacted] group?

- a) Travelling, science and technology.
- b) [redacted]
- c) Farming, science and technology.
- d) [redacted]

\_\_\_/4

**5. More to life**

5.1. Name five things that are [redacted] do.

*e.g. go the pub,*

\_\_\_/5

5.2. Why is a social [redacted] speaker?

\_\_\_/2

**6. The Hogeweyk**

6.1. Complete the table with the missing information.

i.	The Hogeweyk [redacted] with dementia...	
ii.		... [redacted] dementia.

\_\_\_/2

**7. Conclusion**

7.1. Which is the best conclusion? Tick ✓ the most appropriate one.

i.	This can work anywhere. [redacted] differently.	
ii.	This can work anywhere. It's [redacted] about having enough money.	

\_\_\_/1

**8. Financial**

8.1. How is Hogeweyk [redacted] ?

\_\_\_/1

**Total Score \_\_\_ / 34**



## The dementia village that's redefining elder care **ANSWERS**

### 1. Background

1.1 What FIVE facilities does the Hogewek have?

i.	<i>A small mall with a restaurant.</i>	ii.	<i>A supermarket.</i>	iii.	<i>A theatre.</i>
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**ALL ANSWERS ARE INCLUDED IN PAID VERSION...**



## Dementia

### Speaking: Seminar

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## Seminars

### 1. An overview of how a seminar works

- Students work together in groups of 4-6.
- Teachers provide a set of questions.
- Students discuss for 25-30 minutes (approx 5 mins per person).
- Students summarise the key points in the last 5 mins.
- Students CAN refer to their texts and notes.
- Teachers monitor and give feedback at the end.

### 2. Pre-seminar task

- Students:
  - i. Take notes on the reading text and lecture.
  - ii. Predict question types and practice formulating answers.
  - iii. Work with a partner to practice asking and answering questions about the texts.
- ◆ **Differentiation (low levels): distribute questions for students to prepare in advance.**

### 3. The seminar

- The group are called into a room and they sit around a table.
- The questions are given out and students have 2 minutes to read and prepare by taking notes.
- The seminar begins with an opening statement – *we're here today to discuss...*
- The students then begin to discuss the first question.
- Each student should make a contribution by referring to their notes / texts.
- The seminar should flow with students adding to what was previously said.
- Once everyone agrees the question has been addressed in full, then they move onto the next question.
- **Important:** not all the questions have to be answered but they should be discussed in order.
- Once the students begin to approach 25 minutes, they should bring it to an end by each one summarising a main point raised.

### 4. Points to remember

- It should be a flowing conversation with everyone involved and contributing.
- The teacher / tutor should not intervene if it goes quiet but let the students manage the discussion.
- Students have to show confidence and demonstrate thorough awareness of the texts.
- Dominant students are penalised for not sharing and including others.
- Students should be penalised for just reading notes.
- Key debate phrases should be used to show conversation skills - agreeing, disagreeing, interrupting, etc...

## Seminar Questions

**Key sources:**

Reading: **Wilson (2023)**

Alzheimer's Association (2020); Alzheimer's Society (2022); Mayo Clinic (2021); National Health Service (NHS) (2023); National Institute on Aging (NIH).

TED Talk Lecture 1: **Cohen (2015)**

TED Talk Lecture 2: **van Amerongen (2018)**

1. What is dementia? (Give examples to support your ideas).
2. Discuss some of the key facts and data connected to dementia.
3. What are the main types of dementia? (Include specific details).
4. What are the key causes of dementia and how can it be treated?
5. Why is dementia research under-funded and not taken as seriously as cancer? Is there a cure for dementia?
6. What are the best ways to take care of dementia patients? What are the problems with the dementia village programme?
7. Critical thinking - is there anything in the text or lectures that you would question and/or disagree with?