

# CAPAGE

**Promoting academic and professional excellence in health care  
to meet the challenges of aging in Sri Lanka**

## **Changes in biological, psychosocial and sociological aspects in ageing**

### **Tutorial**



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### **Tutorial on changes in biological, psychosocial and sociological aspects in ageing**

01. Briefly explain **five (5)** biological changes in Aging.
02. List **eight (8)** physical changes in elderly.
03. List **five (5)** physical changes occur in the brain.
04. Briefly explain the psychosociological changes in elderly.
05. Briefly explain the ways of achieving physical, social, psychological and spiritual wellbeing of elderly.
06. Define the following terms
  - a. Healthy Ageing
  - b. Geropsychology