Ageing is a normal process, when people get old they have problems with health and reduce social interactions. All people regardless of any age group require socialization. In our role play, we introduce an old scary, crazy man who lives alone and refuses help from neighbors, and they report to the community welfare office in order to get support and help. In this role play my character is as one of the neighbors of the old man, named Kate who offers help. As a group we discussed the plan together, wrote the script and practiced well. Lately, arranged the location and had unique performance and recordings. When people become older they lose or decrease the contacts with friends. Majority of the senior citizens affect this type of isolation in Australia which results in depression and health deterioration. Social interaction is very important for maintaining good health and to keep emotionally fit specially in aged people. (Helium, 2011).

Experts are investigating how elderly can participate in social activities and keeping good contacts can help them to reduce problems related with dementia and depression (Aged Care, 2011). Speech Pathologists believe that as people become older there can be problems with communication which leads to social isolation (Sullivan & Chard, 2010). Health issues are common with aged people, but loneliness leads to more consequences which are expected to increase in future and there are only few interventions to reduce social isolation (Nicholson, 2009).

Elderly can engage in different activities, such as volunteering or starting a new hobby, or they can join in senior citizens’ group or retirement community as these can help them to be active. These activities or day care centre can offer a full day program for aged people in the local centre. In other words isolated people get a chance to mingle with the community. (Aged Care, 2011).

Socializing with other community is very important with older people. They can be a member in any of the community centre such as entertainment centre, Community centre, libraries and Local church groups- they find out support groups for aged people. They can join in Senior citizens group, also there are local fitness centers, town hall and information centers from where they get ideas and they plan exercise, meals, games and trips. Learning a new skill, such as mind teasers, cards and mathematical puzzles are some good exercise for the stimulation of mind (Aged Care, 2011). Local senior citizen centre give different activities which are especially meant to these age group. As a result aged populations get relief from loneliness. (Helium, 2011). Care homes encourage social and other activities, these activities organized within the home or based on community. (Australian Government Department of Health and Ageing, 2011).

To conclude, it is the responsibly of each and every individual to take care of their aged parents with the support of government and non-government organizations. Old age people can engage in different activities which help them to reduce dementia and mental problems. As people become older their friend groups become smaller because of social isolation or some of them may pass away. Participating in social activities and engaging in volunteer work assist them to stay away from being alone.