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| **The elderly** |

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| **How the society can benefit from elderly**  |

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| **How we show respect to old people**  |

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| **Elderly can spread knowledge**  |

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| **Raise public awareness**  |

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| **Knowing the experience of old people** |

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| **Learn from their life situations** |

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| **Be grateful**  |

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| **Give care and love**  |

Old people have a wealth of skills and experiences.; they have faced hardships we can't even imagine. The important contributions of older persons to society must be recognized and supported . Young people must be educated about the natural ageing process and about the importance of respect for older persons. In some countries, the national law for the protection of rights of older persons has improved . Government policies and guidelines on ageing were also publicized regularly helping to raise public awareness of ageing and of the need to respect and care for older persons. We are always grateful to the elderly, for several reasons. One of these reasons is that they are our experiences in life. The elderly are our shield from life's difficulties. They are also our fathers and mothers. They brought us out to the people in the best way. They correct our behaviors and mistakes. We can take life lessons from them to make our lives easier. The elderly people spent their youth and their beautiful days in caring for us. We must show them full respect. Some old people return as children and need care. Most of old people become weak and sick. We must give them enough care and love. Elderly have many amazing life stories that can give you lessons. Knowing the life stories of the elderly help improve ourselves. They help you find out between the current lifestyle and the old one. The society can benefit from their experience and wisdom. The elderly can be a role model for the younger generation. They can help in spreading knowledge. We can improve our society by the knowing the experience of old people. If people listen to the judgment of the elderly, they will learn many life situations that will help them socially, culturally, and educationally. In conclusion, we must care, love and respect the elderly.