

Psychology of Ageing

Brief description of course content (According to the programme's verification report)

Descriptors: Psychology of ageing. Ageing and old age. Healthy ageing at a socio-emotional and personal level. Affective and emotional imbalances and disorders in the adult period and in old age. Retirement. Dependency. Dementia. Mistreatment, abuse and neglect. Bereavement. Death.

Learning outcomes

- To know the theoretical models of developmental psychology.
- To know the main processes and stages of psychological development throughout the life cycle in its aspects of normality and abnormality.
- To know and understand the fundamental processes and elements that make up the process of ageing and old age in relation to the individual and his/her environment.
- To acquire the conceptual knowledge necessary to detect the conflicts and imbalances that appear during the process of ageing and old age.
- To assess and describe changes from the main evolutionary theories.
- To be able to carry out a psycho-educational assessment at individual, group and organisational level.
- To respond to crisis situations, from the field of Psychology of Ageing, establishing priorities, planning actions and designing their evaluation.
- To be able to define objectives and elaborate an intervention plan (direct/indirect).

Planned learning activities

Theory Syllabus

BLOCK I INTRODUCTION TO THE PSYCHOLOGY OF AGEING

Topic 1. Psychology and the study of ageing.

1. Conceptualisation of ageing, stereotypes about old age and factors affecting the ageing process.

1.2. The demography of old age and the individual and social consequences of ageing.

1.3. Research methods in the psychology of ageing.

Topic 2. Normal versus pathological ageing: problems associated with ageing.

2.1. Introduction

- 2.2. Physical changes in old age, physical state of health and functional status.
- 2.3. Normal cognitive functioning in old age.
- 2.4. Alterations in cognitive functioning associated with the ageing process and neurodegenerative syndromes.
- 2.5. Normal emotional functioning in old age.
- 2.6. Mood disorders in old age: depression and suicidality in older people: depression, anxiety, suicide.
- 2.7. Disability and dependency in the elderly: individual and family consequences.

BLOCK II: PSYCHOLOGICAL ADAPTATION TO CHANGES ASSOCIATED WITH AGEING

Topic 3. Ageing, personal development and life events

- 3.1. Introduction.
- 3.2. Personality development and ageing: evolutionary theories of personal development: psychodynamic, psychosocial, psychodynamic and psychosocial approaches.
psychodynamic, psychosocial, and socio-cognitive approaches.
- 3.3. Psychological adaptation to the most frequent life events in old age.

Topic 4. Psychosocial aspects of the ageing process and social relations in old age

- 4.1. Introduction
- 4.2. Psychosocial theories of ageing
- 4.3. Social functioning in old age: new social roles and prosocial behaviour 4.4.
- 4.4. Relationships and sexuality in old age.
- 4.5. Family relationships.
- 4.6. Loneliness in older people.
- 4.7. Well-being and quality of life in old age.

BLOCK III: ASSESSMENT AND INTERVENTION IN THE ELDERLY

Topic 5. Psychogerontological assessment

- 5.1. Introduction: characteristics of psychological assessment in old age.
- 5.2. Assessment of functional status.
- 5.3. Assessment of cognitive functioning.
- 5.4. Assessment of emotional functioning.

5.5. Assessment of psychosocial aspects.

5.5. Psychogerontological assessment as an integral process.

Topic 6. Psychological intervention in old age: optimising ageing.

6.1. Introduction.

6.2. Theoretical models that promote positive ageing.

6.3. Old age and education.

6.4. Cognitive plasticity and cognitive training in old age.

6.5. Interventions for the promotion of personal development and autonomy.

6.6. Interventions for the promotion of satisfactory social relationships.

Practical Syllabus

Seminars/Workshops

1. Stereotypes towards older people
2. Resolution of practical cases on psycho-gerontological assessment and intervention in dementia, depression or loneliness.
3. Analysis of assessment instruments and psycho-gerontological intervention programmes.
4. Comprehensive assessment of an elderly person and proposal of a psycho-gerontological intervention plan.
5. Proposal of an intervention programme for the promotion of optimal/successful/active ageing.