POST – GRADUATE DIPLOMA IN APPLIED GERONTOLOGY (PGDAGY)

Semester	Category	Course Code	Title of the Paper	No. of Credits	Theory hours	Practical	Duration of ESE (Hours)	Evaluation Marks		Total Marks
								CFA	ESE	
I	Core Courses	18ARAG0001	Elements of Gerontology	4	4	-	3	40	60	100
		18ARAG0002	Physiological and Psychological Problems of Elderly	4	4	-	3	40	60	100
		18ARAG0003	Social Work Interventions With Elderly	4	4	-	3	40	60	100
		18ARAG00P1	PRACTICAL - I: Community based interventions	2	-	4		50		50
		18ARAG00P2	PRACTICAL -II: Clinical Exposure	2	-	4		50		50
		18CAS02A1	Computer fundamentals and office automation	3	2	2	2	40	60	100
	VAC	18GTPP0001	Gandhi in Everyday Life	-	2	-	-	50	-	50
		18CSKP0201	Communication and Soft Skills		2			50		50
	VPP	18VPPP0101	Village Placement Programme	2	-	-	-	50	-	50
			1st Semester Total	**21**	**18**	**10**	**-**			
II	Core Courses	18ARAG0004	Policies and Programmes for Elderly	4	4		3	40	60	100
		18ARAG0005	Research in Gerontology	4	4		3	40	60	100
		18FSNP0417	Nutraceuticals and Functional Foods	4	4		3	40	60	100
		118FSNP0418	Nutrition in Critical Care and Emergencies	4	4	-	3	40	60	100
		18ARAG00P3	PRACTICAL - III: Community based interventions	2	-	4		50		50
		18ARAG00P4	PRACTICAL -IV: Clinical Exposure	2	-	4		50		50
		18ARAG00P5	Dissertation	4		8		75	125	200
			2nd Semester Total	**24**	**20**	**8**	**-**			
			Grant Total (I + II)	**45**	**36**	**16**				

ELEMENTS OF GERONTOLOGY
(Course Code - 18ARAG0001)

Credit   4   Max. Marks: 100

Contact hours: 64   [CFA-50, ESE-50]

Objectives

- to create knowledge and awareness of ageing and its psycho social manifestations.

- to inculcate necessary skills to handle a variety of services and welfare needs of the elderly; and

- to foster capability to pursue research and advanced training in psychosocial aspects of the aged.

Learning Outcomes: Upon completion of the course, the scholars will be able to:

- know the basic concepts of aging

- be familiar with various aging theories and social theories

- understand physical and psychological changes in old age

- be familiar with the social aspects of aging

- know the different welfare measures for aged

- be familiar with national policy for elderly persons

- acquire awareness and knowledge about institutional and legal services for the elderly

SYLLABUS

Unit–1: Gerontology: Definition, concept, history, importance and scope. Old Age-Definition, meaning and concept, Demographics of Aging, Characteristics of old age, Myths and stereotypes about aging.

Unit–2: Changes and Developmental tasks of Old age: Cognitive, physical, psychological and social.

Unit–3: Theories of ageing: Social-role theory, Social stratification theory, and Indian Theory of Ashrama Dharmas, Psychosocial theories- Erikson, Buhler and Jung's Theory, Levinson's Theory.

Unit–4: Biological Theory: Endocrine theory, immunological theory, Wear and tear theory, Rate of living theory, Cross linking theory, Free Radicals theory, Psychological theories- Disengagement theory, socio emotional selectivity theory, continuity theory, Activity theory.

Unit–5: Family relationships in later life- sibling, grandparent-grandchild, intergenerational relationships, religiosity in old age, the empty nest syndrome,-issues in family support and care giving. Perspectives on death and dying, Care and welfare needs of the old age- physical needs, healthcare needs, psychological, social and economic needs, retirement, singleness, adjustment. Problems of Aged- violence, neglect, abuse, crimes, empty nest syndrome.

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- McInnis-Dittrich, K. (2009). Social work with older adults: A biopsychosocial approach to assessment and intervention. Boston: Allyn& Bacon.

- Pachana, N. A., Laidlaw, K., & Knight, B. (2011). Casebook of clinical geropsychology: International perspectives on practice. Oxford: Oxford University Press. Knight, B. G. (2004). Psychotherapy with older adults (3rd ed.). Thousand Oaks: Sage.

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PHYSIOLOGICAL AND PSYCHOLOGICAL PROBLEMS OF ELDERLY
(Course Code - 18ARAG0002)

Credit   4   Max. Marks: 100

Contact hours: 64   [CFA-50, ESE-50]

Objectives

- to understand the physiological and psychological problems of elderly.

- to ensure the required care and welfare needs of the old age.

- to enable the participants in elder care management in the aspect of human and material

Learning Outcomes: Upon completion of the course, the scholars will be able to:

- know the physiological and psychological issues of the elderly.

- aware about the various diseases to the old age people.

- understand the effects and causes of mental illness in old age.

- gain knowledge on care and welfare needs of the old age.

- able to manage the elderly care by taking various pre requisites.

SYLLABUS

Unit–1: Understanding the physiological condition of old age in context with, life style, socio economic condition, gender, Old age from an old age perspective, Old age from society's perspective, life expectancy in India and Abroad, sensory problems-vision and eye diseases- cataracts, glaucoma, Hearing loss, problem in movement and balance, parkinson's disease, Alcohol abuse, Dental Problems, Sexual activity, voice.

Unit-2: Heart diseases,-BP and other cardiovascular problems, arthritis, diabetes, Osteoporosis, lung diseases, cancer, kidney or bladder damage, Incontinence, indigestion, urinary tract infections, Changes in nervous system, Immune system.

Unit-3: Symptoms of mental illness in old age-Stress- Different forms of stressors in old age, Depression, Alzheimer and dementia, confusions due to multiple medications, loneliness, panic disorder, fear of death, anxiety. Reduced mental and cognitive ability, Insomnia, substance abuse, suicidal tendency, falls.

Unit-4: Care and welfare needs of the old age- physical needs, healthcare needs, psychological, social and economic needs, retirement, singleness, adjustment .Problems of Aged- violence, neglect, abuse, crimes, empty nest syndrome.

Unit-5: Elderly care and management- knowledge and skills essential for old age care-planning-assessment-reviewing financial, legal and medical issues, referrals, advocacy, counseling and support .Finding the resources - human and material.

REFERENCE

- McInnis-Dittrich, K. (2009). Social work with older adults: A biopsychosocial approach to assessment and intervention. Boston: Allyn& Bacon.

- Pachana, N. A., Laidlaw, K., & Knight, B. (2011). Casebook of clinical geropsychology: International perspectives on practice. Oxford: Oxford University Press. Knight, B. G. (2004). Psychotherapy with older adults (3rd ed.). Thousand Oaks: Sage.

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- http://www.rguhs.ac.in/cdc/onlinecdc/uploads/05__16915.doc
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SOCIAL WORK INTERVENTIONS WITH ELDERLY
(Course Code - 18ARAG0003)

Credit   4   Max. Marks: 100
Contact hours: 64   [CFA-50, ESE-50]

Objectives
- to understand the various issues grow up during old age.
- to know the ways to promote independence in old age.
- to ensure the mobility by creating awareness on the existing welfare measures.
- to impart the role of government agencies and NGOs for healing the problems of old age.

Learning Outcome: Upon completion of the course, the scholars will be able to:
- understand the aged problems in a holistic manner.
- enable the crisis intervention and disabling management.
- got complete knowledge the benefits provided by the Centre and State for the welfare of the aged people
- understand the role and responsibility of various government agencies and NGOs in geriatric centre.
- know the various law and legal provisions for the protection of the elderly.

SYLLABUS

Unit-1: Crisis Intervention-medical (skilled care) versus non medical (social care) promoting independence in old age and improving mobility, Assessing and planning health care- surgery, communicable diseases

Unit–2: Specialized geriatric care – disability management, nutrition, chronic non communicable diseases and mental health

Unit-3: Benefits Provided Centre and State for the welfare of the elderly- National Social Assistance Programme (NSAP) - Old age pension, Technology Interventions for Elderly(TIE), Insurance policies and Benefits, Mediclaim/Health Insurance, National Policy on Older Person, Health Facilities.

Unit-4: Role of NGOs and Governmental agencies- Housing, Transportation, Recreational services-senior citizen clubs, old age inn, leisure time activities, education of the aged; Psychological services- geriatric clinic, mobile medical services, counseling services, group interaction, psychotherapies.

Unit-5: Constitutional and legal provisions for the protection of the elderly; Roles and issues of growing old age homes across the country; Institutional services - Old age homes, day care centers, help line services; Role of religious institutions in caring for the aged.

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- McInnis-Dittrich, K. (2009). Social work with older adults: A biopsychosocial approach to assessment and intervention. Boston: Allyn& Bacon.
- Pachana, N. A., Laidlaw, K., & Knight, B. (2011). Casebook of clinical geropsychology: International perspectives on practice. Oxford: Oxford University Press.
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POLICIES AND PROGRAMMES FOR ELDERLY
(Course Code - 18ARAG0004)

Credit   4   Max. Marks: 100

Contact hours: 64   [CFA-50, ESE-50]

Objectives
- to know the international, national and state level support for the elderly.
- to understand the need for programme based support for the aged.

Learning Outcome: Upon completion of the course, the scholars will be able to:
- to make them aware on special teach the effort taken by international organizations for the welfare of the aged people
- to inculcate the practices followed for the welfare of the abled by Non-Governmental organizations.
- understand the role and responsibility of the Ministry of health and family welfare
- know the hierarchy of regional geriatric centres in the context of elderly age management
- understand the role and activities of state government in taking care of the old age people.

SYLLABUS

Unit-1: Help Age International- Evolution, objectives, programmes, International Federation on Aging, United Nations' principles for older persons, Madrid International plan of Action on Aging, International day of older persons, WHO and old age.

Unit -2: Vienna International plan of Action, areas of concern for ageing - health and Nutrition, protection of elderly consumers, Housing and environment, Family, Social Welfare, income security and employment, education, recommendations for implementation.

Unit -3: Ministry of Health and Family Welfare- agenda with relevance to old age care- National Programme for the health care of the elderly (NPHCE) - vision, objectives and expected outcome. Packages of services- sub centre, Primary health centre, community health centre, District hospital

Unit -4: Regional Geriatric centers, Programme structure of NPHCE- integration with NRHM, State Health society (SHS), District health society, National NCD Cell, responsibilities of State and Union territories in setting up NCD cell.

Unit -5: Activities at state level- community awareness, planning monitoring and supervision, Training of Human resources, Financial Management, Activities at National Level- Selection of states and districts, Information, Education and communication, Support to Regional Geriatric Centres, Training, Monitoring Evaluation and Research.

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RESEARCH IN GERONTOLOGY
(Course Code - 18ARAG0005)

Credit   4   Max. Marks: 100

Contact hours: 64   [CFA-50, ESE-50]

Objectives

- to understand the importance of the research for the welfare of aged.

- to teach the various research methodology issues involved in geriatric care.

Learning Outcome: Upon completion of the course, the scholars will be able to:

- Realize the need of research in the field of gerontology to support the aged people.

- Know the various tools and sources of data collection issues involved in conducting research about old age.

- Enable the proposal writing and documenting.

- To find out ways and means to promote welfare for the aged through research.

Unit-1: Role of Research in welfare of the old age – nature and scope, methodological issues of research on ageing, cohort and life span studies, cross sectional and longitudinal studies.

Unit–2: Role of universities and national institutions in promoting Gerontological research- Trends of research on ageing in India, need for interventional and policy research, population ageing in developed and developing countries -International and funding organizations – Research in Gerontology.

Unit-3: Data collection Tools and techniques of data collection – observation, interview, questionnaire and schedule–Projective techniques, sociometry, psychological tests and scaling techniques.

Unit-4: Proposal Writing- contents and Steps in writing a good proposal- fact finding, survey, analysis, resource mobilization.

Unit–5: Planning, organizing, implementation, monitoring and evaluation, Documentation

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