

Course Unit	Intervention in Senior Population		Field of study	Educational Sciences	
Bachelor in	Social Education		School	School of Education	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	6.0
		Code		9084-628-3103-00-23	
Workload (hours)	162	Contact hours	T -	TP 54	PL -
			TC -	S -	E -
			OT 18	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Ana Raquel Russo Prada

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. - Describe the physical, cognitive and socioemotional changes associated with normal and pathological aging;
2. - Identify resources and needs for intervention with old people and their social networks;
3. - Implement intervention programs that promote personal and social development with old people, living at home and institutional context;
4. - Adopt an ethical attitude favoring the old people and the aging process.

Prerequisites

Before the course unit the learner is expected to be able to:
None.

Course contents

1. Dimensions of Aging; 2. Aging and social support networks; 3. Educational intervention in aging.

Course contents (extended version)

1. Dimensions of Aging
 - Physical development
 - Cognitive development
 - Socioemotional development
2. Aging and social support networks
 - Informal and formal support networks
 - Diagnostic evaluation of social networks
 - Networks interventions
3. Educational intervention in aging
 - Guiding principles of intervention
 - Prevention of dependency and heteronomy in old people
 - Ethical aspects of aging and old people

Recommended reading

1. De Lima, M. P. (2013). Posso participar? Actividades de desenvolvimento para pessoas idosas. Imprensa da Universidade de Coimbra.
2. Erber, J. T. (2020). Aging and Older Adulthood. Wiley-Blackwell.
3. Guadalupe, S. (2016). Intervenção em rede: serviço social, sistêmica e redes de suporte social. Imprensa da Universidade de Coimbra.
4. Moreno-Crespo, P. , Díaz, M. , & García, E. P. (Coord). (2016). Intervención socioeducativa con personas mayores adultas: teoría y práctica. Editorial Síntesis.
5. Schaie, K. W. , & Willis, S. L. (2021). Handbook of the psychology of aging. Elsevier.

Teaching and learning methods

Analysis of support texts; analysis and discussion of case studies; preparation of a group work.

Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 70% (One written test.)
 - Development Topics - 30% (Group work.)
2. Final exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

Electronic validation

Ana Raquel Russo Prada	Pedro Augusto Oliveira Salgueiro	Maria do Céu Ribeiro	Carlos Manuel Costa Teixeira
12-12-2023	12-12-2023	31-12-2023	11-02-2024