

Course Unit	-	Field of study	-
Master in	Long Term Care	School	School of Health
Academic Year	2016/2017	Year of study	1
Type	Semestral	Semester	2
Workload (hours)	135	Contact hours	T - TP 30 PL - TC - S 15 E - OT 10 O -
Level	2-1	ECTS credits	5.0
Code	1350-478-1204-00-16		

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) Maria Augusta Pereira da Mata

Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Identify in the community the main social and support nets
 2. Describe psychological reactions of patients to a chronic disease
 3. Describe the repercussions associated to caring in home environment
 4. Define and develop strategies for family intervention
 5. Describe the role of formal caregiver in long term care
 6. Reflect on the new types of users in long term care

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable

Course contents

Community. Family; Problematic of a chronic and disabling disease. Family carer of a chronic patient. Interpersonal, support and neighbourhood nets. Strategies of family intervention. Models for assessment and intervention with families. Informal caregivers of elderly. Impact of care in family dynamics. Support programs for elderly caregivers. Long Term Care. New types of users in long term care. Long term care in the community. The role of ECCI

Course contents (extended version)

1. Community: concepts. Community, sense of community and community Intervention
2. Problematic of a disabling chronic disease
 - Patient's psychological reactions to a chronic disease
 - Dependency and disability
3. The family that cares a chronically ill patient at home environment
 - Changings in family structure
 - Repercussions associated to care at home environment
 - Family adaptation to disabling chronic disease situations
 - Methods of family assessment: family genogram; APGAR; family ecomap
4. Interpersonal, support and neighbourhood relations nets
 - Interpersonal nets: Types, Dimension; composition
5. Emotional, instrumental and counseling relations
6. Neighbourhood relations
7. Formal caregiving in long term care
 - Formal caregivers for chronically , terminally ill patients and elderly
 - Specific skills of formal caregivers in long term care
8. Contemporary topics in long-term care
 - care costs
 - Management of formal caregivers and organization of multidisciplinary teams
 - Job satisfaction
9. Caring in institutions - different types of intervention
 - Non-pharmacological intervention
 - Alternative therapies
10. Team's Relationship with the clients' families
11. New types of users in long term care
12. Long term care in the community. The role of ECCI

Recommended reading

1. Ornelas, J. (2008). *Psicologia Comunitária*. Lisboa: Fim de Século.
2. Sequeira, C. (2010). *Cuidar de Idosos com dependência física e Mental*. Lisboa: Lidel
3. Pereira, F. (coord) (2012). *Teoria e prática da gerontologia: um Guia para cuidadores*. Viseu: Psicosoma
4. Jacob, L. , Pocinho, R. , Fernandes, H. , & Santos, E. (2013). *Envelhecimento e Economia Social*. Viseu: Psicosoma.
5. Villaverde Cabral, M. (2013). *Processo de Envelhecimento em Portugal: Usos do tempo, redes sociais e condições de vida*. Lisboa. Fundação Francisco Manuel dos Santos

Teaching and learning methods

Expositive and tutorial classes using interactive methodologies. It will be valued the discussion of cases based on student's experience . We shall still use the study of some thematics developed in written work with oral presentation and discussion in seminars. Whenever it seems necessary an expert in the area may be called to present a thematic or thematics.

Assessment methods

1. Mixed evaluation - (Regular, Student Worker) (Final)
 - Final Written Exam - 60%
 - Work Discussion - 40% (Individual work presented and discussed in seminar)
2. Evaluation by final exame - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Maria Augusta Pereira da Mata	Maria Augusta Pereira da Mata	Maria Helena Pimentel
05-12-2016	05-12-2016	06-12-2016