

Course Unit	Professional Identity		Field of study	Health	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2021/2022	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	8.0
Workload (hours)			216	Contact hours	
			T	45	TP
			PL	-	TC
			S	-	E
			OT	15	O
			Code	9833-346-1104-00-21	

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) Carlos Pires Magalhães, Hélder Jaime Fernandes

Learning outcomes and competences

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

1. Describe the concepts of aging and its derivatives
2. Analyze the changings at the demographic pyramids
3. Recognize interest in the profession
4. Describe the demographic aging's factors and consequences
5. Know your scope as a Gerontologist
6. Recognize Gerontologist Competencies / Skills
7. Know the different types of social support for elderly
8. Access to scientific information in gerontology

Prerequisites

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

Course contents

Human Aging biological, psychological and social - demographic aging - Changes associated with the aging process - Changes in the Social Sector: Reform; social image of the elderly - Plan Gerontology - National Programme for the Health of Older People - gerontology as a profession - Profile and Competencies practice professional gerontologist in Portugal - Support Networks for the Elderly - Nursing Homes - Day Care Centres - Home Care - centers Gathering - centers Night.

Course contents (extended version)

1. Introduction
2. Concepts about Gerontology
 - Gerontology and main scientific areas
 - Gerontology and Geriatrics
 - Multidisciplinarity as a Basic characteristic in gerontology and social gerontology
3. Some considerations about human aging process biological, psychological and social
 - Concepts about elderly according to some different criteria
 - Elderly classification
 - False conceptions about elderly – Stereotypes
 - Changings associated to the aging process
 - Inter and intra-individual variability
 - Behavior and adaptation process
4. Demographic aging
 - Demographic and social gerontology analysis
 - The population aging
 - Aging Dynamic's factors
 - Fecundity and European life expectancy
 - Some consequences on the populational aging
5. Associated changings on the aging process: - Biological; - Psychological; - Social
6. Social changings – Retirement: old people social image - Retirement - Sexuality – Widowhood
7. Social support nets: - Formal and informal ones - Multidisciplinary teams
8. Gerontological plan: - Areas - Objectives; - Others
9. National Health program for old people: - Areas Objectives; - Others
10. Gerontology as a profession: Gerontologist's Competences/abilities
11. Gerontologist's profile and competences in Portugal
12. Laws and regulations of different valences of social support for elderly people.
 - Nursing home's
 - Homecare
 - Day center
 - Night Centre
13. Evolution of social responses in the elderly population
 - Social Charter - Network Services and Social Facilities
14. Prevention of institutional violence
 - Social Exclusion / Inclusion
 - Social Policies / Equipment and Services

Recommended reading

1. Decreto-Lei n.º 133-A/97 de 30 de Maio. Diário da República n.º 124 - I Série A. Lisboa: Ministério da Solidariedade e Segurança Social.
2. Fernández-Ballesteros, R. (2009). Gerontologia social. Pirâmide.
3. Jacob, L., & Fernandes, H. (coord.). (2011). Ideias para um Envelhecimento Activo. Santarém: Rutis - Associação Rede de Universidades da Terceira Idade.
4. Paul, C., & Fonseca, A. M. (2010). Envelhecer em Portugal. Climepsi.
5. Pereira, F. (coord.). (2017). Teoria e Prática da Gerontologia (2ª ed.). Psicossoma.

Teaching and learning methods

1 – Theoretical classes: expositive and reflexive classes 2 – Tutorial classes: orientations to group working (bibliographic research) related to the Curricular unit contents

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Final Written Exam - 100%
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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23-12-2021	23-12-2021	25-12-2021	31-12-2021