

Course Unit	Professional Identity		Field of study	Health	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	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 40   S -   E -   OT 15   O -	
Code 9833-346-1104-00-23					

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) Hélder Jaime Fernandes, Kleiver Alexis Sanchez Rodriguez

### 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

Introduction Concept of Gerontology Some considerations on Human Aging Demographic Ageing Changes associated with the Aging process Support Networks for the Elderly Gerontological Plan National Programme for the Health of Older People Gerontology as a profession: Gerontologist's competences/abilities Profile and Competences of the Gerontologist's professional practice in Portugal Legislation and regulation of the different valences of social support for elderly people

### 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 support nets: - Formal and informal ones - Multidisciplinary teams
7. Gerontological plan
8. National Health program for old people
9. Gerontology as a profession: Gerontologist's Competences/abilities
10. Gerontologist's profile and competences in Portugal
11. Laws and regulations of different valences of social support for elderly people.
  - Nursing home's
  - Homecare
  - Day center
  - Night Centre
  - Senior University
  - Evolution of social responses in the elderly population
  - Social Charter - Network Services and Social Facilities
  - Prevention of institutional violence
  - Social Exclusion / Inclusion

### 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). Gerontología social. Pirámide.
3. Jacob, L., & Fernandes, H. (coord.). (2011). Ideias para um Envelhecimento Activo. Santarém: Rutis - Associação Rede de Universidades da Terceira Idade.
4. Paúl, 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 3 – Fieldwork classes for visiting social support institutions for the elderly.

Assessment methods

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

Language of instruction

Portuguese

Electronic validation

Hélder Jaime Fernandes, Kleiver Alexis Sanchez Rodriguez	Carlos Pires Magalhães	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
06-11-2023	09-11-2023	09-11-2023	13-11-2023

This document is valid only if stamped in all pages.