**INSTITUTO POLITÉCNICO DE BRAGANÇA**

| | | | | | |
|---|---|---|---|---|---|
| Course Unit | Internship I | | Field of study | Health | |
| Bachelor in | Gerontology | | School | School of Health | |
| Academic Year | 2021/2022 | Year of study | 2 | Level | 1-2 | ECTS credits | 20.0 |
| Type | Semestral | Semester | 2 | Code | 9833-346-2201-00-21 | |

| Workload (hours) | 540 | Contact hours | T | - | TP | - | PL | - | TC | - | S | - | E | 350 | OT | 32 | 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) | Hélder Jaime Fernandes |
|---|---|

## Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
That the student is able to adapt to the reality surrounding the knowledge of the elderly dependent in a context of an institutional or home, in part bio-psycho-socio-cultural.

## Prerequisites

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

## Course contents

Integration into multidisciplinary team; Capacity development of relationship with the elderly and Family; identification and screening of changes specific to different types of aging, basic health care to the elderly; promotion of active aging; Identification of training and educational programs to level of caregivers and / or elderly, with subsequent execution.

## Course contents (extended version)

1. Multidiciplinar integration into the team.
2. Development fundamental skills and attitudes in interpersonal relationship with elderly and family
3. Identification structural changes and functional in the process of senescence in the elderly
4. Collaborate in the organization and intervention in activities
5. Helping the elderly in meeting the basic needs of daily life.
6. Promoting active aging.
7. Identification of training needs and educational programs at the level of caregivers or elderly
8. Elaboration of a training program based on the needs identified.

## Recommended reading

1. Paúl, M. C. , & Ribeiro, O. (2011). Manual de Envelhecimento Activo. Lisboa: Lidel.
2. Fernández-Ballesteros, R. (2000). Gerontología Social. Madrid: Ediciones Pirámide.
3. Spirduso, W. W. (2005). Dimensões Físicas do Envelhecimento. São Paulo: Manole.
4. Rossel, N. Y. ; & Herrera, R. R. (2004). Introducción a la psicogerontologia. Madrid: Pirâmide.
5. Stuart-Hamilton, I. (2002). Psicología del Envejecimiento. Madrid: Ediciones Morata.

## Teaching and learning methods

Pratice in institutions for elderly (the practical).

## Assessment methods

- Final evaluation - (Regular, Student Worker) (Final)
    - Practical Work - 60% (Continuous evaluation throughout the stage.)
    - Reports and Guides - 40%

## Language of instruction

Portuguese

## Electronic validation

| Hélder Jaime Fernandes | Carlos Pires Magalhães | Ana Maria Nunes Português Galvão | Adília Maria Pires da Silva Fernandes |
|---|---|---|---|
| 09-03-2022 | 09-03-2022 | 09-03-2022 | 09-03-2022 |