

Module Code	ECMH6002
Title	Mental Health and the Ageing Population
Date	09/12/2020
Level	6
Credits	20
Pre-Requisites	None

AIM(S)

- To foster a critical appreciation of the aetiology, prevalence and impact of mental health problems in older adulthood and to critically analyse the evidence for a range of individual and societal interventions aimed at promoting healthy ageing and preventing and supporting mental health in older adults.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- Demonstrate a critical understanding of the prevalence of mental health issues in the ageing population in Wales and beyond;
- Critically evaluate the theories and empirical evidence that underpin our understanding of cognitive decline and dementia;
- Demonstrate a critical understanding of the relative effectiveness of a range of psychosocial interventions and treatment approaches for tackling mental health issues in older adulthood;
- Organise their knowledge and learning through the use of a range of information resources and present their work at the required level using appropriate media.

INDICATIVE CONTENT

- In-depth critical understanding of the mental health challenges increasingly associated with older age.
- Critical examination of the historical perspectives, ideas and theories relating to “normal” and “abnormal” ageing processes.
- Prevalence rates and the impact of mental health in Wales including dementia and depression.
- Key policies such as the Welsh Government’s Strategy for Older People in Wales (2013 -2023) and the National Service Framework for Older People in Wales (2006).
- The treatment and care of those with dementia, including the impact on family carers and younger carers. The impact of caring for older individuals within family, health care and societal systems.
- Intervention effectiveness delivered through formal social care settings (whether statutory, independent or voluntary service providers) compared to less formal

psychosocial interventions designed to offer support for family members or informal caregivers (e.g. mindfulness, online support groups, arts therapies).

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning 12 hours – Lectures 18 hours - Online	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Critical Review	2,500 words	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Intervention Proposal	2,500	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	100%
Practical	
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECMH6002	
Module Title	Mental Health and the Ageing Population	
Classification	Reading List entry	Electronic*
Essential	Birren, J. E., Cohen, G. D., Sloane, R. B., Lebowitz, B. D., Deutchman, D. E., Wykle, M., & Hooyman, N. R. (Eds.). (2013). Handbook of mental health and aging. Academic Press.	☐
Essential	Schaie, K. W., & Willis, S. L. (Eds.). (2010). Handbook of the Psychology of Aging. Academic Press.	☐
Further	Baars, J., Dohmen, J., Grenier, A., & Phillipson, C. (Eds.). (2014). Ageing, meaning and social structure: Connecting critical and humanistic gerontology. Bristol: Policy Press.	☐
Further	Baker, C. (2014). Developing Excellent Care for People Living with Dementia in Care Homes. London: Jessica Kingsley Publishers.	☐

Further	Binstock, R. H., George, L. K., Cutler, S. J., Hendricks, J., & Schulz, J. H. (Eds.). (2011). Handbook of aging and the social sciences. Academic Press.	☐
Further	Coughlin, J. F., Pope, J. E., & Leedle, B. R. (2006). Old age, new technology, and future innovations in disease management and home health care. <i>Home Health Care Management & Practice</i> , 18(3), 196-207.	☐
Further	Erber, J. T. (2011). <i>Aging and older adulthood</i> . John Wiley & Sons.	☐
Further	James, I. A. (2011). <i>Understanding behaviour in dementia that challenges: A guide to assessment and treatment</i> . London: Jessica Kingsley Publishers.	☐
Further	Rabbitt, P. (2014). <i>The Aging Mind: An Owner's Manual</i> . London: Routledge.	☐
Further	Stuart-Hamilton, I. (2011). <i>An introduction to gerontology</i> . Cambridge: Cambridge University Press.	☐
Further	Vincent, J. A., Phillipson, C., & Downs, M. (Eds.). (2006). <i>The futures of old age</i> . London: Sage.	☐
Journal	Aging and Mental Health	☒
Journal	American journal of family therapy	☒
Journal	Journal of Abnormal Psychology	☒
Journal	Journal of Aging and Health	☒
Journal	Journal of Consulting and Clinical Psychology	☒
Journal	Journal of Gerontology	☒