

M4X02244 Understanding old age

Session		Lecture content and activities
1	AM	<u>9.30 - 11.00 am Lecture content</u> What is old age? Theories of ageing COMFORT BREAK 11.00 – 11.15 am <u>11.15 - 12.45 Lecture content</u> Social transitions LUNCH 12.45 - 1.30 pm <u>Resources</u> https://sharepoint.washington.edu/uwsom/sls/Documents/2000/Theories_aging.pdf http://open.lib.umn.edu/sociology/chapter/12-3-sociological-perspectives-on-aging/ Books/journals for these topic areas are available on moodle in lecture 1
	PM	<u>1.30 - 3.30 pm Activity</u> <u>Activity</u> <u>Task 1</u> Read <i>The Strategy for Older People in Wales 2013-2023</i> https://gov.wales/docs/dhss/publications/130521olderpeoplestrategyen.pdf I want you to carry out a search online to see where (in Wales) – the recommendations in the above document are being carried out. Write up a 1000 words report on the work that has been carried out, and their effectiveness, barriers, obstacles etc. END OF SESSION
2	AM	<u>9.30 - 11.00 am Lecture content</u> Cognitive Ageing COMFORT BREAK 11.00 – 11.15 am <u>Resources</u> http://www.cumc.columbia.edu/dept/sergievsky/pdfs/agingandmemoryinhumans.pdf https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3065819/ <u>Papers</u> Brickman, A. M., & Stern, Y. (2009). Aging and memory in humans. <i>Encyclopedia of neuroscience</i>, 1, 175-180.

		Luo, L., & Craik, F. I. (2008). Aging and memory: A cognitive approach. <i>The Canadian Journal of Psychiatry</i>, 53(6), 346-353. Scullin, M. K., Bugg, J. M., McDaniel, M. A., & Einstein, G. O. (2011). Prospective memory and aging: Preserved spontaneous retrieval, but impaired deactivation, in older adults. <i>Memory & Cognition</i>, 39(7), 1232-1240. Lourenço, J. S., & Maylor, E. A. (2015). When distraction holds relevance: A prospective memory benefit for older adults. <i>International journal of environmental research and public health</i>, 12(6), 6523-6541. <u>11.15 - 12.45 Lecture content</u> Dementia Resources https://academic.oup.com/ageing/article/43/2/166/11103/Screening-for-dementia-and-other-causes-of https://www.fightdementia.org.au/sites/default/files/20090901-NATSIDAG-FacilitatorsGuide_Sec-10_Understanding_Dementia_Its_Impact.pdf http://jnnp.bmj.com/content/85/12/1426 https://www.alz.co.uk/research/WorldAlzheimerReport2015.pdf Papers Brody, H., & Donkin, M. (2009). Family caregivers of people with dementia. <i>Dialogues in clinical neuroscience</i>, 11(2), 217. Leung, P., Orrell, M., & Orgeta, V. (2015). Social support group interventions in people with dementia and mild cognitive impairment: a systematic review of the literature. <i>International journal of geriatric psychiatry</i>, 30(1), 1-9. Mahoney, R., Regan, C., Katona, C., & Livingston, G. (2005). Anxiety and depression in family caregivers of people with Alzheimer disease: the LASER-AD study. <i>The American Journal of Geriatric Psychiatry</i>, 13(9), 795-801. Books/journals for these topic areas are available on moodle in lecture 2 LUNCH 12.45 - 1.30 pm
	PM	<u>1.30 - 3.30 pm Activity</u> Write a 1000word review of this paper Kasper, J. D., Freedman, V. A., Spillman, B. C., & Wolff, J. L. (2015). The disproportionate impact of dementia on family and unpaid caregiving to older adults. <i>Health Affairs</i>, 34(10), 1642-1649. https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2015.0536

		END OF SESSION
3	AM	<u>9.30 - 11.00 am Lecture content</u> 1. Social transitions: Retirement COMFORT BREAK 11.00 – 11.15 am <u>11.15 - 12.45 Lecture content</u> Assessment session LUNCH 12.45 -1.30 pm Books/journals for these topic areas are available on moodle in lecture 3
	PM	<u>1.30 - 3.30 pm Activity</u> Poster. You will create a poster campaign made up of 3 posters that follow on from one another it must tell a continuous story therefore, although you will work as a small group you will need to work as a whole to decide on a running theme... <i>Themes</i> 1 – the changing nature of retirement 2 – theories of retirement 3 – the impact of retirement <u>Resources</u> https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4474155/pdf/nihms687751.pdf <u>Papers</u> Lytle, M. C., Foley, P. F., & Cotter, E. W. (2015). Career and retirement theories: Relevance for older workers across cultures. <i>Journal of career development</i>, 42(3), 185-198. Shultz, K. S., & Wang, M. (2011). Psychological perspectives on the changing nature of retirement. <i>American Psychologist</i>, 66(3), 170. Wang, M., Henkens, K., & van Solinge, H. (2011). Retirement adjustment: A review of theoretical and empirical advancements. <i>American Psychologist</i>, 66(3), 204. END OF SESSION

Reading list

- Cromby, J., Harper, D., & Reavey, P. (Eds.). (2013). *Psychology, Mental Health and Distress*. Basingstoke: Palgrave Macmillan.
- Davey, G. (2014). *Psychopathology: Research, Assessment, and Treatment in Clinical Psychology* (2nd ed.) Oxford: Blackwell.