

SSAP6010 Challenges in Old Age: Social and Developmental Transitions

	Lecture	Seminar	Reading
1	The development of Ageing 1. Historical perspectives 2. Theories of Ageing (social, physical, psychological)	Group presentations – critically discuss biological ageing theories Example papers on moodle. Critical Review: Theories of Ageing. Vin, Borra and Miquel (2007) https://iubmb.onlinelibrary.wiley.com/doi/pdf/10.1080/15216540601178067 <i>Homework</i> Please watch the video on moodle and answer the questions on the biological-basis of ageing.	Available on moodle Lange, J., & Grossman, S. (2010). Theories of aging. <i>Gerontological nursing competencies for care</i>, 50-73. chapter http://samples.jbpub.com/9781284104479/Chapter_3.pdf
2	Attitudes surrounding Old age	1. Carry out a short attitude survey (KOGAN) 2. Collate your findings and present back to the class	Chapter 9 Nelson, T. D. (Ed.). (2004). <i>Ageism: Stereotyping and prejudice against older persons</i>. MIT press. https://us.sagepub.com/sites/default/files/upm-binaries/50361_ch_9.pdf Undergraduate students' attitudes toward, and personality correlates in relation to, older adults. Mansfield-Green, sarah ; morrisseau, nakita-rose ; valliant, paul m. ; caswell, joseph m. <i>Social Behavior & Personality: an international journal</i>, 2015, Vol.43 (10), p.1741-1749 Coffey et.al (2015) Attitudes to older people and perceptions of working with older people of students of health and social care http://ellan.savonia.fi/images/WP6_report_on_homepage.pdf The barriers to and enablers of positive attitudes to ageing and older people, at the societal and individual level https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/454735/gs-15-15-future-ageing-attitudes-barriers-enablers-er06.pdf

			Measuring attitudes to age in Britain: Reliability and validity of the indicators https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/214388/WP90.pdf
3	Cognitive processes of Ageing 1. Memory	Create a cognitive toolkit for an ageing adult who is facing cognitive decline. http://psych.wustl.edu/learning/documents/Scullin_2011.pdf http://www.usc.edu/projects/matherlab/pdfs/Charlesetal2003.pdf	Exploring Interventions to Reduce Cognitive Decline in Aging https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2923489/ Normal Cognitive Aging https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4015335/ The Continuing Challenge of Cognitive Decline: An Individual Process of Aging? https://austinpublishinggroup.com/aapd/download.php?file=fulltext/aapd-v2-id1024.pdf The influence of exercise on brain aging and dementia http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_sciversesciencedirect_elsevierS0925-4439(11)00163-3
4	Social isolation and loneliness	Social isolation and loneliness as risk factors for the progression of frailty: The English Longitudinal Study of Ageing https://academic.oup.com/ageing/article/47/3/392/4772155 Read the above article. Then I would like you to write a 500-word summary of the paper and 500 words on the strengths and weaknesses of this paper.	Feelings of loneliness, but not social isolation, predict dementia onset: results from the Amsterdam Study of the Elderly (AMSTEL) https://whelf-primo.hosted.exlibrisgroup.com/primo-explore/fulldisplay?docid=TN_proquest1781249445&context=PC&vid=44/WHELF_UWTSD_VU1&search_scope=CSCOP_EVERYTHING&tab=tab1&lang=en_US Loneliness from the perspective of the elderly http://www.scielo.br/pdf/rbgg/v19n2/en_1809-9823-rbgg-19-02-00313.pdf Theoretical approaches to loneliness https://www.researchgate.net/publication/284634633_Theoretical_approaches_to_loneliness

			Social relationships, loneliness, and mental health among older men and women in Ireland: A prospective community-based study https://whel-primo.hosted.exlibrisgroup.com/primo-explore/fulldisplay?docid=TN_sciversesciencedirect_elsevierS0165-0327(16)30328-7&context=PC&vid=44WHELF_UWTSD_VU1&search_scope=CSCOP_EVERYTHING&tab=tab1&lang=en_US Social isolation and loneliness as risk factors for the progression of frailty the English Longitudinal Study of Ageing https://whel-primo.hosted.exlibrisgroup.com/primo-explore/fulldisplay?docid=TN_oxford10.1093/ageing/afx188&context=PC&vid=44WHELF_UWTSD_VU1&search_scope=CSCOP_EVERYTHING&tab=tab1&lang=en_US
READING WEEK			
5	Personal health and Well-being I 1. Depression http://www.rcgp.org.uk/clinical-and-research/clinical-resources/~media/Files/CLRC/Mental%20Health%20-%202014/3%20%20Managing%20Depression%20In%20Older%20People.ashx http://www.bpac.org.nz/BPJ/2011/July/docs/bpise_elderly_depression_2011.pdf http://www.public-health.uiowa.edu/icmha/outreach/documents/OriginsofDepressioninLaterLife.pdf	Search for the various scales/questionnaires and research used to measure depression/psychopathology in old age. In groups - discuss the issues with these measures? Report back to the class. https://ethnomed.org/patient-education/geriatrics/Depression%20in%20Older%20Adults.pdf http://www.nursingtimes.net/Journals/2013/10/25/h/a/g/Assessing-and-managing-depression-in-older-people_301013.pdf	Assessing and managing depression in older people http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_proquest1459685883 Assessment and management of major depressive disorder in older adults http://www.hdbp.org/psychiatry_danubina/pdf/dnb_vol28_sup1/dnb_vol28_sup1_95.pdf Changes in depression and physical decline in older adults a longitudinal perspective http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_sciversesciencedirect_elsevierS0165-0327(00)00152-X Consequences of Major and Minor Depression in Later Life: A Study of Disability, Well-being and Service Utilization

			https://www.researchgate.net/publication/13826110_Consequences_of_Major_and_Minor_Depression_in_Late_Life_A_Study_of_Disability_Well-being_and_Service_Utilization Impact of Major Depression and Subsyndromal Symptoms on Quality of Life and Attitudes Toward Aging in an International Sample of Older Adults http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_oxford593 Impact of Depression and Mental Illness on Outcomes of Medical Illness in Older Adults http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_sciversciencedirect_elsevierS0149-2918(14)00683-3
6	Personal health and Well-being II 1. Dementia	Media story: <i>Dementia study links your risk with your fitness level</i> https://edition.cnn.com/2018/03/14/health/dementia-risk-fitness-study/index.html Read the above article. Then I would like you to outline a fitness test/regime suitable for an elderly with dementia. Then write a 1000-word proposal on how you would evaluate the effectiveness of this intervention. https://www.alz.org/national/documents/brochure_toolsforidassesstreat.pdf http://www.journalslibrary.nihr.ac.uk/data/assets/pdf_file/0020/67205/FullReport-hta17180.pdf http://www.ncbi.nlm.nih.gov/books/NBK55459/pdf/Bookshelf_NBK55459.pdf	Caregiver Perceptions on the Burden of Caring for Dementia Patients http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_sciversciencedirect_elsevierS1098-3015(12)02104-3 Tools for Early Identification, Assessment, and Treatment for People with Alzheimer's Disease https://www.alz.org/documents/national/CCN-AD03.pdf Family caregivers of people with dementia https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181916/pdf/DialoguesClinNeurosci-11-217.pdf Effectiveness of an Internet intervention for family caregivers of people with dementia: results of a randomized controlled trial http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_doaj_soai_doaj_org_article_ea13ebf272624f3787324e8247b5935a Interventions to delay functional decline in people with dementia: a systematic review of systematic reviews

			http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVE_RYTHING:TN_proquest1786046927
7	Social transitions I 1. Social change/support	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.	Taking time seriously: A theory of socioemotional selectivity http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVE_RYTHING:TN_proquest212116868 Better With Age: Social Relationships Across Adulthood http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVE_RYTHING:TN_proquest856827709 Change in social detachment in older age in England https://www.elsa-project.ac.uk/uploads/elsa/report12/ch3.pdf Housing for Older People in Wales: An Evidence Review http://www.ageingwellinwales.com/Libraries/Documents/Housing-for-Older-People-in-Wales-Evidence-Review.pdf Social care assessments for older people with care needs in Wales https://www.alzheimers.org.uk/download/downloads/id/2649/Assessment_for_care_and_support_in_Wales.pdf
8	Social transitions II 1. Retirement www.parliament.uk/briefing-papers/sn03228.pdf http://graphics.eiu.com/upload/eb/Philips_Healthcare_ageing_3011WEB.pdf	In 3 groups. One group per 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... Poster 1 – the changing nature of retirement Poster 2 – theories of retirement Poster 3 – the impact of retirement http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP	Psychological Perspectives on the Changing Nature of Retirement http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVE_RYTHING:TN_ericEJ933816 Planning for Retirement: Longitudinal Effect on Retirement Resources and Post-retirement Well-being http://librarycatalogue.uwtsd.ac.uk/44WHELF_UWTSD_VU1:CSCOP_EVE_RYTHING:TN_doaj_soai_doaj_org_article_62044a038a9b49e5a45b84d6ab0f8ca4

		EVERYTHING:TN_ericEJ933816	
9	Death, dying and bereavement http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.464.7080&rep=rep1&type=pdf http://www.liverpool.ac.uk/~kmb/MyPublishedPapers/BennettSoulsby2012.pdf	You have been asked to present a report on the current state of bereavement support for the elderly in the UK and how you aim to improve it in the future. This is a whole class project. You decide how this should be done! The end result is a 20min presentation of your report.	Bereavement in later life: Theory, assessment and intervention https://www.researchgate.net/publication/264309615_Bereavement_in_later_life_Theory_assessment_and_intervention Death, Dying, and Grief in Families https://www.researchgate.net/publication/238724926_Death_Dying_and_Grief_in_Families?tab=overview The dual process model of coping with bereavement: rationale and description http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_proquest231408801 An Empirical Examination of the Stage Theory of Grief https://jamanetwork.com/journals/jama/fullarticle/205661 Grief and bereavement theories http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_proquest521109783 Psychodynamic theories in grief and bereavement http://librarycatalogue.uwtsd.ac.uk/44/WHELF_UWTSD_VU1:CSCOP_EVERYTHING:TN_proquest216186182
10	Psychosocial interventions	Design an intervention for an elderly person with Depression/Loneliness and produce a proposal to demonstrate how you would evaluate the effectiveness of this intervention.	Shear, M. K., Wang, Y., Skritskaya, N., Duan, N., Mauro, C., & Ghesquiere, A. (2014). Treatment of complicated grief in elderly persons: a randomized clinical trial. JAMA psychiatry, 71(11), 1287-1295. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5705174/ Knight, B. G., Nordhus, I. H., & Satre, D. D. (2003). Psychotherapy with older adults. Handbook of Psychology, 453-468. Rosner, R., Bartl, H., Pfoh, G., Kotoučová, M., & Hagl, M. (2015). Efficacy of an integrative CBT for prolonged grief disorder: a long-term

			follow-up. <i>Journal of Affective Disorders</i> , 183, 106-112.
EASTER BREAK			

Reading

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.

Bond, J., Peace, S., Dittman-Kohli, F. and Westerhof, G. (2007) *Ageing in Society*. London: Sage Publications.

Powell, J. L. (2006). *Social theory and aging*. Rowman & Littlefield.

Schaie, K. W., & Willis, S. L. (Eds.). (2010). *Handbook of the Psychology of Aging*. Academic Press.

Stuart-Hamilton, I. (2011). *An introduction to gerontology*. Cambridge: Cambridge University Press.

Recommended

Baars, J., Dohmen, J., Grenier, A., & Phillipson, C. (Eds.). (2014). *Ageing, meaning and social structure: Connecting critical and humanistic gerontology*. Bristol: Policy Press.

Erber, J. T. (2011). *Aging and older adulthood*. John Wiley & Sons.

James, I. A. (2011). *Understanding behaviour in dementia that challenges: A guide to assessment and treatment*. London: Jessica Kingsley Publishers.

Rabbitt, P. (2014). *The Aging Mind: An Owner's Manual*. London: Routledge.

Background

Baker, C. (2014). *Developing Excellent Care for People Living with Dementia in Care Homes*. London: Jessica Kingsley Publishers.

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.

Coughlin, J. F., Pope, J. E., & Leedle, B. R. (2006). Old age, new technology, and future innovations in disease management and home health care. *Home Health Care Management & Practice*, 18(3), 196-207.

Vincent, J. A., Phillipson, C., & Downs, M. (Eds.). (2006). *The futures of old age*. London: Sage.

Journals and Websites

Students will be directed to a range of appropriate journal and websites during module delivery.