



Certificate Course in EMPOWERED AGEING

Jointly offered by

University of Pune

Interdisciplinary School of Health Sciences,
as a part of its Public Health Outreach Programme (PHOP)
And

International Longevity Centre-India

Certified by

A handwritten signature in blue ink, appearing to read 'R.K. Mutatkar'.

Prof. R.K.Mutatkar,
Chairman, Board of Studies
Interdisciplinary School of Health Sciences

1. Goal of the Course:

“Empowered Ageing, Empowering the Aged “.

2. Purpose of the Course:

The purpose of this course will be to empower senior citizens and individuals interested in the welfare of the elderly with an understanding of the process of healthy ageing

3. Objectives of the Course:

To transfer knowledge on the biology of ageing, health and ageing, social ageing, mental health and issues in retirement planning

To empower individuals to take charge of the ageing process

4. Eligibility:

Senior citizens and individuals interested in understanding the socio-biological dimensions of ageing.

5. Organization of the Course:

A 50 hour evening course organized twice a week (4 hours per week) over a period of 3 months. The Course is divided into several sessions. There will be evaluation at the end of the course. The course will lead to a certificate to be jointly issued by University of Pune and International Longevity Centre. Teaching methods will use a combination of didactic lectures, presentation and discussions. There will be a few special lectures by eminent speakers.

6. Course

Certificate Course in Empowered Ageing

Session I : Empowered ageing, empowering the aged.....2 hrs

Teaching objective

To introduce students to the issues associated with ageing

Course :

Introduction to the Course, Importance of the subject

Concept of empowered ageing, Need for empowering elderly

Overview of demographic trends and determinants of health during old age

Session II : Determinants of physical health of the elderly2 hr

Teaching objective :

To identify physical health problems of the elderly

Course :

Determinants of health of senior citizens

Session III Physical health : prevention, promotion and management.....6 hrs

Teaching objective

To understand the biological basis of ageing

To understand the process of disease prevention and health promotion

To understand the methods of management of common diseases of aging

Role of nutrition in healthy ageing

Course :

Major illness of elderly: causes, prevention, home management

Role of nutrition in the prevention and management of above discussed diseases

Session IV : Healthy diet Demonstration2 hrs

Teaching objective

To demonstrate healthy dietary practices and cooking tips

Course :

Nutritious foods, and healthy cooking methods

Session V : Elder friendly living environment.....3 hr

Teaching objective :

To demonstrate the availability of elder friendly devices to accommodate the physical changes of ageing

Course :

Elder friendly homes and devices
Demonstration cum lecture with models

Session VI Caring for the very elderly.....6 hrs

Teaching objective:

Caring for the very elderly

Course :

Caring, rehabilitation of disabled elderly, oldest old and care of frail elderly
Hygiene and self care during healthy and diseased condition
Nursing care
Demonstration

Session VII :Addressing social issues of ageing.....3 hrs

Teaching objective :

To identify social issues related to ageing and identify means to tackle them

Course :

Issues related to elderly staying alone, elderly in joint, nuclear families, parents of NRI, poor elderly, elderly women, elder abuse

Session VIII : Mental Health Issues of the elderly and their management....4 hrs

Teaching objective :

To identify mental health issues of the elderly and means of tackling them

Course :

Depression, feeling of loneliness, Sleep disorders Dementia, Alzheimer etc
Spiritual Health
Causes of stress, anxiety, etc and their management
Role of Exercise / Yoga/ Meditation
Demonstration

Session IX : Retirement planning, financial management and legal aspects of ageing.... 4 hrs

Teaching objective :

To describe economic and legal issues related to ageing

Course :

Law and ElderlyLegal provisions to protect rights of the elderly
Financial planning

Session X : Safety issues of the elderly2 hr

Teaching objective :

To describe the safety issues and methods of protection of the elderly

Course :

Safety issues and methods of protection

Session XI : Voluntary Sector Support....2 hr

Teaching objective :

To understand the role of voluntary sector support services

Course :

Services available for elderly and services by elderly
Case study of volunteer's bureau and their activities
Old Age Homes
Visit

Session XII : Field Visit4 hrs

Teaching objective and Course:

Visit to old age home to understand the role of the voluntary sector

Session XIII : National Policy for Old People....4 hrs

Teaching objective :

To understand the National Policy for Old People and its implications

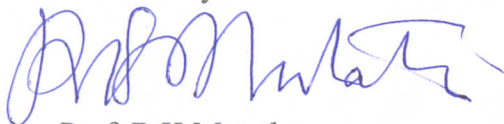
Course :

National Policy for Old People

Other government schemes and programmes for elderly

Assessment6 hrs

Certified by



Prof. R.K.Mutatkar
Chairman, Board of Studies
Interdisciplinary School of Health Sciences,
University of Pune, Pune 411007

