



**Department of Psychology
Utkal University**

**VALUE ADDED COURSE ON GERIATRIC COUNSELLING
(December -2021)**

Objectives of the Course – The course aims at training and capacity building of motivated youth in providing palliative and hospice care to the elderly and dependent senior citizens of Odisha. This will instill in the elderly a sense of security, confidence, independence and desire to live. Physical, social and emotional supports are extremely essential to fight depression and loneliness to lead a meaningful life.

Outcome: This will help in generating trained human resource for elderly care and counselling in families, hospitals and old-age homes.

Course Duration: Minimum 40 contact hours

Eligibility Criteria: Graduation in any discipline (+2 in case of students of nursing)

Mode of Selection: Personal Interview

Syllabus

GERIATRIC COUNSELLING

The course consists of 4 units and carries 100 marks. The duration of the course is 40 hours(minimum).

1. **Concept of Ageing:** Old age: Physical changes; Theories of Aging: Programmed Theory & Damage Theory; Cognitive Functioning: Intelligence and Processing Abilities & Memory.
2. **Psycho-Social Issues:** Family dynamics: Interpersonal relationships and social support; Mental and Behavioral Problems in old age, Ageism: Stereotypes and Prejudices towards old people
3. **Diseases during old age:** Hypertension, Diabetes, Alzheimer's, Depression, Dementia, Successful ageing; the art of Savoring, Subjective well being and Life satisfaction.

4. Counselling for the aged: Retirement, Loneliness, dependence, illness, disability, and bereavement. Reducing Caregiver's stress and burnout: Self care, Relaxation and Enjoyment

Reference Books:

- Human Development: D.E.Papalia , S.W. Olds & R.D Feldman, McGraw-Hill Publishing
- Counselling and Psychotherapy with older people: Paul Terry, Palgrave Macmillan publishers
- Positive Psychology (The Scientific and Practical Explorations of Human Strengths): C.R.Snyder S.J. Lopez & J.T. Pedrotti, Sage Publication
- *Sukhamaya barddhakya*; J.P.Das & Geeta Das; A K Mishra Publishers
- Health Psychology-Shelly. E. Taylor, McGraw-Hill;
