

III SEMESTER - SPECIALISATION-IV (GSW)
SWS - 505: AGEING AND AGEISM

PROGRAMME OUTCOME:

Course Specific Objectives:

- Inculcate a holistic understanding of the biological, psychological, social and economic needs and issues related to elderly.
- Understand the various dimensions, process and impact of Ageing and Ageism
- Understand and know the Impact of ageing and ageism on individual and family.
- Enhance knowledge on various age friendly programmes and services
- Understand strategies towards ageing gracefully

Course Contents:

UNIT - 1

Ageing: Concept of Ageing, Dimensions of Ageing: Chronological, biological, psychological, and social ageing, the changes and needs; Life Expectancy and Inequalities in life expectancy. Age criteria to be considered as senior citizens across world.

UNIT - II

Ageism: Definition; Stigma, stereotypes, myths and misconceptions about ageing. Factors influencing the ageism; Workplace Ageism; Reducing Ageism and Helping the elderly; Elder Abuse; programmes to prevent and deal with elder abuse.

UNIT - III

Ageing and Family Life: Emotional Complexity Relationships: Solidarity and ambivalence; Interdependence of Family Roles and Functions: Grandparents and Grandchildren, In-Law relationships; Care giving in Ageing Families: Older adults as recipients of care, Spouses as caregivers, Grandparents as custodial caregivers, Grandparents as supplemental caregivers.

UNIT - IV

Features of Age-friendly communities: Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and information, Community Support and Health Services, security and freedom, Outdoor spaces and building and Transportation facilities.

UNIT – V

Strategies to tackle Ageism: Happily ageing or Ageing Gracefully. Awareness creation about ageing, understanding the features of ageing brain and its impact on behaviour, Intergenerational bonding and its benefits, preparation and planning for health ageing. Prevention and management of age-associated chronic diseases (mental, neurological and substance use disorders)

Reference

LiatAyalon Clemens Tesch-Romer (ed) “Contemporary Perspectives on Ageism” Springer Open.

Ashton Applewhite (2016) “A manifesto against Agism” Helpage India

Amy J. C. Cuddy Susan T. Fiske , Jeff Greenberg (2002)Ageism: Stereotyping and Prejudice Against Older Persons A Bradford Book

Erdman B. Palmore “Ageism – Negative and Positive” Springer Publishing Company, USA

John Macnicol (2006) Age Discrimination: An Historical and Contemporary Analysis” Cambridge University Press

Book by Todd D. Nelson (2002) The Psychology of Prejudice” Ababy Books

Diane N. Ruble, Irene Hanson Frieze, Gail Zellman, Paula B. Johnson, Jacquelynne E. Parsons (2006) Women and Sex Roles: A Social Psychological Perspective

B. Blytheway, (1995) Ageism, Open University Press, Buckingham, UK,.

C. M. Steele, (2010) Whistling Vivaldi: And Other Clues to how Stereotypes Affect Us, W.W. Norton & Company, New York, NY, USA,.

T. D. Nelson, (Ed.) (2002) Ageism: Stereotyping and Prejudice Against Older Persons, MIT Press, Cambridge, Mass, USA,

