

**IV SEMESTER- SPECIALISATION-IV – GSW**  
**SWS 556: PHYSICAL AND MENTAL HEALTH OF ELDERLY**

**PROGRAMME OUTCOME:**

**Course Specific Objectives:**

- Study various physical communicable and terminal illness related to the elderly
- Study the mental health problems among the elderly
- Understand the psychosocial impact of health on individual and caregivers
- Know the different activities of health promotion for the elderly

**Course Contents:**

**UNIT - I**

**Common Physical Health Problems:** Age related degeneration, Different types of health problems (Diabetes, Hypertension, Heart Diseases, Stroke, Epilepsy and Lung Diseases) Symptoms, Treatment options and Psychosocial impact on elderly and caregivers.

**UNIT - II**

**Communicable diseases:** Viral Infections: COVID-19, SARS, HIV & AIDS, Sexually transmitted diseases. Bacterial and Fungal Infections in Elderly. Strategies to prevent communicable diseases in Elderly.

**UNIT - III**

**Terminal Illnesses:** Advanced Cancer, Advancer cardiovascular disease, chronic respiratory illness, Chronic Kidney Diseases, motor Neuron disease, Dementia (including Alzheimer), neurological diseases like Parkinson's. Psychosocial impact on individual and caregivers; End-of-Life Care.

**UNIT - IV**

**Mental Health Problems:** Depression, Anxiety disorders, Dementia, Mild Cognitive Impairment, Personality Changes secondary to other chronic health conditions, Substance use disorder. Caregivers' burden and management of burden.

**UNIT - V**

**Health Promotion Activities:** Active and Healthy Ageing; Healthy habits, Balanced Diet for Elderly, Importance of Exercise, Benefits of Yoga and Meditation. Health and social programmes targeted at vulnerable groups. Early diagnosis and prevention of illness.

## Reference:

- Blytheway, (1995) Ageism, Open University Press, Buckingham, UK,.
- 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,
- Mathew, Biju (2018) Age-Friendly Initiatives Springer
- Gangadharan, K. R.(2017) Ageing Policies and Programmes in India Springer
- Kaushik, Archana (2015) Addressing Marginalization Among the Elderly: A Social Work Perspective Springer
- Ambali, Anand (2016) Preventive Geriatrics—A Way Towards Active Ageing
- Allen M Karen, Spitzer J William (2016) Social Work Practice in Health Care, Sage

