

**Course Title : Geriatric Psychology**

**Course Code : PSY-816**

**Credit Hours : 3**

**Pre Requisite: Ethics & Psychotherapy**

**Course Description:**

The course will provide an introduction to health and aging and related psychosocial factors like culture, family and gender etc. It will also give a comprehensive review of health care and aging.

**Objective:**

- Various psychological factors that influence health in old age and the context of changing societal structure.
- Develop an insight about the psychological problems associated with old age.

**Course Outcomes:**

- The students will be able to describe effects of aging process on various psychological functions (i.e., memory, personality).
- They will develop insight to practice empathy and provide counseling to people going through problem of old age.

**Course Content:**

**Review of the health care for the elderly**

- Geriatric counseling
- Nursing home/hospice care

**Biology and aging**

- Changes in biological functioning
- Cognitive impairment

**Old age and Psychological health Problems**

- General Psychological Issues
- Mental Disorders of old age: Depression, Dementia, Parkinsonism, Sleep disturbance

- Death and Dying
- Loss and Bereavement
- Culture, Family structures and aging
- Aging and gender
- Research issues in geriatrics

### **Suggested Readings:**

- Robert Kane, Ouslander, J., Abrass, I., & Resnick. B. (2008). Essentials of Clinical Geriatrics: 6th Edition.
- Attix, D.K., Kathleen A. & Welsh-Bohmer. (2005). Geriatric Neuropsychology: Assessment and Intervention.
- Kennedy, G.J. & G.J. (2001). Geriatric Mental Health Care: A Treatment Guide for Health Professionals.
- Zarit, S.H. & Knight, B.G. (1999). A Guide to Psychotherapy and Aging: Effective Clinical Interventions in a Life-Stage Context.