

**GERONTOLOGY AND CARE OF THE ELDERLY THEORY**

**Course objective:**

1. The goal of geriatric rehabilitation is to improve the quality of life of older people, especially those with frailty or disabling impairments. It aims to restore function or enhance residual functional capacity.
2. The goal of gerontology is to understand aging processes and to promote successful aging.

**Course Outcomes:** To enable the student to:

1. Define stages of late adulthood, understand the characteristics of old age
2. Describe theoretical perspectives of aging and aging process,
3. Explain problems faced by elderly.
4. Apply knowledge to assess needs and problems of elderly at home and in institutions

**THEORY**

**UNIT I Process of Ageing**

- Process of Ageing; Old age- definition, characteristics, needs.
- Demographic profile of elderly in India.

**UNIT II Research trends in ageing**

- Theories related to ageing
- Interests, attitudes, needs, mental health of elderly.
- Role of interplay of cultural forces family interactions.
- Economic, social, cultural forces.

**UNIT III Problems faced by Elderly.**

- Psychological,
- Physiological,
- Social, emotional problems - Causes, strategies for coping maintained positive mental health.

**UNIT IV Elderly Care**

- Concept and types of elderly care, self-care
- Role of the family in elderly care
- Elderly abuse and risk factors
- Stress management of the elderly

**UNIT V Welfare programmes for elderly -**

- Role of Government and non-government agencies,
- Policy towards Elderly –
- Human right prospective.

**REFERENCES:**

1. Bhatia, H.S. (1983). *Aging and society*, Udaipur, The Aryas' Book Centre Publishers.
2. Krishnan, P. and Mahadevan, K. (1991). *Elderly population today: policies, problems and perspectives*, B.R. Publishing House, Delhi.
3. Binstock, H.R. and Sharma, E. (1985). *Handbook of aging and the social sciences*, New York.