

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM
VIII SEMESTER HOME SCIENCE TIME:2Hrs/Week
HS-E2-8152 GERONTOLOGY AND CARE OF THE ELDERLY PRACTICAL
MARKS:50

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 students 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

PRACTICALS

- Visit to old age home
- Planning and organizing entertainment activities for elderly in old age homes.
- Assessment of mental health of the Elderly
- Organizing awareness programmes on legal rights of elderly.
- Report on NGO's working for the welfare of the elderly

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.