



### A) Course: Old People Care (OPC) & Health Studies

- **Duration:** 6 months.
- **Level:** Advanced Certificate
- **Credits:** To be determined based on the content of each module.

### B) Module Details

Module Code	Module Name	Study Hours	Credits
OPC-101	Introduction to Old People Care and Health	40	4
OPC-102	Gerontology and Aging Studies	50	5
OPC-103	Health Assessment for Elderly	60	6
OPC-104	Nutrition and Physical Activity for Seniors	45	4.5
OPC-105	Cognitive Health in Aging	55	5.5
OPC-106	Palliative Care for the Elderly	50	5
OPC-107	Legal and Ethical Considerations	40	4
OPC-108	Care Planning and Management	55	5.5
OPC-109	Community Engagement for Seniors	30	3
OPC-110	Practicum and Internship	-	12

### C) Main Aims and Objectives

1. To provide comprehensive knowledge of old people care and health.
2. To understand the principles of gerontology and aging studies.
3. To conduct health assessments for elderly individuals.
4. To promote proper nutrition and physical activity for seniors.
5. To address cognitive health challenges in aging populations.
6. To develop skills in providing palliative care for the elderly.
7. To understand legal and ethical considerations in elder care.
8. To develop care plans and management strategies for seniors.
9. To foster community engagement initiatives for the elderly.
10. To provide practical experience through a practicum and internship.

## **D) Detailed Outline of The Syllabus Per Module**

1. **OPC-101: Introduction to Old People Care and Health**
  - Overview of Old People Care
  - Importance of Health Studies
  - Role of Caregivers
  - Historical Perspectives
  
2. **OPC-102: Gerontology and Aging Studies**
  - Basics of Gerontology
  - Aging Theories
  - Demographics of Aging
  - Social and Cultural Aspects of Aging
  
3. **OPC-103: Health Assessment for the Elderly**
  - Comprehensive Health Assessment
  - Common Health Issues in Aging
  - Diagnostic Tools and Techniques
  - Holistic Approaches to Health Assessment
  
4. **OPC-104: Nutrition and Physical Activity for Seniors**
  - Nutritional Needs for the Elderly
  - Meal Planning and Dietary Considerations
  - Importance of Physical Activity
  - Exercise Programs for Seniors
  
5. **OPC-105: Cognitive Health in Aging**
  - Cognitive Aging Process
  - Common Cognitive Health Issues
  - Strategies for Cognitive Health Maintenance
  - Support for Individuals with Cognitive Impairment
  
6. **OPC-106: Palliative Care for the Elderly**
  - Principles of Palliative Care
  - Pain Management in Elderly Patients
  - Emotional and Spiritual Support
  - End-of-Life Care Planning
  
7. **OPC-107: Legal and Ethical Considerations**
  - Legal Rights of the Elderly
  - Ethical Dilemmas in Old People Care
  - Advance Directives and Legal Documents
  - Elder Abuse Prevention and Reporting

8. **OPC-108: Care Planning and Management**

- Developing Care Plans for Seniors
- Coordination of Care Services
- Medication Management
- Quality Assurance in Elder Care

9. **OPC-109: Community Engagement for Seniors**

- Social Isolation and Loneliness
- Community Programs and Resources
- Volunteerism and Social Support
- Creating Age-Friendly Communities

10. **OPC-110: Practicals and Internship**

- Observation and Assistance in Elderly Care Facilities
- Implementation of Care Plans
- Interaction with Health Professionals
- Reflective Practice and Evaluation

**E) Practicals**

Practical activities will be incorporated into modules where applicable, focusing on hands-on experiences such as:

- Health assessments for elderly individuals.
- Developing and implementing care plans.
- Physical activity and nutrition planning for seniors.
- Observation and participation in palliative care settings.

**F) Duties During Internship**

During the 8-week industrial internship, students will:

- Work in a healthcare facility specializing in elderly care.
- Implement care plans and management strategies.
- Engage with health professionals and caregivers.
- Participate in community engagement initiatives for seniors.

**G) Country Benefits**

1. Improved quality of care for the elderly population.
2. Enhanced health outcomes for seniors.
3. Strengthened social support networks for the elderly.
4. Increased awareness of legal rights and ethical considerations.
5. Positive impact on community well-being and inclusivity.
6. Job creation in the healthcare and elderly care sectors.
7. Reduction in healthcare costs through preventive care.
8. Strengthened reputation for providing quality elderly care.
9. Attraction of skilled professionals in gerontology.
10. Positive contribution to the national healthcare system.

#### **H) Students' Entrepreneurship Benefits**

1. Ability to start and manage an elderly care service.
2. Knowledge of legal and ethical considerations in elder care.
3. Expertise in developing and implementing care plans.
4. Skills in community engagement and social support initiatives.
5. Networking opportunities with healthcare professionals.
6. Increased employability in the healthcare and caregiving sectors.
7. Potential for creating innovative programs for seniors.
8. Understanding of nutritional and physical activity needs for the elderly.
9. Enhanced communication and interpersonal skills.
10. Increased awareness of the social impact of elderly care entrepreneurship.

#### **I) Internationally Recommended Books and Materials**

- "Gerontology Nursing Case Studies" by Donna J. Bowles
- "Palliative Care Nursing: Quality Care to the End of Life" by Marianne Matzo and Deborah Witt Sherman
- "Nutrition for the Older Adult" by Melissa Bernstein and Nancy Munoz
- "Legal and Ethical Issues for Health Professionals" by George D. Pozgar
- "The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss" by Nancy L. Mace and Peter V. Rabins

#### **J) Eligibility**

No specific prior experience is required, making it accessible to anyone interested in old people care and health studies. This course is suitable for individuals with a passion for caregiving, health promotion, and community engagement.