School of Psychology - University of Queensland

PSYC8291: Applied Gerontology

Course Coordinator & Lecturer:

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Lecturer:

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Tutor:

Dr Leander Mitchell  
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NOTE that contact via e-mail is a swift and reliable way of reaching us.

Textbook: No required text; readings available on-line via Blackboard.

Course Objectives:
This course gives students an opportunity to study theory and practice relating to psychological aspects of ageing. Topics include demographics of ageing; normal ageing trajectories and the successful negotiation of life transitions; diagnosis, assessment and treatment of psychiatric illness in later life; as well as specialist topics such as capacity assessment and consultation in nursing homes. Case presentations and guest lectures by overseas experts are included. The course will be particularly useful for mental health professionals hoping to improve their knowledge and skills in working with older persons across a variety of settings.

Learning Outcomes:
A student who successfully completes this course will be able to:

- Understand current major theories pertaining to older adult development, positive ageing and aetiologies of age-related disease processes such as Alzheimer’s dementia.
- Understand and apply specialised assessment, diagnostic and treatment strategies to an older population.
- Formulate management plans for older adults in specialist situations (e.g. long-term care, rehabilitation strategies with older adults).
- Have working knowledge of age-related issues such as competency and guardianship, end of life and hospice care, psychometric and research paradigms, and public policy directions.
- Present a cogent case for a public health intervention aimed at older adults.
PSYC829 WORKSHOP SCHEDULE…

MONDAY 16TH SEPTEMBER
8:30-9:00 Introduction to PSYC8291 & Geropsychology (Nancy & Leander)
9:00-10:30 Epidemiological Aspects of Ageing (Gerard)
10:30-11:00 Morning Tea
11:00-12:30 Dementia (Gerard)
12:30-1:30 Lunch
1:30-3:00 Depression & Anxiety (Gerard)
3:00-3:30 Afternoon Tea
3:30-5:00 Therapy with Older Adults-CALTAP (Nancy)

TUESDAY 17TH SEPTEMBER
9:00-10:30 Pain Management & Substance Abuse (Gerard)
10:30-11:00 Morning Tea
11:00-12:30 Bereavement/Psychosis (Gerard)
12:30-1:30 Lunch
1:30-3:00 Capacity Assessments (Dr Annette Broome, PA Hospital)
3:00-3:50 Consultations in Nursing Homes (Nancy)

WEDNESDAY 18TH SEPTEMBER
9:00-10:30 Sex, Lies, & a Life in the Closet (Leander)
10:30-10:45 Morning Tea
10:45-12:15 Assessment & Psychotherapy Strategies (Leander)
12:15-1:00 Lunch
1:00-2:30 CBT Formulations Tutorial (Leander)
2:30-2:45 Afternoon Tea
2:45-3:50 Differential Diagnoses Tutorial (Leander)

THURSDAY 19TH SEPTEMBER
8:30-10:30 Complex Geropsych Cases (Dr Paula Hartman-Stein, PhD, USA)
10:30-12:30 Break and final preparation time for group presentations
12:30-3:30 Group Presentations (Please feel free to bring lunch if you have not had this
during the final preparation time. A brief afternoon tea break will be included.
Group presentations should be no longer than 20mins as per the ECP, extra
time is allowed for brief discussion and questions)
3:30-3:50 Course Feedback session

FRIDAY 20TH SEPTEMBER
9:00-5:00 Optimal Ageing Workshop presented by Dr Paula Hartman-Stein, PhD.
UQ Women’s College
Registration opens at 8:30am. Morning tea, lunch, and afternoon tea provided.
Overview of Assessment for PSYC8291
(Note: please see the online Electronic Course Profile for more detailed information, this is meant as an overview only)

1. GROUP PRESENTATION – 30% (presentations to be made on THURSDAY 19th September)
   
The class will be divided up into groups on the first day of lectures, with each group being given a case study. The content of the lectures and tutorials during the week will provide information relevant to the cases that is to be incorporated into the end of week presentation.

2. SKILLS-BASED ASSESSMENT – 40% (students will be allocated to 4 stations out of 8, and must pass each of the 4 stations – pass mark of 7/10 per station)
   
   Stations include: assessment with an older adult; capacity assessment; interpretation of findings; diagnosis; psychotherapy; healthy ageing; older adult-special populations; and behaviour management techniques.

   Scheduled for MONDAY 14th October
   (8:30am – 1:30pm times to be confirmed closer to the date)

3. PUBLIC HEALTH MESSAGE video – 30%
   
   Requirements: 2-3 minute video produced with Kaltura (available via Blackboard); accompanied by separately uploadable 1-2 page summary report (NO more than 1000 words) of your public health message (incl. 10 most relevant refs, plus any links of note, this is not included in 1-2 pages/word limit) and should be uploaded via Turn-It-In.

   Potential topics include: addressing agitation or pain relief in the nursing home; value of animal-assisted therapy for persons with dementia; how to keep your brain healthy; tips for improving mood or anxiety; how families can facilitate recovery from TBI; ageing with schizophrenia - what you need to know; exercise for longevity; the real story of vitamins, supplements and ageing; relating to grandchildren – a survival guide for grandparents; ageing with Asperger’s – what now?; a user’s guide to retirement; help for bereavement; coping with caregiving; how hobbies assist with ageing; driving and ageing; cholesterol, blood pressure and ageing; living with the after effects of stroke; dangers of polypharmacy; substance use and abuse in later life; improve your sleeping habits with age.

   Due: FRIDAY 25th October (5:00pm)