

SYLLABUS FOR SKILL BASED COURSE COUNSELLING
AND GUIDANCE FOR GERIATRIC CARE

SL.NO:	COURSE CODE	COURSE TITLE	TYPE OF COURSE	CREDITS	MAX. MARKS
1	CGGC 001	Introduction to Gerontology and Geriatrics	Theory Core-1	3	100
2	CGGC 002	Ageing: Theories and Perspectives	Theory Core-2	3	100
3	CGGC 003	Geriatric Mental Health and Care	Theory Core-3	3	100
4	CGGC 004	Geriatric Counseling and Guidance	Theory Core-4	3	100
5	CGGC 005	Skill based Training and Practical Examination	Skill component Core-5	6	100
7	CGGC 007	Internship	Skill component Core-7	6	100

CGGC 001 - Introduction to Gerontology and Geriatrics

MODULE I

Basic Concepts in Gerontology

Emergence and development of Gerontology, Nature and Scope of Gerontology, Meaning and significance of Social Gerontology, Definition and classification of Elderly, Demographic profile of Elderly in India.

MODULE II

Problems of Elderly

Problems of elderly- Physical, Psychological, Economic, Emotional & Social problems. Geriatric giants- immobility, instability, incontinence, and impaired intellect/memory. Impaired vision and hearing loss. Geriatric syndromes (pressure ulcers, incontinence, falls, functional decline, and delirium).

MODULE III

Geriatric Care among Elderly

Geriatrics-Meaning and Scope, Significance of Geriatric care among elderly. Levels of Geriatric Care – including Palliative, Hospice & Respite care. Care of the geriatric patients-Palliative care patients, deserted elderly, bedridden patients, elderly under institutional and home care, Elderly facing morbidity, disability, and disasters.

CGGC 002 - Ageing: Perspectives, Programmes and Policies

MODULE I

Introduction on Ageing

Ageing Process- Meaning, Aspects of Ageing- Biological, Psychological and Sociological. Causes of Ageing, Common signs of ageing, Ageing Physiology, Healthy ageing, Ageing and Mental Health.

MODULE II

Theory of Ageing

Theories of ageing- Biological-Wear and Tear Theory, Declining Energy Theory, Somatic Mutation Theory. Psychological- theory of loneliness and isolation Sociological Theories- Activity theory and Disengagement Theory of Ageing.

MODULE III

Policies and Programmes for Elderly

Rehabilitation, Institutional and Non Institutional support for elderly. Structure and Functions of Old age homes in India, Role of Pakalveedu. NGO initiatives. Govt policies and programmes for the welfare of elderly.

CGGC 003 - Geriatric Mental Health

MODULE I

Basic Geriatric care among Elderly

Nutrition among Elderly, Lifestyle of Elderly, Health, and routine. Common Diseases faced by Elderly. Tackling with Geriatric Giants and Geriatric Syndromes, Mental Health and Cognition of the aged, psychological changes in ageing. Communication skills necessary in geriatrics.

MODULE II

Mental Health Among elderly

Mental Health and Mental Illness, Mental health programmes among elderly, Health promotion of elderly. Importance of Diet, Exercise, Healthy daily routine, sleep, mental peace, and spiritual wellbeing.

MODULE III

Mental Health Issues and Care strategies

Mental health issues and challenges faced by older adults, Dementia, memory loss, Depressions, Stress and Anxiety, Treatment and Care strategies. Absence of e-literacy, social exclusion and associated feelings of alienation and estrangement in social life.

CGGC 004 – Geriatric Counselling and Guidance

MODULE I

Introduction to Counselling skills

Concept of counselling, Defining features of counselling; Major Goals and Principles of counselling; Counselling and psychotherapy; Types of counselling. Skills of Counselling. Counselling Process and strategies, Qualities and functions of counsellor, Significance of counselling among elderly.

MODULE II

Group Guidance for Geriatric care

Introduction to Guidance, Guidance in Action, Guidance for geriatric care and adjustment. Guidance to Institutional care takers. Understanding Group Membership and Behavior in Groups. Advantages of Group Guidance, Planning Group Counselling Sessions, Skills of Group Facilitation (including dealing with conflict).

MODULE III

Case Specific Individual Guidance and Counselling

Individual Guidance and counselling for specific target groups with special reference to Palliative, Hospice & Respite care. Rendering counselling sessions to Palliative care patients, deserted elderly, retired persons, elderly under institutional and home care, bedridden patients, Elderly facing morbidity, disability, and disasters. Rendering Guidance to family members and institutional care takers in taking care of vulnerable elderly.