



UNIVERSITY  
of  
TECHNOLOGY,  
MAURITIUS

## School of Health Sciences

# BSc (Hons) Gerontology

## PROGRAMME DOCUMENT

*BGER v1.0*

July 2018

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**University of Technology, Mauritius**

**School of Health Sciences**

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# **BSc (Hons) Gerontology**

## **A. PROGRAMME INFORMATION**

Worldwide increase in life expectancy has contributed to the emergence of new challenges for health, social, education and economic institutions in ensuring that the years added to life are healthy, active and productive. An in-depth understanding of the complex process of ageing and the determinants of longevity is fundamental to realizing the full potential of healthy ageing and in parallel, supporting older people with compromised functioning or chronic illnesses.

This undergraduate degree has been developed taking into account the specific job skill requirements of the different institutions involved in gerontology and elderly care. The programme integrates up-to-date understanding of ageing populations and the ageing process, current social and health policy issues, and the implications of ageing for individuals and societies together with practical experience through a work placement.

This programme relating to ageing and social health will enable those who wish to join this field or who are already practicing in the field of elderly care, nursing or social care to learn the technical, social, communication and professional skills necessary to improve the lives of the elderly

## **B. PROGRAMME AIMS**

This programme in Gerontology aims at those working in the caregiver setting or those wishing to enter a career in geriatric facilities or social care, whether in the public or private sectors. The programme has been designed to cover the different concepts, principles and theories of ageing and later life in contemporary societies.

The programme will provide students with the skills required to understand elderly's social health conditions and will provide them with the necessary know-how to preserve and promote the health of both the individual and the community. It will also enable participants to identify and deal with the prevention of elderly abuse, provides useful insights about healthy ageing.

## **C. PROGRAMME OBJECTIVES**

1. Understand the demographic shifts that have led to population ageing;
2. Take stock of ageism and promote healthy ageing
3. Differentiate between the social and psychological changes that occur with age;
4. Understand the major theories and concepts key to the study of ageing;
5. Understand basic health policy as it applies to population aging;
6. State the challenges facing older people and their caregivers.

## **Part I - REGULATIONS**

### **D. GENERAL ENTRY REQUIREMENTS**

As per UTM'S Admissions Regulations, and 'Admission to Programmes of Study at Degree Level'.

### **E. PROGRAMME ENTRY REQUIREMENT**

Candidates holding a related qualification acceptable to the university may apply for exemptions.

### **F. PROGRAMME MODE AND DURATION**

Full Time: Minimum Duration: 3 Years Maximum Duration: 6 Years

Part Time: Minimum Duration: 4 years Maximum Duration: 7 Years

Each academic year includes 2 semesters.

### **Programme Exit Points**

- (i) A Certificate in Gerontology with a minimum credit requirement of 33
- (ii) A Diploma in Gerontology with a minimum credit requirement of 66
- (iii) BSc (Hons) in Gerontology with 104 credits

### **G. TEACHING AND LEARNING STRATEGIES**

The programme will employ a wide variety of teaching methods, including lectures, individual or group projects, presentations, workshops, life-skills and good practices, field visits and work placement. Self-learning will be the key feature of the programme, enabling students to explore, investigate and research into the various topics, interact with practitioners, and work in teams on projects. Throughout the programme, case-studies will be used to familiarise the students with real-life situations.

The University recognises the importance of practical experience and its value to employers. Work placement holds a significant place in the degree as it allows students to obtain first-hand exposure before taking up employment after graduation.

## **H. STUDENT SUPPORT AND GUIDANCE**

In addition to traditional lectures, group tutorial sessions are arranged for students.

## **I. ATTENDANCE REQUIREMENTS**

As per UTM Regulations.

## **J. CREDIT SYSTEM**

1 credit = 15 hours lecture

1 credit = 30 hours of practical/tutorial/seminar/directed-study

## **K. STUDENT PROGRESS AND ASSESSMENT**

For the award of the Degree, all modules must be passed overall with passes in the examinations, coursework and other forms of assessment. The modules will be assessed as follows (unless otherwise specified):

- written examinations of minimum 2-hours' duration for modules carrying 3 credits and of minimum 3-hours' duration for modules carrying 4 credits and contributing 70% of the total marks.
- continuous assessment carrying up to 30% of total marks. Continuous assessment can be based on seminars and/or assignments or class tests.
- All modules are normally assessed over 100 marks, except for project dissertation where it shall be as specified in the programme.
- Research Methods for Health Sciences and ICT and healthcare modules will be assessed by 100% coursework as follows: Mini-project based assignments involving fieldwork and presentation.
- Work Placement will be assessed as per the Work Placement Policy.
- The overall pass mark for a module is 40%.
- Life-skills and Good practices module will be assessed as per Lifeskills and Good Practices Guidelines.

## **Grading**

<b>Grade</b>	<b>Marks x (%)</b>
A	$70 \leq x \leq 100$
B	$60 \leq x < 70$
C	$50 \leq x < 60$
D	$40 \leq x < 50$
F	$x < 40$
A-D	Pass
F	Fail

## **L. EVALUATION OF PERFORMANCE**

The percentage mark at Level 1 contributes a 20 % weighting towards the Degree classification.  
The percentage mark at Level 2 contributes a 30% weighting towards the Degree classification.  
The percentage mark at Level 3 contributes a 50% weighting towards the Degree classification.

## **M. AWARD CLASSIFICATION**

### **Overall weighted mark x (%)**

$x \geq 70$   
 $60 \leq x < 70$   
 $50 \leq x < 60$   
 $45 \leq x < 50$   
 $40 \leq x < 45$   
 $x < 40$

### **Classifications**

: 1<sup>st</sup> Class Honours  
: 2<sup>nd</sup> Class 1<sup>st</sup> Division Honours  
: 2<sup>nd</sup> Class 2<sup>nd</sup> Division Honours  
: 3<sup>rd</sup> Class Honours  
: Pass Degree  
: No Award

## **N. PROGRAMME DEVELOPMENT COMMITTEE:**

Programme development: Dr Vuddamalay ([yvuddamalay@umail.utm.ac.mu](mailto:yvuddamalay@umail.utm.ac.mu)), Dr Basant Rai ([veenoobr23@yahoo.com](mailto:veenoobr23@yahoo.com)), Dr Putteeraj ([mputteeraj@umail.utm.ac.mu](mailto:mputteeraj@umail.utm.ac.mu)), Dr Somanah ([mjbhugowandeen@umail.utm.ac.mu](mailto:mjbhugowandeen@umail.utm.ac.mu)), Dr Ramburn ([jramburn@umail.utm.ac.mu](mailto:jramburn@umail.utm.ac.mu)), Dr Luximon-Ramma ([aramma@umail.utm.ac.mu](mailto:aramma@umail.utm.ac.mu)), Ms N Maherally ([nailamaherally@gmail.com](mailto:nailamaherally@gmail.com)), Dr Jaypaul ([njaypaul@umail.utm.ac.mu](mailto:njaypaul@umail.utm.ac.mu))

Reviewed by: Dr Motah ([motah07@gmail.com](mailto:motah07@gmail.com)) and Mr Rajen Suntoo ([r.suntoo@gmail.com](mailto:r.suntoo@gmail.com))

## Part II - PROGRAMME STRUCTURE AND SYLLABUS OUTLINE

### O. BSc Gerontology

#### PROGRAMME STRUCTURE AND PLAN- (FULL-TIME)

<b>Semester 1</b>		<b>YEAR 1</b>				<b>Semester 2</b>	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
BGER1101	Introduction to Ageing studies	2+1+1	3	BGER1201	Nutritional Needs of the Elderly	2+1+1	3
BGER1102	Theories of Ageing	2+1+1	3	BGER1202	The Ageing Process	2+2+2	4
BGER1103	Personality and Adult Development	2+1+1	3	BGER1203	Pathophysiology	2+2+2	4
BGER1104	ICT and Healthcare	2+1+1	3	BGER1204	Health, Wellness and First Aid	2+2+2	4
BGER1105	Communication skills and Health Promotion	2+1+1	3	BGER1205	Active and productive Ageing	2+1+1	3

<b>Semester 1</b>		<b>YEAR 2</b>				<b>Semester 2</b>	
Code	Modules	Hrs/Wk L+T/P+ DS	Credits	Code	Modules	Hrs/Wk L+T/P+ DS	Credits
HLTH2202	Epidemiology	2+2+2	4	BGER2201	Demography of Ageing	2+2+2	4
BGER2101	Ageing and disability	2+1+1	3	BGER2202	Ageing and rehabilitation	2+1+1	3
BGER2102	Ethics and Palliative Care I	2+1+1	3	BGER2203	Ageing in the Society	2+1+1	3
BGER2103	Geriatric Pathophysiology	2+2+2	4	BGER2204	Research Methods for Health Sciences	2+1+1	3
UTM2101C	Life-skills and Good Practices	3+2+0	4	BGER2205	Social Security and Legislation	2+2+2	4

<b>Semester 1</b>		<b>YEAR 3</b>				<b>Semester 2</b>	
<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>	<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>
BGER3101	Elderly care and living arrangements	2+1+1	3	BGER3201	Retirement and later life planning	2+1+1	3
BGER3102	Ageing and Gender Issues	2+1+1	3	BGER3103	Mental Health and Cognitive functioning in the Elderly II	2+2+2	4
BGER3103	Mental Health and Cognitive functioning in the Elderly I	2+2+2	4	BGER3202	Ageing and Sexuality	2+1+1	3
BGER3104	Geriatric Care Management	2+2+2	4	BGER2102	Ethics and Palliative Care II	2+1+1	3
DISS3000	Dissertation						9

**NB: Work placement to be undertaken as per UTM Work Placement guideline.**

**PROGRAMME STRUCTURE AND PLAN- (PART-TIME)**

<b>Semester 1</b>		<b>YEAR 1</b>				<b>Semester 2</b>	
<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk</b> L+T/P+ DS	<b>Credits</b>	<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk</b> L+T/P+ DS	<b>Credits</b>
BGER1101	Introduction to Ageing studies	2+1+1	3	BGER1105	Communication skills and Health Promotion	2+1+1	3
BGER1102	Theories of Ageing	2+1+1	3	BGER1201	Nutritional Needs of the Elderly	2+1+1	3
BGER1103	Personality and Adult Development	2+1+1	3	BGER1202	The Ageing Process	2+2+2	4
BGER1104	ICT and Healthcare	2+1+1	3	BGER1203	Pathophysiology	2+2+2	4

<b>Semester 1</b>		<b>YEAR 2</b>				<b>Semester 2</b>	
<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk</b> L+T/P+ DS	<b>Credits</b>	<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk</b> L+T/P+ DS	<b>Credits</b>
BGER1204	Health, Wellness and First Aid	2+2+2	4	HLTH2202	Epidemiology	2+2+2	4
BGER1205	Active and productive Ageing	2+1+1	3	BGER2102	Ethics and Palliative Care I	2+1+1	3
BGER2101	Ageing and disability	2+1+1	3	BGER2103	Geriatric Pathophysiology	2+2+2	4

<b>Semester 1</b>		<b>YEAR 3</b>				<b>Semester 2</b>	
<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>	<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>
BGER2201	Demography of Ageing	2+2+2	4	BGER2204	Research Methods for Health Sciences	2+1+1	3
BGER2202	Ageing and rehabilitation	2+1+1	3	BGER3101	Elderly care and living arrangements	2+1+1	3
BGER2203	Ageing in the Society	2+1+1	3	BGER3102	Ageing and Gender Issues	2+1+1	3
UTM2101C	Life-skills and good practices	3+1+0	4	BGER2205	Social Security and Legislation	2+2+2	4

<b>Semester 1</b>		<b>YEAR 4</b>				<b>Semester 2</b>	
<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>	<b>Code</b>	<b>Modules</b>	<b>Hrs/Wk L+T/P+ DS</b>	<b>Credits</b>
BGER3103	Mental Health and Cognitive functioning in the Elderly I	2+2+2	4	BGER3103	Mental Health and Cognitive functioning in the Elderly II	2+2+2	4
BGER3104	Geriatric Care Management	2+2+2	4	BGER3202	Ageing and Sexuality	2+1+1	3
BGER3201	Retirement and later life planning	2+1+1	3	BGER2102	Ethics and Palliative Care II	2+1+1	3
DISS3000	Dissertation						9

**NB: Work placement to be undertaken as per UTM Work Placement guideline.**

## **P: NON-PRESCRIPTIVE MODULE OUTLINE**

### **BGER1101-Introduction to Ageing studies**

Overview of Ageing Population, Introduction to basic concepts in ageing studies, Definition and History of Ageing population, Population Ageing and trends, Ageing around the world, World Population Ageing (UN Report) , Ageing in Mauritius, Introduction to the basic theories of Ageing, Ageing and wellbeing, Introduction to Family support and older people, An introduction to the challenges of informal caregiving, An introduction to Ageing and pension system, Introduction to Ageing and healthcare facilities.

### **BGER1102-Theories of Ageing**

Theories in Social Gerontology, Sociological, psychological, and biological theories of ageing , Healthy childhood development, Twentieth-Century Theories About Later Life, Beliefs About Ageing and Older People, Individual and Society Level Theories, Activity Theory, Disengagement Theory, Role Theory, Age Stratification and Life Course, Power and Inequality Approaches, Political Economy of Aging, Symbolic interactionism and ageing, Feminist approach on ageing.

### **BGER1103-Personality and Adult Development**

Adult Socialization, Self-Concept and Self Esteem, Stage Theories of Personality Development, The Discovery of Midlife and Beyond, Eight Stages of Life and Generativity, The Seasons of Life, Late Life Personality Changes, Chronological age, Psychological age, Sociological age , Functional age, Optimal ageing, Normal ageing, Pathological ageing and Successful ageing, Longevity / postponing human ageing

### **BGER1104-ICT and Healthcare**

Fundamentals of information & communications technology (ICT), Computing and IT skills (Using generic tools for documents drafting, data presentation, referencing suites, databases, optimizational use of search engines); Integration of ICT in the healthcare industry (Health Information Management System (HIMS) including EHR (Electronic Health Record), Health Information Exchange (HIE)); telemedicine, health informatics, eHealth strategies; ICT in geriatric care: Computerized cognitive tests, VR environments, Wearable sensors, Skin conductance response (SCR); Stimulation-oriented ICT, Technophobia in the elderly, Ethics in eMedicine, Legislations & eGovernance in eHealth Services.

Telehealth nursing: Patients/client perspective.

### **BGER1105-Communication skills and Health Promotion**

The process of communication; Barriers to effective communication; Importance of therapeutic communication; Non-verbal communication; Verbal communication; Listening; Professional communication skills and behaviour; Strategies for communicating with elderly persons under challenging circumstances (e.g. visual impairment, hearing impairment, dementia, delirium, depression); Improving cross-cultural communication; Patient Privacy Act; Legal restrictions and ethical issues; Leadership styles and skills; Administrative communication skills in the healthcare setting; Importance of health information systems in healthcare; Sources and uses of health information; Indicators of health; Health literacy among the aged; Evaluation techniques for health literacy; Health promotion; definitions and components, health education, environmental modifications, nutritional interventions, lifestyle and behavioural changes, Changing perspectives on health and ageing in society; Role of mass media in dissemination of health information; Promotion of healthy ageing and lifestyle

### **BGER1201-Nutritional Needs of the Elderly**

The gastrointestinal system and its changes associated with ageing (including in gut microbiota), Overview of nutrients groups and their functions; Importance of vitamins, minerals and micronutrients; Nutritional screening; Understanding the nutritional needs of the elderly; Protein and energy requirements in health, illness and old age; Role of vitamin D in older people; Components of a balanced diet; Adapting food portions for the elderly; Scheduling meals of the day in relation to age, activity and medications; Nutritional planning in cases of obesity and metabolic syndrome; Nutritional management of diabetes in older adults; Preserving health and disease management of the elderly using Superfoods; Malnutrition-its causes and assessment, Modified MyPyramid for older adults

### **BGER1202-The Ageing Process**

Understanding why organisms age; The cell cycle; Changes in physical appearance due to age; Age-related physiological declines; Biological theories of ageing; Ageing phenotypes; Factors that influence ageing; The immune system and immunosenescence; Inflammation and its role in ageing and multisystem decline; Function of the mitochondria and associated chronic conditions upon its decline; Free radicals and oxidative stress in ageing;

### **BGER1203-Pathophysiology**

Basic anatomical and physiological concepts, Structure and function of human body at molecular and cellular and physiological level with emphasis on the physiology of nervous, cardiovascular, immune, respiratory, endocrine, digestive, urinary and reproductive systems, Endocrine glands and hormones. Pathophysiology of common diseases by systems including diabetes, cardio-vascular diseases, auto-immune diseases, influenza and cancers.

### **BGER1204-Health, Wellness and First Aid**

Definition of Health, Determinants of Health and Quality of life; Longevity and long life; Functional Importance of physical activity; Disabilities and Limitations in Activities of the elderly; Strategies to encourage senior participation in physical recreational activities; Limitations factors to health care and physical activities; Stress and anxiety management programmes, Relaxation techniques for the elderly; Substance abuse and rehabilitation for the elderly; First aid administration techniques for: cuts, abrasions, bruises and soft tissue injuries; bleeding; hypothermia and hyperthermia; fractures; bedsores; dehydration; seizures; shock; concussion; asphyxiation, CPR technique for the elderly

### **BGER1205-Active and productive Ageing**

Adaptations and Adjusting to aging changes Psychological changes, Active healthy ageing Productive and optimal Ageing The Healthy ageing model Disability, Definition of disability, Causes of disability, Types of disability Attitudes towards disabled people The Rights of disabled people / United Nations convention - UNCRPD

### **HLTH2202-Epidemiology**

Concepts of health and disease, Concepts of risk factors and causes, Epidemiological study designs, their strengths and limitations, inference and causation, bias and confounding, Age standardisation procedures and application of epidemiological knowledge, principles and techniques to investigate public health issues, Conventional risk factors (lifestyle factors such as tobacco use, unhealthy diet, physical inactivity, and high blood pressure), Upstream factors and the determinants of health (e.g. urbanisation, income, education, trade, health transitions).

### **BGER2101-Ageing and disability**

The Legal Definition of disability in elderly; Prevalence of disability in Mauritius; Disability theories and models; Factors Influencing the onset and course of Disability ;Preclinical markers at early stages of disability, underlying secular changes in lifestyle; Types of disabilities, methods of assessment and degree of disability; The economics of Disability: economic and social exclusion for disabled people living in the majority world; Approaches to meeting the needs of disabled people; Reasonable Adjustments and types of adjustments and National Strategy on People with Disabilities

### **BGER2102-Ethics and Palliative Care I**

21<sup>st</sup> Century Morality Trends, Ethics and cultures of care, The Changing Demography of Death, Death of older people in Society, Fear of Death and Attitudes Toward Dying, Health and long-term care, Funeral Practices, Advance Directives (right to refuse treatment, patient self-determination act), living wills, statutory clarification), Conflicting interests for decision making: remediation (patients, families, teams), Guardianship and paternalism, Widowhood, Right to a good death: Beneficent Euthanasia, Act of treatment versus omission of treatment, circular terminology, double effect, Evaluating capacity for self and independent living, Ethical issues of renal replacement therapy in the elderly, Medical futility.

### **BGER2103-Geriatric pathophysiology**

Oral health and mouth diseases, Common skin diseases of the elderly; Malabsorption, Constipation and incontinence; Gastrointestinal diseases of the older population; Age-associated breathlessness; Anaemia; Age related imbalances of the endocrine system; Visual impairment and age-related eye diseases; Hearing impairments and their treatment; Dealing with dizziness and vertigo; Ageing and osteoporosis; Parkinson's disease; Common cardiovascular diseases; Hypertension and stroke; Footcare; Influenza; Diabetes and its complications; Rheumatic diseases related to ageing, Reproductive and urogenital deficiencies in ageing.

### **BGER2201-Demography of Ageing**

The Demographic Transition, Worldwide population ageing trends, Demographic causes of population ageing, Trends in dependency ratio, Life expectancy, Longevity, Characteristics of the 65+ Population Today, Age Structure of the Population, Birth Rates, Death Rates, and Migration, Mortality and Health

Population Migration, The Importance of Baby Boomers, Well-being and Social Policies, An introduction to Poverty in Later Life, Growth and diversity in older population. Population ageing and sustainable development.

### **BGER2202-Ageing and rehabilitation**

Caregivers: Roles & responsibilities, Geriatric occupational therapy, interdisciplinary geriatric assessment, acute and post-acute rehabilitation, environmental modification for rehabilitation, polypharmacy in rehabilitation, assistive technology and mobility aids, physical therapy and exercise for the elderly, Rehabilitation in: Musculoskeletal and sports injuries, Hearing disorders, Urinary incontinence and bowel disorders, swallowing disorders, ocular disorders, cardiac disorders, Rheumatic diseases, osteo-metabolic disorders; Anatomical assistive devices: prosthetics and orthotics, Fall prevention and intervention, Gait training, Aquatic therapy, Gerontechnology (robotics & domotics), the role of nutrition in rehabilitation, Clinical-instrumental geriatric evaluation during rehabilitation, Prevention of hospital-acquired deconditioning.

### **BGER2203-Ageing in the Society**

Societal Attitudes toward Old Age, Ageing and media, Combating ageism and Stereotypes, Ageing as a sub-culture? Social Isolation and older people, Poverty among elderly, Social exclusion and ageing Ageing and Religion, Ageing and politics, Ageing neighborhoods & built environment, Ageing and family life, Life Chances and the Family, Variations in family structure, Contemporary Traditional Family Forms, Families in Later Life Marital life and ageing, Divorce, Separation and Ageing, Social Supports, Relatives and Friends as Sources of Social Support, Solidarity in ageing families, Challenges and rewards of intergenerational relationships, Types of caregivers, Caregiving support services. Domestic violence towards the elderly, New challenges and opportunity of ageing population, Social and psychological aspects of ageing, Economic aspects of ageing, Labour markets of the ageing, End-of-life planning and care, Health inequalities among elderly: reconciling theories & policies

### **BGER2204-Research Methods for Health Sciences**

Introduction to survey research methodology: The research process, Formulating the research problem, Research questions and research objectives, Experimental, cross-sectional, longitudinal, quantitative

and Qualitative Research Design, Data collection methods, Questionnaire Design, Ethical consideration in Research, Data analysis: Introduction to SPSS: Entering data, Descriptive statistics and graphs, Hypothesis testing, Choosing appropriate statistical tests, statistical techniques used for analysing simple environmental data; Writing up research results: Structure of a report/dissertation, Referencing.

### **BGER2205-Social Security and Legislation**

Social security and old age, Income in Later Life, Distribution of Income and Assets, Pension system and elderly, Net Worth in Later Life, Income Inequality in Later Life, Expenditures: Older People as Consumers, Disparities in wealth, Unequal access to financial services, Unemployment and ageing Types of Expenditures: health care expenditure, Legislation Benefiting Older People, Human Rights and Ageing, Social protection for elderly, Ageing Globally: Lessons for Social Policy, Populations Ageing and Social Policy in Mauritius, Economic Challenges for an Ageing Population, Retirement Income ,United Nations Social Policies of Ageing and Older People, The Social Security Debate, Medicare ,Paying for Long-Term Care, Meeting the challenges of an ageing society.

### **BGER3101-Elderly care and living arrangements**

Living arrangements of elderly, Family size, structure and ageing, Cohabitation, Marriage and widowhood, Spouses as caregivers, Grandparents as caregivers, Socioeconomic Differentials in Living Arrangements, Financial wellbeing and ageing, Health status of elderly, Assisted Living and Nursing Homes, Older people in nursing care homes, Problems elderly face when living in nursing care homes Home care, Cost of living of nursing care homes. Types of abuses, Recognising Abuse, Reporting abuse of the elderly, The protection of elderly Act, Case studies, The National Policy for the Elderly, The Residential Care Home Act

### **BGER3102-Ageing and Gender Issues**

Gender and ageing, Gender inequality in old age, Cultural problems of ageing especially regarding gender and intergenerational equity, Age, Gender and HIV/AIDS, Gender violence and ageing, Social participation among older women and men, Gender, ageing and caregiving, Gender, social protection and health, Gender and health status, Gender and health problems.

### **BGER3103-Mental Health and Cognitive functioning in the Elderly I**

Introduction to the structure and function of the brain; Physical and psychological characteristics of ageing of the brain; Importance of understanding mental health; General characterization of normal and abnormal behaviour in the older adults: psychological spectrum; Loneliness and anxiety disorders; Depression; Collaborative care: psychiatry & primary care; Suicide patterns amongst the elderly and its prevention strategies

### **BGER3104-Geriatric Care Management**

Geriatric settings: hospitals, nursing homes, residential facilities, day centres & home care; History of geriatric care, Geriatric assessment, Care plan & monitoring, Cultural considerations in geriatric care, Barriers to effective management: Relocation (push to move, pull to move), caregiver assessment, Holistic QoL, Dimensions of care management models: Nursing, Strategic, Patient care delivery, Integrated; Geriatric care facilities administration: Organizational culture, nursing informatics; Geriatric social work competencies, Process improvement in Geriatric health services, Six Sigma in Geriatric care delivery, Quality of Care: QALY, Concepts of hospices & palliative care, Medication management, Transitions of Care: Community-based Care Transitions Programs (CCTP), Acute Care for Elderly (ACE).

### **BGER3201-Retirement and later life planning**

Labour Force Participation, Education Participation, Retirement and ageing, Factors influencing workers to retire, Health and Retirement, Retirement as a Labour Management Strategy, Effect of career choices on retirement planning, The Age Discrimination in Employment Act, Retirement planning from a life course perspective, Postretirement Patterns, Impact of retirement on roles and relationships, Future of retirement, Leisure Activities, Cremation, Funeral Schemes and Grants.

### **BGER3103-Mental Health and Cognitive functioning in the Elderly II**

Overview of conventional and novel mental health therapies; Alternative therapies used for treatment or management of mental health conditions of the elderly, Geriatric Depression Scale (GDS), Neuropsychological evaluation of cognition; Sleep patterns of the elderly; Dementia and Alzheimer's disease- assessment and diagnosis; Delirium and delusional traits common to the elderly; Psychopharmacology for the elderly, Non-pharmacologic interventions to prevent Dementia and

Alzheimer's disease; Practical approaches towards geriatric psychotherapy in the primary care setting; Experiential learning in geriatrics

### **BGER3202-Ageing and Sexuality**

Love, sexuality and Ageing, Remarriage and ageing, Sexual orientation of older people, Sexual activity in old age, Sexual health in old age, Sexual needs of older adults, Sexuality in older adults' behaviours and preferences, Understanding of sexualities for older people living with dementia, LGBT and ageing Sexual problems among Older People, Health support to older adults who are sexually active.

### **BGER2102-Ethics and Palliative Care II**

Introduction to palliative care; Palliative care methods and programmes for the elderly in Mauritius and worldwide; Alternative palliative care methods; Rehabilitation; Prognostication and recognition of dying; Loss and Grief; Stages of Grief and how to deal with it; Cultural variations in Bereavement; Care of the terminally ill elderly in hospitals and hospices; Counselling skills and techniques for dealing with the elderly; The SOLAR principle; The ESAS method; Pain assessment and management in cognitively intact and impaired elderly people; Professional & Non Professional training of palliative care workers; Social acceptance, cost and funding, Complementary therapies for the elderly, Psychosocial care: coping and stress, values & beliefs, self-perception and self-concept.

### **UTM2101C-Life-skills and Good Practices:**

This credit based component aims at preparing graduates for lifelong learning, good practices and increasing their employability skills based on modern workplace practices, requirements, standards as well as expectations. It will include: Employability Skills Development, Prevention of Corruption (The anti-corruption legal framework in Mauritius. The cost of corruption-corruption indicators. Whistleblowing and the role of the media in reporting corruption. Some international legislations and conventions. Effectiveness of local, regional and international strategies—Role and responsibilities of stakeholders. Corruption, money laundering and asset recovery. Regional and international cooperation in the fight against corruption –Emerging trends in the fight against corruption. Corruption as an ethical issue. Integrity in Public life. Principles of good governance as antidote to corruption and Corruption risk management.), Good Governance, Personal Development Skills, Coping Skills, addressing Societal Challenges including Substance Abuse, Poverty, Climate Change, Social Media and

Family problems. This component shall include workshops, seminars, discussion forums, guest lectures from professionals in different fields, debates, projects, skills portfolios or any other activity deemed necessary to enhance the employability skills of students. More information will be available in the Lifeskills and Good Practices Guidelines.

### **DISS3000-Dissertation**

A 10,000-12,000 words dissertation will have to be submitted at the end of the semester. The work submitted should conform to the Undergraduate Dissertation Guidelines.