

COURSE OUTLINE OCCUPATIONAL THERAPY IN THE ELDERLY

1. GENERAL

SCHOOL	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
DEPARTMENT/MSc	OCCUPATIONAL THERAPY		
LEVEL OF STUDY	MSc - LEVEL 6		
COURSE CODE		SEMESTER OF STUDIES	5o
COURSE TITLE	OCCUPATIONAL THERAPY IN THE ELDERLY		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>	TEACHING WEEKS	CREDITS	
	3	6	
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i>	SCIENTIFIC AREA		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ONLINE COURSE PAGE (URL)	-		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>Upon successful completion of the course, students will be able to:</i></p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> ● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i> ● <i>Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning</i> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> ● <i>Summary Guide to Writing Learning Outcomes</i>
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> ● <i>Identify the basic concepts and models of aging.</i> ● <i>Understand the physiological changes that come with age and the particularities of this age group.</i> ● <i>To learn to evaluate, design and apply occupational therapy</i>

programmes adapted to the capacities and limitations of older people in closed or open structures.

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

<i>Search, analyze and synthesize data and information, using the necessary technologies</i>	<i>Project planning and management</i>
<i>Adapting to new situations</i>	<i>Respect for diversity and multiculturalism</i>
<i>Decision-making</i>	<i>Respect for the natural environment</i>
<i>Autonomous work</i>	<i>Demonstrate social, professional and ethical responsibility and gender sensitivity</i>
<i>Teamwork</i>	<i>Criticism and self-criticism</i>
<i>Working in an international environment</i>	<i>Promoting free, creative and inductive thinking</i>
<i>Working in a multidisciplinary environment</i>	
<i>Generating new research ideas</i>	

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Reasoning*
- *Autonomous work*
- *Teamwork*
- *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

1. *Theories and models of aging and retirement.*
2. *Recognition of physiological physical and sensory-perceptual changes.*
3. *Occupational Therapy Models for the Elderly.*
4. *Motivation and motivation to participate in an occupational therapy program.*
5. *Body Image – Body Shape.*
6. *Occupational therapy in people with dementia, parkinson, rheumatoid arthritis and chronic pain.*
7. *Occupational therapy in people with motor dysfunction of the upper and lower limbs.*
8. *Ergonomic arrangement in the environment where the elderly live for safety and independence. Aids-Adjustments.*
9. *Counseling support for caregivers.*
10. *Occupational therapy approach for palliative and palliative care in people who are in the last stage of their lives.*
11. *Evaluation prior to participation in an occupational therapy program.*
12. *Design of occupational therapy programs for the improvement of cognitive, motor and functional ability.*
13. *Occupational therapy intervention in care units, clinics, hospitals and KAPI.*

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD	Face to face
<i>Face-to-face, Distance learning, etc.</i>	(13 weeks x 3 hours theory)

<p>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</p> <p><i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i></p>	<p>Use of ICT in Teaching and Communication with Students</p> <ul style="list-style-type: none"> • Digital slides • video • MsTeams/ e-class, webmail 																		
<p>TEACHING ORGANIZATION</p> <p><i>The way and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i></p> <p><i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i></p>	<table border="1"> <thead> <tr> <th>Activity</th> <th>Semester Workload</th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>39</td> </tr> <tr> <td>Work</td> <td>60</td> </tr> <tr> <td>Literature study and analysis</td> <td>78</td> </tr> <tr> <td>Examination</td> <td>3</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total Course</td> <td>180</td> </tr> </tbody> </table>	Activity	Semester Workload	Lectures	39	Work	60	Literature study and analysis	78	Examination	3							Total Course	180
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<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i></p> <p><i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i></p>	<p>Individual or group work at home (mandatory) 35%</p> <p>Final written exam 65%</p>																		

5. RECOMMENDED BIBLIOGRAPHY

Greek-speaking

1. Tzonihaki, I. (2010). *Occupational Therapy in the Elderly*. Mendor Publications, Athens.

Foreign language

1. Lohman, H., Shaffer, A.L. & Watford, P.J. (2023). *Occupational therapy with older adults Strategies for the OTA*. Elsevier.
2. Lanzoni, A., Morandi, C.P., Pozzi, C. & Graff., M.J.L. (2020). *Occupational therapy for older people*. Springer.
3. Kielsgaard, K., Horghagen, S., Nielsen, D., & Kristensen, H. K. (2021). Approaches to engaging people with dementia in meaningful occupations in institutional settings: a scoping review. *Scandinavian Journal of Occupational Therapy*, 28(5), 329-347.

4. Tofani, M., Ranieri, A., Fabbrini, G., Berardi, A., Pelosin, E., Valente, D., Fabbrini, A., Costanzo, M.D. & Galeoto, G. (2020). Efficacy of occupational therapy interventions on quality of life in patients with Parkinson's disease: a systematic review and meta-analysis. *Movement Disorders Clinical Practice*, 7(8), 891-901.