



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Theories and Intervention Techniques in Normal and Pathological Ageing

2021-2-F5104P038

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#### Learning area

Models and techniques for treatment and rehabilitation

#### Learning objectives

##### *Knowledge and understanding*

- Theoretical and methodological approaches in cognitive psychology and neuropsychology of ageing
- Foundations of neuropsychology of normal and pathological ageing
- Psychometric instruments for the assessment of cognitive decline
- Methods of cognitive stimulation in healthy subjects and patients with dementia
- Clinical cases: patients with cognitive decline

##### *Applying knowledge and understanding*

- Diagnostic procedure in neuropsychology of ageing
- Critical discussion of neuropsychological cases of cognitive decline

Guidelines of cognitive stimulation in groups

## **Contents**

Empirical data and clinical cases exemplifying all various forms of cognitive decline will be shown and discussed, along with the description of the clinical assessment. Students will gain a practical and realistic insight about the neuropsychological disorders observed in normal and pathological ageing. Practical training will help in getting to the main psychometric tests used for the assessment of cognitive decline and to the validated methods of cognitive stimulation.

## **Detailed program**

- Basics of theoretical foundations of healthy and active ageing
- Basics of theoretical foundations of pathological ageing (dementia)
- The clinical neuropsychological examination of cognitive decline
- Trainings of cognitive enhancement in healthy ageing
- Methods of neuropsychological rehabilitation in pathological ageing

## **Prerequisites**

A good background on neuropsychological assessment and rehabilitation will enable a more informed use of the content of the course.

## **Teaching methods**

Lectures, discussions, video, practice with neuropsychological test, practical training.

*In the Covid-19 emergency period, lessons will take place remotely with some physical presence events.*

## **Assessment methods**

Project work, problems or exercises as control of acquired practical skills.

As an example:

- 1) during the laboratory, students, subdivided into small groups, present and discuss among them, under the coordination and guidance of the teacher, intervention projects in the field of dementia prevention;
- 2) at the end of the workshop the students, individually, present assessments of healthy elderly people gathered outside the laboratory.

During the Covid-19 emergency, exams will be conducted according to the University's regulations regarding the

COVID-19 emergency situation.

## **Textbooks and Reading Materials**

Textbook of reference:

#De Beni, R., & Borella, E. (Eds.), *Psicologia dell'invecchiamento e della longevità*. Bologna, Il Mulino, 2015.

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