UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Theories and Intervention Techniques in Normal and Pathological Ageing

2324-2-F5104P038

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. There will also be a design part aimed at creating structured interventions for institutionalised older people, cognitive stimulation and activities promoting active ageing.

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

• - Theoretical knowledge on active ageing and design based on the Sustainable Development Goals (Goal 3: Ensure healthy lives and promote well-being for all at all ages)

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.

Assessment methods

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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 neuropsychological assessments of healthy

elderly people gathered outside the laboratory.

Textbooks and Reading Materials

Texbook of reference:

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

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING