UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Practical Class: Theories and Intervention Techniques in Normal and Pathological Ageing

2425-2-F5108P020

Learning area

Models and techniques for treatment and rehabilitation

Learning objectives

The course aims to train students to understand, assess, and effectively intervene for addressing age-related cognitive issues, using approaches based on scientific evidence.

Specific objectives:

Understanding the different forms of cognitive decline associated with aging.
Familiarizing with the psychometric tools used for assessing cognitive functions typically impaired in different elderly populations.
Learning and applying validated cognitive stimulation methodologies for enhancing cognitive functions.
Evaluating the efficacy of cognitive trainings and rehabilitation programs in different elderly populations.

Contents

Empirical data and clinical cases illustrating the different possible forms of cognitive impairment will be reviewed and discussed, along with the protocols used during assessment. Students will gain a concrete and realistic understanding of the cognitive functions most impaired in normal and pathological aging. Practical exercises will facilitate familiarization with the main psychometric tools used to assess the effects of normal and pathological

aging and validated cognitive stimulation methodologies.

Detailed program

- Cognitive functioning of physiological aging.
- Cognitive functioning of pathological aging (dementias).
- Clinical neuropsychological examination for cognitive assessment.
- Cognitive trainings for physiological aging.
- Cognitive rehabilitation treatments for pathological aging.

Prerequisites

A good knowledge of neuropsychology and the fundamentals of neuropsychological assessment and rehabilitation will enable a more informed understanding of the course content.

Teaching methods

Practical activities in Italian supervised by the professor (discussions, videos, administration of neuropsychological instruments, practical exercises - interactive teaching, approx. 20 hours).
This activity will be preceded, in each meeting, by frontal teaching (approx. 8 hours).

Assessment methods

Practical exercises to be carried out individually or in groups to assess the practical skills acquired (e.g., defining possible intervention projects in the field of dementia prevention).

Textbooks and Reading Materials

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

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING