

## H8POA: Psychology of Ageing

Module Code:	H8POA
Long Title	Psychology of Ageing <b>APPROVED</b>
Title	Psychology of Ageing
Module Level:	LEVEL 8
EQF Level:	6
EHEA Level:	First Cycle
Credits:	5
Module Coordinator:	David Mothersill
Module Author:	Michelle Kelly
Departments:	School of Business
Specifications of the qualifications and experience required of staff	Lecturer with PhD in Psychology or related cognate discipline
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner will be able to:</i>	
<b>#</b>	<b>Learning Outcome Description</b>
LO1	Describe and evaluate key theories and concepts related to the psychology of ageing; and consider how theory and research can inform applied interventions and policy.
LO2	Gain an in-depth understanding of factors associated with healthy cognitive ageing and dementia prevention.
LO3	Critically evaluate the efficacy of psychosocial, health and behavioural interventions in improving outcomes for older adults (including those living with dementia and their carers).
LO4	Develop skills associated with the analysis of secondary data (e.g. TILDA)
LO5	Critically evaluate key methodological approaches to conducting research and analysing data in the field of ageing.
<b>Dependencies</b>	
<b>Module Recommendations</b>	
No recommendations listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Entry requirements</b>	There are no additional entry requirements for this module. The programme entry requirements apply.

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Module Content & Assessment			
Indicative Content			
<b>Key theories and concepts in the psychology of ageing</b> Demographic ageing Challenging the assumption of universal decline Successful, Normal, and Pathological Aging Biopsychosocial models Lifespan theories of psychological ageing			
<b>Ageing and cognition</b> Structural changes to the ageing brain: age-related versus pathological change Age-related cognitive decline Alzheimer's disease and dementia Neuropsychological assessment of older adults Dementia prevention and brain health: promoting cognitive reserve across the lifespan Cognitive training and cognitive rehabilitation			
<b>Psychosocial, health, and behavioural factors that impact ageing</b> Psychosocial risk factors in later life Loneliness and social isolation Exercise, cognition and health Chronic disease and multimorbidity: health behaviours and self-management of age-related conditions (guest speaker) Age stereotypes and positive ageing Age-related transitions: family life, work and retirement Intergenerational relationships Health inequalities, socioeconomic status and ageing			
<b>Methodological considerations for the study of psychological ageing</b> Longitudinal designs – guest speaker from TILDA Modelling change Emerging methodological trends			
Assessment Breakdown			%
Coursework			100.00%
Assessments			
Full Time			
Coursework			
<b>Assessment Type:</b>	Continuous Assessment	<b>% of total:</b>	100
<b>Assessment Date:</b>	n/a	<b>Outcome addressed:</b>	1,2,3,4,5
<b>Non-Marked:</b>	No		
<b>Assessment Description:</b> CA is an assignment based on publicly accessible version of The Irish Longitudinal Study on Ageing (TILDA) dataset. Students will be given a research question (e.g., what factors are associated with healthy cognitive ageing) which they must investigate using the TILDA data. Students should write a report on their findings including suggestions for related interventions for older adults.			
No End of Module Assessment			
No Workplace Assessment			
Reassessment Requirement			
<b>Coursework Only</b> <i>This module is reassessed solely on the basis of re-submitted coursework. There is no repeat written examination.</i>			
<b>Reassessment Description</b> Should students fail the module, they will be required to resubmit the continuous assessment.			

## H8POA: Psychology of Ageing

Module Workload				
Module Target Workload Hours 0 Hours				
Workload: Full Time				
Workload Type	Workload Description	Hours	Frequency	Average Weekly Learner Workload
Lecture	Classroom and demonstrations	12	Per Semester	1.00
Independent Learning	Independent learning	113	Per Semester	9.42
Total Weekly Contact Hours				1.00

Module Resources	
<i>Recommended Book Resources</i>	
Schaie, K.W. & Willis, S.L. (2021), Handbook of the Psychology of Ageing, 9th Ed. Elsevier Inc.	
<i>Supplementary Book Resources</i>	
<p>Barnes, D.E. &amp; Yaffe, K. (2011), The projected effect of risk factor reduction on Alzheimer's disease prevalence, Lancet Neurology.</p> <p>Craik, F. M. &amp; Salthouse, T.A. (2015), The Handbook of Aging and Cognition, 3rd Ed. Psychology Press.</p> <p>Livingston, G. (2020), Dementia prevention, intervention, and care: 2020 report of the Lancet Commission, The Lancet.</p> <p>Stern, Y. (2021), How can cognitive reserve promote cognitive and neurobehavioral health? Archives of Clinical Neuropsychology, Archives of Clinical Neuropsychology.</p>	
<i>This module does not have any article/paper resources</i>	
<i>Other Resources</i>	
Learners are also encouraged to source relevant journal articles using NCI's library databases. Where appropriate, links to specific papers and/or other resources will be included on Moodle by the lecturer.	
Discussion Note:	