

**Assessment and Intervention in Chronic Diseases,
Disability and Ageing**

Code: 43421
ECTS Credits: 9

Degree	Type	Year	Semester
4314949 General Health Psychology	OB	1	2

Contact

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Use of languages

Principal working language: catalan (cat)

Teachers

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Josep Devi Bastida
Sergi Arenas i Guarch
Susana Donada Colomer
María Olivella Quintana

Prerequisites

There are no prerequisites but good knowledge of English at reading level is needed.

Objectives and Contextualisation

The student should be able to:

Do a biopsychosocial analysis of chronicity, aging, and disability.

To know the different psychological evaluation methods and methods specific to chronicity, disability and aging.

To Know how to perform a specific psychological diagnosis in chronicity, disability and aging.

To Know the psychological, neurocognitive and behavioral interventions that can be applied in chronicity, disability and aging in different contexts (individual, family, educational and social).

To Know how to apply psychological, neurocognitive and behavioral interventions in chronicity, aging, and disability.

To Analyze critically the different results obtained both in the evaluation and in the intervention and if it is necessary to know how to refer to a specialist or specific service.

Content

This subject is structured on the following topics:

1. Biopsychosocial analysis of chronicity, aging, and disability. Impact on the quality of life throughout the lifespan cycle in the person and in the environment

The impact of cultural and social factors on chronicity, aging, and disability.

Critical situations associated with aging and family dynamics.

Disability (sensory, cognitive and motor) and its implications. Common and differential aspects.

Prevention and early care in disability.

2. Psychological assessment and intervention in chronicity, disability and aging in different contexts (individual, family, educational and social): Models and practice based on evidence

Long-term care and attention focused on the person. Interventions with family caregivers and professionals, and prevention of abuse.

Guidance and support for families.

The social inclusion of disabilities: Psycho-socio-communicative barriers.

Technical resources and general and specific psychoeducational strategies in different contexts. Associative resources.

Aging, affective bonds, loneliness and grief. Areas of intervention and resources and social support.

Public care circuits for health, education and social care of chronicity, disability and aging.

Psychogeriatric care for the elderly with psychopathological alterations: psycho-geriatric services, care for the caregiver, ethical aspects of care for the elderly, legal aspects (competence of the nursing facility), care for incapacity, institutionalization, alternatives to institutionalization.

3. Neurocognitive and behavioral assessment and intervention

Neurocognitive and behavioral intervention in aging and dementias.

Neurocognitive and behavioral intervention in developmental disorders in disability.

Psychological treatment techniques in early care for people with intellectual disabilities and their families (and caregivers).

4. Psychological assessment and intervention

4.1 Assessment and psychological intervention in the psychopathology associated with aging and disability

Considerations related to the psychopathological assessment of the elderly. Cognitive and functional deficits in normal aging.

Assessment psychological instruments (psychopathological, cognitive, functional).

Psychosomatic and functional disorders; Anxiety disorders; Affective disorders; Sleep disorders.

Other mental disorders: late onset psychosis, alcohol abuse, psychoactive substance abuse, dysfunctional, psychiatric disorders related to a medical illness, personality disorders.

4.2. Psychological evaluation and intervention in chronic diseases

Stress and adaptation. Conceptualization, objective intervention and intervention techniques.

Applications of Mindfulness in Health Psychology.

Pain. Fibromyalgia.

Psychooncology. Fields of intervention and type of intervention

End-of-life illness. Palliative Care. Psychological intervention