

## BHSC412 Supporting Adults and Elderly

ECTS Value: 6 ECTS  
Self-Study Hours: 72

Contact Hours: 30  
Assessment Hours: 48

### Module Description

This unit enables course participants to develop knowledge and understanding of two core life stages which are a requirement in Health and Social Care Secondary teaching. This unit will focus on the development, life changes, dietary requirements and support of adults and the elderly. This unit will expose candidates to the core physical, intellectual, emotional and social developmental areas which each individual transcends into their adult and elderly stage. Candidates will be expected to relate these key developmental areas to unforeseen life changes. Participants will also learn how to support these individuals through quality care, by creating a SMART plan to meet the needs of a particular individual in relation to the activities of daily living.

### Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

#### Competences

- a. Conduct a research-based approach to critically evaluate the developmental aspects of an adults and an older adult
- b. Monitor the physical, social, emotional and intellectual needs of adults and older adults.
- c. Prepare the activities of daily living which meet the needs of an older adult.
- d. Assess the effects of unpredictable life event on the development of both adults and older adults.
- e. Prepare a health plan including short term and long term SMART goals.
- f. Develop a plan to meet the needs of an older adult, as per given scenario, relating to SMART targets and activities of daily living.

#### Knowledge

- a. Define the adult and older adults life stages (developmental areas) to Levison's Seasons of Life Theory.
- b. Identify between normal ageing and accelerated ageing.
- c. Identify factors that accelerate the aging process: overeating, stress, high blood pressure, smoking and alcoholism, obesity, loneliness, sedentary lifestyle.
- d. Identify the key developmental aspects of adults and older adults, in relation to theory-based research.
- e. Identify physical, intellectual, emotional and social needs of both adults and older adults in relation to Maslow's Hierarchy of Needs.

- f. Outline the activities of daily living (Roper and Logan Model) which meet the needs of an older adult.
- g. List the effects of life events and life factors which influence both adults and older adults.
- h. Identify the positive and negative aspects of an elderly person living alone, living within the family and living in a residential home.
- i. Define the theories of successful ageing (the activity theory, the disengagement theory).
- j. Identify the components of a healthy lifestyle (Physical fitness, a balanced diet, intellectual stimulation, emotional and social wellbeing).
- k. Identify factors affecting good nutrition in adults and older adults (Psychological and social factors that may contribute to an inadequate diet).
- l. Discuss the dietary requirements for both adults and older adults.
- m. Discuss the activities of daily living to the components of a healthy lifestyle.
- n. Define the term SMART targets.

## Skills

- a. Demonstrate knowledge and understanding of the key aspect developmental aspects of adults and older adults.
- b. Demonstrate an understanding of the needs of both adults and older adults.
- c. Demonstrate an understanding of support and care to older adults.
- d. Demonstrate an understanding of the ongoing internal and external changes present during adulthood and the elderly stage.
- e. Demonstrate an understanding of optimal nutrition for both adults and older adults.
- f. Understand the term SMART targets.

## Mode of Delivery

This module adopts a Blended Approach to Learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

## Assessment Methods

This module will be assessed through: Assignment

## Suggested Readings

1. Bernstein, K. M. (2017). *Nutrition Across Life Stages* . Jones & Bartlett Learning.
2. Canas, M. G. (2006). *Old Age Old Age* . Rebo Productions.
3. Winkler, M. B. (2018). *Healthy Ageing and Aged Care* . Oxford University Press .