

School of Psychology - University of Queensland

PSYC8291: Applied Gerontology

Coordinator: **Associate Professor Gerard Byrne**
K Floor, Mental Health Centre, Royal Brisbane & Women's Hospital,
Herston Campus; extension 55148
Office Hours (Semester 2): by appointment
gerard.byrne@uq.edu.au

Adjunct Lecturer: **Dr. Deirdre McLaughlin**
Centre for Companion Animal Health
School of Veterinary Science
Phone: (07) 3365 4717, Mobile: 0413 118 792
deirdre.mclaughlin@uq.edu.a

(contact via e-mail is a swift and reliable way of reaching us)

Semester 2: **Lectures:** Mondays 3-5pm, Room TBA
Tutorials: Mondays 5-6pm, Room TBA

Pre-requisites: The School of Psychology strongly advises that only postgraduate students in Clinical Psychology, Psychiatry or the Master of Counselling program, or students with clinical experience in mental health settings, attempt this course.

Course Objectives

This course gives students an opportunity to study theory and practice relating to psychological aspects of ageing. Topics include positive ageing, assisting those with age-related illnesses, and the successful negotiation of life transitions. The course will be particularly useful for mental health workers hoping to improve their knowledge and skills in working with older persons.

Learning Outcomes:

A postgraduate who successfully completes this paper will be able to:

- Understand current major theories pertaining to older adult development, positive ageing and aetiologies of age-related disease processes such as Alzheimer's dementia
- Understand and apply specialised assessment, diagnostic and treatment strategies to an older population.
- Formulate management plans for older adults in specialist situations (e.g. long-term care)
- Have working knowledge of age-related issues such as competency and guardianship, end of life and hospice care, psychometric and research paradigms, and public policy

Tutorials:

Attendance at tutorials is required. Critical material pertaining to both tutorial project and the two major assignments is presented during tutorials. Students who miss a significant number of tutorials may be disadvantaged both in completing the assignments.

Course Outline:

Week 1: 24.07.06 GUEST LECTURER: Professor Robert Hill, University of Utah

TOPICS:

- Introduction to the Course
- The Psychology of Positive Ageing

READING:

--Hill, R.D. (2005). *Positive Aging: A Guide for Mental Health Professionals and Consumers*. New York: Oxford. (selected excerpt to be handed out in class)

Week 2: 31.07.06 LECTURER: Deidre McLaughlin

TOPICS:

- Epidemiological Aspects of Ageing
- Methodological Issues in Ageing Research
- Theory of Ageing #1: *Selective Optimization with Compensation*

READINGS:

--Schaie, K.W. (1993). Ageist language in psychological research. *American Psychologist*, 48, 49-51.

--Baltes, P.B., & Baltes, M.M. (1990). Psychological perspectives on successful aging: The model of selective optimization with compensation. In P.B. Baltes & M.M. Baltes (Eds.), *Successful aging: Perspectives from the behavioural sciences*. (pp. 1-34). Cambridge: Cambridge Univ. Press.

--Peel, N.M., McClure, R.J., & Bartlett, H. P. (2005). Behavioral determinants of healthy aging. *American Journal of Preventative Medicine*, 28, 298-304.

NO TUTORIAL; readings for group tutorial assignment #1 given out (due in 2 weeks) and the class divided into 7 groups, each group to do a three page summary of the following tests:

- a) Folstein MMSE in older adults
- b) Geriatric Depression Scale
- c) Geriatric Anxiety Inventory
- d) Clock Drawing Tests
- e) Neuropsychiatric Inventory
- f) Mattis Dementia Rating Scale
- g) Caregiver Burden Scales
- h) Informant Questionnaire on Cognitive Decline in the Elderly (IQ-CODE)
- i) Dysexecutive Questionnaire (DEX) from the Behavioural Assessment of the Dysexecutive Syndrome (BADSD)
- j) Bereavement/Grief Inventories

Week 3: 07.08.06 LECTURER: Deidre McLaughlin

TOPICS:

- Psychosocial Aspects of Ageing
- Theory of Ageing #2: *Socioemotional Selectivity*

READINGS:

--Burgess, E.O., Schmeckle, M., & Bengston, V.L. (1998). Aging individuals and societal contexts. In Nordhus et al., *Clinical Geropsychology* (pp. 15-31). Washington, D.C.: APA.

--Carstenson, L.L. (1992). Social and emotional patterns in adulthood: Support for socioemotional selectivity theory. *Psychology and Ageing*, 7, 331-338.

TUTORIAL: FILM & Discussion: *Social Roles and Relationships*

Week 4: 14.08.06 LECTURER: Deidre McLaughlin

TOPICS:

- Therapy with Older Adults

READING:

--Knight, B.G. & Satre, D.D(1999). Cognitive behavioural psychotherapy with older adults. *Clinical Psychology: Science and Practice*, 6, 188-203.

TUTORIAL: Group presentations of summaries of brief assessment instruments for older adults

Week 5: 21.08.06 LECTURER: Gerard Byrne

TOPIC:

- Psychopathology I: anxiety and depression in older people

READINGS:

--Stanley, M.A. & Beck, J.G. (2000). Anxiety disorders. *Clinical Psychology Review*, 20, 731-754.

--Lenz, E.J., et al. (2000). Comorbid anxiety disorders in depressed elderly patients. *American Journal of Psychiatry*, 157, 722-728.

--Conwell, Y., Duberstein, P.R., Caine, E.D. (2002). Risk factors for suicide in later life. *Biological Psychiatry*, 52, 193-204.

TUTORIAL: Group discussion of suicide prevention strategies in the elderly

Week 6: 28.08.06 LECTURER: Gerard Byrne

TOPIC:

- Psychopathology II: substance abuse, bereavement, psychosis in older people

READINGS:

--Blow, F.C., Barry, K.L. (2002). Use and misuse of alcohol among older women *Clinical Psychology Review*, 26, 308-315.

--Rodriguez-Ferrera, S., Vassilas, C.A., & Haque, S. (2004). Older people with schizophrenia: A community study in a rural catchment area. *International Journal of Geriatric Psychiatry*, 19, 1181-1187.

--Byrne, G.J.A. & Raphael, B. (1997). The psychological symptoms of conjugal bereavement in elderly men over the first 13 months. *International Journal of Geriatric Psychiatry*, 12, 241-251.

TUTORIAL: Group discussion of bereavement and loss

Week 7: 04.09.06 LECTURER: Gerard Byrne

TOPIC:

- Dementia I: Assessment, Diagnosis, Treatment

READING:

--Lyketsos, C.G. et al. (2000). Mental and behavioural disturbances in dementia: Findings from the Cache County Study on memory in aging. *American Journal of Psychiatry*, 157, 708-714.

(to be handed out in class)

--Ferri, C.P. et al (2005) Global prevalence of dementia: a Delphi consensus study. *Lancet* 366, 2112-2117.

--Brodaty, H. et al. (2003) A randomized placebo-controlled trial of risperidone for the treatment of aggression, agitation and psychosis of dementia. *Journal of Clinical Psychiatry* 64, 134-143.

TUTORIAL: Group discussion of innovative treatment options

Week 8: 11.09.06 GUEST LECTURER: **Annette Broome**

TOPIC:

- Dementia II: Neuropsychological and counselling approaches in dementia

READING:

- La Rue, A. & Watson, J. (1998). Psychological assessment of older adults. *Professional psychology: Research & Practice*, 29, 5-14.
- Baker, R.R., Lichtenberg, P.A., & Moye, J. (1998). A practice guideline for assessment of competency and capacity of the older adult. *Professional Psychology: Research and Practice*, 29, 149-154.

TUTORIAL: Group discussion of difficult cases of dementia, with family and guardianship issues

Week 9: 18.09.06 LECTURER: **Gerard Byrne**

TOPIC:

- Dementia III: Management Issues, Carer Stress & Elder Abuse

READING:

- Boerner, K., Schulz, R., & Horowitz, A. (2004). Positive aspects of caregiving and adaptation to bereavement. *Psychology and Ageing*, 19, 668-675.
- Brodaty, H., Green, A., Koschera, A. (2003). Meta-analysis of psychosocial interventions for caregivers of people with dementia. *Journal of the American Geriatrics Society*, 51, 657-664.
- Kurrle, S.E., Sadler, P.M., Lockwood, K., & Cameron, I.D. (1997). Elder abuse: prevalence, intervention and outcomes in patients referred to four Aged Care Assessment Teams. *Medical J of Australia*, 166, 119-122.

TUTORIAL: FILM on living with dementia

Week 10: 25.09.06 **Mid-Semester Break Week**

Week 11: 02.10.06 LECTURER: **Gerard Byrne**

TOPIC:

- Interventions in long term care facilities

READING:

- Allen-Burge, R., Stevens, A.B., Burgio, L.D. (1999). Effective behavioural interventions for decreasing dementia-related challenging behaviour in nursing homes. *International Journal of Geriatric Psychiatry*, 14, 213-232.

TUTORIAL: Group discussion of treatments for agitation and aggression in long-term care

Week 12: 09.10.06 LECTURER: **Gerard Byrne**

TOPIC:

- End of Life Issues

READING:

- Haley, W.E. et al. (2000). Roles for psychologists in end-of-life care: Emerging models of practice. *Professional Psychology: Research and Practice*, 34, 626-633.
- Annas, G.J. (2005). "Culture of Life" Politics at the Bedside – The case of Terri Schiavo. *New England Journal of Medicine*, 352, 1710-1715.
- Quill, T. E. (2005). Terri Schiavo – A tragedy compounded. *New England Journal of Medicine*, 352, 1630-1633.

TUTORIAL: NEJM articles – discuss

Week 13: 16.10.06 GUEST LECTURER: Professor Len Grey

TOPIC:

- AGEING AND PUBLIC POLICY

READING:

--Jeste, D.V. et al., (1999). Consensus Statement on the Upcoming Crisis in Geriatric Mental Health. *Archives of General Psychiatry*, 56, 848-853.

TUTORIAL: NO TUTORIAL TODAY

Week 14: 23.10.06 LECTURER: Deidre McLaughlin

TOPIC:

- Volunteerism and Retirement

READING: TBA

TUTORIAL: TBA

ASSIGNMENTS #1 & #2

Assignment 1 due 3.00 pm Monday, 18 September

Assignment 2 due 3.00 pm Monday, 23 October

PLEASE hand in to the Psychology Course Centre no later than 3pm

Assignment # 1: Literature Review of an Assessment Technique or Psychotherapy Intervention Designed for Older Adults

Critical review of a psychological assessment technique or psychotherapy intervention designed for older adults.

Assignment # 2: Literature Review of an Assessment of Management Issues or Therapeutic Interventions in Dementia

Critical review of a therapeutic psychological intervention for behaviour management, in people with dementia, OR a critical review of a counselling technique for use with carers of persons with dementia.

FOR BOTH: Each component is equally weighted. These assignments are worth 40% each of total marks in the course. **2,500 word maximum length** – any assignment over this will receive a 10% reduction in marks.

Assessment:

The final grade awarded will include contributions as follows:

- | | |
|--|-----|
| • Group Tutorial Assignment on assessment instrument | 20% |
| • Assignment #1 – 2,500 word maximum | 40% |
| • Assignment #2 – 2,500 word maximum | 40% |

Marks in this course translate to the following grades:

- 0-30% =1
- 31-43%=2
- 44-55%=3
- 56-67%=4
- 68-77%=5
- 78-87%=6
- 88+% =7

NOTE: Grade 3, Fail: Falls short of satisfying all basic requirements for a Pass.

Recommended Texts (for further reading in areas of interest):

- Bellack, A.S. & Hersen, M. (2001). *Comprehensive Clinical Psychology (Vol 7): Clinical Geropsychology* (B Edelstein, vol editor). Amsterdam: Pergamon. **(SS&H High Use Area: RC467 .C597 1998 v.7)**
- Birren, J.E. & Schaie, K.W. (2001). *Handbook Of the Psychology of Aging* (5th edition). San Diego: Academic Press. **(SS&H High Use Area: BF724.55.A35 H36 2001)**
- Blazer, D.G. (2001). *Emotional problems in later life : intervention strategies for professional caregivers*. New York : Springer.
- Lichtenberg, P.A. (1999). Handbook of assessment in clinical gerontology**. New York : Wiley. RC451.4.A5 H358 1999
- Knight, R.G. (1996). *Psychotherapy with older adults*. Thousand Oaks : Sage Publications. (RC451.4.A5 K59 1996)
- Mendez, M.F. & Cummings, J.L. (2003). **Dementia : a clinical approach**. Philadelphia, PA : Butterworth-Heinemann. (RC521 .C85 2003)
- Nordhus, I.H., VandenBos, G.R., Berg, S., & Fromholt, P. (Eds.) (1998). *Clinical geropsychology*. Washington, D.C.: American Psychological Association. **(SS&H High Use Area: RC451.4.A5 C528 1998)**
- Spar, J.E. & La Rue, A. (1997). *Concise guide to geriatric psychiatry*. Washington, DC : American Psychiatric Press. **(SS&H High Use Area: RC451.4.A5 S67 1997)**
- Whitbourne, S.K. (2001). *Adult development & aging : biopsychosocial perspectives*. New York : J. Wiley & Sons. (HQ1061 .W48 2001)
- Zarit, S.H. & Zarit, J.M. (1998). *Mental disorders in older adults*. New York: Guilford Press. (RC451.4.A5 Z374 1998)

Additional Journal Articles of Interest:

Gatz, M et al. (1998). Empirically validated psychological treatments for older adults. *Journal of Mental Health and Aging*, 4, 9-46.