

2024 — 2025

ADVANCED  
TRAINING



# Ageing and Health

**2nd Edition**

[nms.unl.pt](https://nms.unl.pt)

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EDUCATION  
FOR THE  
FUTURE

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SINCE 1977

# When and where?



**February 20th to May  
29th, 2025**



**NOVA Medical School**

## What will you learn?

- ➔ **Provide students aiming to work in the health sector with basic concepts, knowledge, and skills for a holistic approach to elderly care**
- ➔ **Promote skills in integrating theoretical and practical knowledge to develop a multidisciplinary perspective on the phenomenon of ageing**
- ➔ **Foster creativity and critical thinking, enabling students to make flexible and appropriate decisions to address the new challenges of an ageing society**

## What will you learn?

- ➔ **Understand the complexity of the ageing phenomenon**
- ➔ **Characterize biological ageing**
- ➔ **Identify and describe geriatric syndromes**
- ➔ **Recognize the importance of comprehensive geriatric assessment, with a focus on elderly functionality, fall risks, and nutritional status**
- ➔ **Develop an integrated care plan involving the social and health sectors that can be implemented to promote elderly health**

## What will you learn?

- ➔ **Apply essential conceptual tools for planning, intervention, and evaluation**  
**Characterize biological ageing**
- ➔ **Identify and critically analyze the various problematic dimensions related to ageing**
- ➔ **Assess the needs of senior citizens and develop appropriate responses to address those needs**

## **Who can enroll?**

**This course is open to  
all professionals working  
in or interested in the  
health sector**



**Don't miss  
this chance,  
register now!**



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