

20 FEB. 2025 — 29 MAY. 2025

ADVANCED TRAINING
AGEING AND HEALTH I
2ND EDITION



ADVANCED
EDUCATION
FOR THE
FUTURE

SINCE 1977

WHY TAKE A COURSE IN AGEING HEALTH?

The Ageing and Health course provides foundational knowledge and skills for those working in the health sector without being health professionals. It offers a holistic approach to elderly care, emphasizing a multidisciplinary perspective on the ageing process. Students will explore the complexities of ageing, understand biological changes, and identify geriatric syndromes.

The course also focuses on assessing elderly functionality, fall risks, and nutritional status, equipping students to create integrated care plans that connect social and health sectors. By fostering critical thinking and practical planning skills, this course prepares participants to address the challenges of an ageing society with effective and creative solutions.

2ND EDITION

4 ECTS

Application deadline: **February 10, 2025**

LEARNING OBJECTIVES

1. Provide students aiming to work in the health sector, but who are not health professionals, with basic concepts, knowledge, and skills for a holistic approach to elderly care
2. Promote skills in integrating theoretical and practical knowledge to develop a multidisciplinary perspective on the phenomenon of ageing
3. Foster creativity and critical thinking, enabling students to make flexible and appropriate decisions to address the new challenges of an ageing society
4. Understand the complexity of the ageing phenomenon
5. Characterize biological ageing.
6. Identify and describe geriatric syndromes
7. Recognize the importance of comprehensive geriatric assessment, with a focus on elderly functionality, fall risks, and nutritional status
8. Develop an integrated care plan involving the social and health sectors that can be implemented to promote elderly health
9. Apply essential conceptual tools for planning, intervention, and evaluation
10. Identify and critically analyze the various problematic dimensions related to ageing
11. Assess the needs of senior citizens and develop appropriate responses to address those needs

COORDINATION



Ana Maria Rodrigues

FACULTY

Ana Maria Rodrigues

Ana Rita Henriques

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Joana Goulão

Marta Fournier

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PROGRAMME

IN-PERSON

30H

THEORETICAL AND PRACTICAL SESSIONS

20/02/2025

13H30 - 16H00

- Concepts of Biological ageing, Geriatric syndromes and Frailty

27/02/2025

13H30 - 16H00

- Definition and implications of Multimorbidity and Polypharmacy

06/03/2025

13H30 - 16H00

- Basic concepts of physical function assessment and risk of falls in the elderly
- Fall prevention programs

13/03/2025

13H30 - 16H00

- Basic concepts of nutritional assessment and dietary planning for elderly

20/03/2025

13H30 - 16H00

- Basic concepts of neuropsychological assessment of the elderly

10/04/2025

13H30 - 16H00

- The importance and impact of a comprehensive geriatric assessment and integrated care plan



PROGRAMME

IN-PERSON

30H

THEORETICAL AND PRACTICAL SESSIONS

03/05/2025

13H30 - 16H00

- Health promotions programs for the elderly
- Innovation in health for the elderly

08/05/2025

13H30 - 16H30

- Study visit to the Hospital do Mar (3h) - Theoretical - Pratical

15/05/2025

13H30 - 16H00

- Final presentation of group work with a solution to an elderly health problem (e.g. falls, multimorbidity, polypharmacy, frailty, nutritional risk, functional limitation) - theoretical - practical

29/05/2025

13H30 - 15H00

- Final test



APPLICATION REQUIREMENTS

This course is open to all non health professionals interested in the health sector (engineers, managers and other professionals)

APPLICATION DOCUMENTS

CV
Certificate of qualifications

NUMERUS CLAUSUS

30

ADMISSION CRITERIA

Application order

ATTENDANCE

Minimum of 2/3 of the classes

LANGUAGE

Portuguese
English

TUITION

Application fee: **51 €**
Course fee (including enrollment fee + tuition fee + insurance): **300 €**

PROGRAM MANAGER



EDUARDO PARREIRA

ADDITIONAL INFORMATION

For more details, please contact the Program Manager:

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