

COGNITIVE-EMOTIONAL ASPECTS AND CARE IN OLD AGE.

Promotion of well-being and quality of life.

Course of 2 cred ECTS, which means 20 hours of face-to-face class.

Price for students: 55€ x credit = 110€

Approximate number of 20 students

Student profile: professionals dedicated to the care of the elderly

Lecturers: Teaching staff of the UPV/EHU and recognised professionals in the area of Private and Public Health

Dissemination through institutional networks and emails.

Proposed dates: from 14 May to 11 June 2025.

Course keys: 027-25

PROGRAM

- Cognitive processes in old age. (3 hours) [AGURTZANE ORTIZ](#)
- Affective-emotional processes in the elderly. (2 hours) [AGURTZANE ORTIZ](#)
- Evolution of functional and neurosensory abilities in old age. (2 hours) [RICARDO FRANCO](#)
- Comprehensive health and quality of life in the elderly. (3 hours) [PILAR SORANDO](#)
- Global strategy in geriatrics. Care for the elderly. (2 hours) [NAIARA FERNANDEZ](#)
- Primary care and healthy ageing. (2 hours) [IÑAKI MARTIN LESENDE](#)
- Care plan for the elderly. Nursing interventions. (2 hours) [IRRINTZI FERNÁNDEZ](#)
- Preparation of a comprehensive nursing care plan. Nursing assessment. Sharing. (2 hours) [IRRINTZI FERNÁNDEZ](#)
- Frailty and quality of life. Challenges to be addressed. (2 hours) [NAIARA FERNANDEZ](#)

Description of the activity

This is a training activity that aims to provide communication and affective management skills to those professionals who work with elderly people. It is an approach from the understanding of the aging process from a positive vision, where the aspects of personality and cognitive-emotional processes are worked on.

Objectives of the activity

1. To update knowledge about the influence of cognitive-emotional processes on the aging process.
2. To provide students with resources and management skills with the elderly from the understanding of emotions and cognitions.

Course Methodology

Hybrid: face-to-face and online

Assessment tests

Written Reflections (Diaries)

Case studies based on real experiences

Proposed dates after 16:00:

14 May (3 hours)

May 21 (4 hours)

May 28 (5 hours)

4 June (4 hours)

11 June (4 hours)