

STUDY GUIDE

POSITIVE AGING

Organised by

Polytechnic University of Viseu (IPV)

1. IDENTIFYING DATA.	
· Course Name.	Positive Aging
· Coordinating University.	Polytechnic University of Viseu (IPV)
· Partner Universities Involved.	N/A
· Course Field(s).	Psychology, Gerontology, Health, Sociology
· Related Study Programme.	Social Education Degree
· ISCED Code.	0031, 0188, 0921, 0988

· SDG.	3, 5, 10, 11	
· Study Level.	B, M	
· EUNICE Key Competencies	<ul style="list-style-type: none"> • Green – strongly • Orange- moderately • Red – partially • Blank cell - not at all 	
	Problem solving	Moderately
	Teamworking	Moderately
	Communication	Strongly
	Self-management	Strongly
	Cognitive flexibility	Moderately
	Digital competence	Moderately
	Technical competence	Partially
	Global intercultural competence	Moderately

· Number of ECTS credits allocated.	3 ECTS
· Mode of Delivery.	Online live synchronous and asynchronous
· Language of Instruction.	English
· Course Dates.	10/10/2025 - 31/01/2026
· Precise Schedule of the Lectures.	<u>Asynchronous</u> (27h): Between 10 October and 31 January <u>Synchronous</u> (18h):

	10 October, 24 October, 7 November, 21 November, 5 December 19 December, 9 January, 23 January (2 pm – 4 pm CET time)
· Key Words.	Longevity, Population aging, Ageism, Age-friendly environments, Health promotion, Social participation, Cognitive stimulation, Well-being, Integrated care, Assistive Technologies
· Catchy Phrase.	“We added years to life, now it's time to add life to those years” said Freedman, quoting John F. Kennedy.

· Prerequisites and co-requisites.	B2 English Level; EUNICE Students.
· Number of EUNICE students that can attend the Course.	30 – 2 to 3 representatives of each of the universities.
· Course inscription procedure(s).	EUNICE Application Portal

2. CONTACT DETAILS.

· Department.	Department of Psychology and Educational Sciences of the School of Education
· Name of Lecturer.	Lia Araújo
· E-mail.	liajaraújo@esev.ipv.pt
· Other Lecturers.	--

3. COURSE CONTENT.

The population of the European region is aging at unprecedented rates. Preparing for an aged society it is imperative at individual level, so we can make the most of advanced life with good conditions in terms of health and autonomy; but also, at social and macro levels, to reduce the overall socio-economic impacts caused by changes in the demographic structure. This preparation requires a coordinated, whole-of-government and whole-of-society effort, with professionals of different areas, such as health, education, social sciences, business, services, engineering, and ICTs. This course will equip participants with important knowledge and skills in the area of aging, enabling them to lead with the challenges and take advantage of the opportunities resulting from the longevity revolution. Topics include an introduction about population aging and the associated challenges and opportunities for different areas and professionals. Models and Agendas, such as the ones of World Health Organization and United Nations will be approached. Individual and social responses to aging, focused on health and wellbeing promotion and age-friendly communities, will be proposed within group works.

4. LEARNING OUTCOMES.

There is a need to develop a global perspective of the challenges and opportunities that are arising from the phenomena of population aging. By the end of this course, participants should have an increased awareness of the governmental, institutional, and individual roles and resources to promote a positive aging.

5. OBJECTIVES.

To be aware of the demographic dividend;
To learn the international agendas about aging issues;
To know strategies to promote positive aging and age-friendly communities;
To be able to re-frame how to think about challenges and opportunities for aging populations.

6. COURSE ORGANISATION.

UNITS

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| 1. | Population aging and demographic dividend |
| 2. | Challenges and opportunities of an aging society |
| 3. | Models and Agendas for positive aging |
| 4. | Defining our response to aging |

LEARNING RESOURCES AND TOOLS.

All resources and tools will be accessible in a timely manner from of the virtual learning environment in which it takes place training associated with the respective themes.

PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.

The curricular unit encompasses the implementation of e-activities, which will be presented biweekly and by themes and carried out asynchronously (e.g., resource analysis, task development, participation in the Forum) and synchronously (taking place on the Zoom platform).

7. ASSESSMENT METHODS, CRITERIA AND PERIOD.

The assessment of learning will be summative and considers the carrying out e-activities, which will be evaluated based on the criteria related with relevance of participations, deepening the topics under discussion, presents the desired information and is based on rigorous and scientifically valid information. The classification will be expressed on a scoring scale of 0-20 and completing the course requires a classification equal to or greater than 10 points. Each topic will be given weight in the total grade. All these information will be presented in evaluation contract in the beginning of the semester.

OBSERVATIONS.

8. BIBLIOGRAPHY AND TEACHING MATERIALS.

The professor will provide texts throughout the semester. Some recommended references:

Araújo, L., Teixeira, L., Ribeiro, O., & Paul, C. (2021). Social Participation, Occupational Activities and Quality of Life in Older Europeans: A Focus on the Oldest Old. In F. Rojo-Pérez & G. Fernández-Mayoralas (eds.), *Handbook of Active Aging and Quality of Life. From Concepts to Applications* (pp. 537-547). Springer.

Araújo, L., Teixeira, L., Afonso, R., & Ribeiro, O. (2021). To live or die? What to wish at one hundred and more years old. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2021.726621

United Nations. (2023). *Leaving No One Behind In An Ageing World*. ISBN 978-92-1-130458-9

World Health Organization and United Nations. (2021). *Decade of Healthy Aging*. <https://www.who.int/initiatives/decade-of-healthy-ageing>

World Health Organization. (2021). *Ageism a Global Challenge*. ISBN: 978 92 4 001686 6