

Subject Description Form

Subject Code	APSS533														
Subject Title	Mental Health and the Aged														
Credit Value	3														
Level	5														
Pre-requisite / Co-requisite/ Exclusion	Nil														
Assessment Methods	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">100% Continuous Assessment</th> <th style="width: 33%;">Individual Assessment</th> <th style="width: 33%;">Group Assessment</th> </tr> </thead> <tbody> <tr> <td>1. Seminar Presentation</td> <td style="text-align: center;">0 %</td> <td style="text-align: center;">20 %</td> </tr> <tr> <td>2. Case Analysis</td> <td style="text-align: center;">30 %</td> <td style="text-align: center;">0 %</td> </tr> <tr> <td>3. Term Paper</td> <td style="text-align: center;">50 %</td> <td style="text-align: center;">0 %</td> </tr> </tbody> </table> <ul style="list-style-type: none"> the grade is calculated according to the percentage assigned; the completion and submission of all component assignments are required for passing the subject; and student must pass the specific component(s) (standard of passing) if he/she is to pass the subject. 			100% Continuous Assessment	Individual Assessment	Group Assessment	1. Seminar Presentation	0 %	20 %	2. Case Analysis	30 %	0 %	3. Term Paper	50 %	0 %
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Objectives	<p>This subject aims to develop students' understanding of the nature and extend of mental health issues of older adults in Hong Kong. As human-service professionals, it is essential that student develop their practice competence and have some knowledge in the various intervention approaches and dilemmas in handling older clients' mental health issues with an orientation of humanity and community integration. Students are also will also be presented with current and updated international trends in mental health care for older adults.</p>														
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> a. understand the various nature of mental health problems of older adults and their psycho-social implications in the aging process; b. evaluate the social work professional practice: values, role, skills and intervention, in the mental health field, either in the clinical team or community in working with older adults with mental health problem; c. acquire relevant knowledge and skills in helping older clients to maintain their mental health in the aging process; d. have a good grasp of treatment implication, to develop skills and explore alternative or innovative strategies in dealing with mental health problems of older adults; e. acknowledge the international trends and contemporary issues in aging and mental health; and f. embrace a critical evaluation on the policy and service in providing mental health care for older adults in Hong Kong. 														

<p>Subject Synopsis/ Indicative Syllabus</p>	<ol style="list-style-type: none"> 1. Mental Health and Wellness in Aging <ul style="list-style-type: none"> Theories of aging Physical well-being in later life Psychological well-being in later life Social well-being in later life Stress and coping in later life Wellness & mental health of older adults in Hong Kong Social, cultural and political contexts of aging in Hong Kong and China 2. Mental Health Problems in Older Adults: Etiology, Prevalence, Features and Treatment <ul style="list-style-type: none"> Anxiety disorder Personality disorder Mood disorder and suicide Schizophrenia and Paraphrenia Alzheimer's disease and other dementia Death, dying and bereavement Elder Abuse 3. Critique Policy and Service for Mental Health of Older Adults <ul style="list-style-type: none"> Medical and hospital care Residential care Home and outreaching care Family support and informal community care Hospice care Training and support of caregivers 4. Dimension of Professional Practice In Mental Health Care for the Aged <ul style="list-style-type: none"> The clients : patient vs person vs client The team context : the lonely professional in the multi-disciplinary team The intervention model/s : medical vs psycho-social vs socio-political The service ideologies : institutional vs natural family care Specialized practice vs generic practice 5. Professional Intervention in Enhancing Mental Health of Older Adults <ul style="list-style-type: none"> Case management Individual psychotherapy & behavioral management Crisis intervention and emergency management Group work Community networking Empowerment and awareness raising Traditional Chinese exercises & leisure Mental health promotion activities & education Spiritual and Religious Care 6. Family Caregiving and Family Intervention for Older Adults with Mental Health Problems 7. Mental Health Research for Older Adults
<p>Teaching/Learning Methodology</p>	<p>Student participation in both lectures and seminars are crucial for learning in this subject. Reflective lectures in form of active discussion & enquiry will stimulate students to be sensitive and empathetic to the mental health needs of older adults. Seminars in form of mini-surveys will inform students of contextual constraints in actual practice. Analytical report on case/group/project will facilitate students to apply the learnt concepts & theories in actual practice.</p>

Assessment Methods in Alignment with Intended Learning Outcomes	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)					
			a	b	c	d	e	f
	1. Seminar Presentation	20%	√	√	√	√	√	√
	2. Case Analysis	30%	√	√	√	√	√	√
	3. Term Paper	50%	√	√	√	√	√	√
Total	100 %							
	<p>Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p> <p>Assessment will be based on seminar presentation of topics chosen by the students. They are also required to submit a case analysis and a term paper for assessment. In the case analysis, they are required to analyze the experiences of an aged client with mental illness in diagnosis, treatment, rehabilitation and community integration. In the term paper, they are required to examine, discuss and analyze related issues in mental health and the aged.</p>							
Student Study Effort Expected	Class contact:							
	▪ Lecture		27 Hrs.					
	▪ Seminar and Tutorial		12 Hrs.					
	Other student study effort:							
	▪ Reading		42 Hrs.					
	▪ Case analysis activities		10 Hrs.					
	▪ Group discussion outside class		24 Hrs.					
	Total student study effort		115Hrs.					
Reading List and References	<u>Suggested Text</u>							
	Hantke, N., ETkin, A., & O’Hara, R.O. (2020). Handbook of Mental Health and Aging. Academic Press.							
	Hinrichsen, G.A. (2020). Assessment and Treatment of Older Adults: A Guide for Mental Health Professionals. American Psychological Association.							
	Chonody, J.M. & Teater, B. (2020) Social Work Practice with Older Adults. SAGE Publications.							
	<u>Recommended Papers</u>							
	Chan H, Ho F, Chui K, et al. (2020). Capacity building for dementia in community care services: A mixed method approach. <i>BMC Geriatrics</i> . 20, 122.							
Chung, R., Marmot, M., Mal, J., et al. (2021). Deprivation is associated with anxiety and stress. A population-based longitudinal household survey among Chinese adults in Hong Kong. <i>Journal of Epidemiology and Community Health</i> 75, 335–342.								
Food and Health Bureau. (2017). <i>Mental Health Review Report</i> . Hong Kong SAR Government, Food and Health Bureau.								

https://www.fhb.gov.hk/download/press_and_publications/otherinfo/180500_mhr/e_mhr_full_report.pdf

- Fung, A., Chan, W., Wong, C., et al. (2017). Prevalence of anxiety disorders in community dwelling older adults in Hong Kong. *International Psychogeriatrics*, 29(2), 259-267.
- Guo Y, Chau PPH, Chang Q, Woo J, Wong M, Yip PSF. (2019). The geography of suicide in older adults in Hong Kong: An ecological study. *International Journal of Geriatric Psychiatry*, 35(1), 99-112.
- Kwong E, Kwok TTY, Sumerlin TS, et al. (2020). Does subjective social status predict depressive symptoms in Chinese elderly? A longitudinal study from Hong Kong. *Journal of Epidemiology and Community Health*, 74, 882-891.
- Mento C, Silvestri MC, Burno A, et al. (2020). Workplace violence against healthcare professionals: A systematic review. *Aggression and Violent Behaviors*. 51, 101381.
- Yan, E., Chan, K. L., & Tiwari, A. (2015). A systematic review of prevalence and risk factors for elder abuse in Asia. *Trauma, Violence, & Abuse*, 16, 199-219.