

08ADAP3 Physiotherapy for elderly 3 ects

Objectives

The student

- is aware of the ageing process and the most typical changes in functional capacity among aged people
- understands the special needs of the elderly people in rehabilitation
- is aware of the services of the society for elderly people
- knows the most important diseases that affect the functional capacity of elderly people: memory problems, depression, heart and vascular diseases and how those affect functional capacity.
- can assess the functional capacity of the elderly client in the scientifically reliable way and become trained to adapt physiotherapy for the individual needs of elderly people.
- can consider the resources of the elderly client and also restrictions for physical exercise caused by different illnesses and different functional environments of elderly people in planning and putting in the practice of physiotherapy
- respects the life experience of the elderly people
- understands the meaning of the multiprofessional work in the rehabilitation of the elderly people and takes notice of the relatives of elderly people.

Content

The view of ageing in assessing the functional capacity, putting in the practice and assessing the physiotherapy and interaction, supervision, cooperators and organizers. The technology supporting independency of elderly people.

Earlier studies:

Fysioterapia hengitys- ja verenkiertoelimistön toimintarajoitteiden kuntoutumisessa, Fysioterapia tuki- ja liikuntaelimistön toimintarajoitteiden tutkimisessa ja kuntoutumisessa, lihaskunnan arviointi ja harjoittaminen, Harjoittelu 1, 2, 3.

Mode of completion and evaluation:

Lectures, learning tasks, seminars, case-studies, exam. Partly in moodle environment. Evaluation 1 – 5.

Learning outcomes:

Level 5 Student

- is able to teach the family members and multidisciplinary co-workers to evaluate the changes in functional ability of the elderly
- knows how to promote the preventive physiotherapy of the elderly
- is able to develop the ways of doing physiotherapy for elderly
- can choose the appropriate technology tools for supporting the elderly person, can also teach the family members and co-workers to the tools

Level 3 Student

- is able to choose the appropriate functional measurement tools for elderly people and knows how to make the physiotherapy goals according to the ICF levels
- clinical reasoning with evidence based practice
- is able to adapt the practice according the needs of the client, his/her environment, and the tools to be used
- is able to work in multidisciplinary co-operation for the benefit of the elderly client
- knows the most common technology for supporting independency of elderly people

Level 1 Student

- is able to assess the functional capacity of elderly people and knows how to make reasoning of the results
- is able to make the goals for the physiotherapy together with the client and his/her network
- knows the diseases and illnesses as well as ageing, how they effect to the persons function and what needs to be in physiotherapy goals
- is able to give physiotherapy practice to the elderly
- knows the services of the society for elderly people

Study material

Heikkinen, E. & Rantanen, T. 2008. Gerontologia. Keuruu: Kustannus Oy Duodecim.

Kaufman, T., Barr, J., Moran, M. & Wolf, M. 2007. Geriatric Rehabilitation Manual. Churchill-Livingstone. London.

Sakari-Rantala, R. 2003. Iäkkäiden ihmisten liikunta- ja kuntosaliharjoittelu Iäkkäiden ihmisten terveysliikunnan tutkimustyö tuotteistuksen tukena -hanke. Liikunnan ja kansanterveyden julkaisuja; 142. Jyväskylä: Liikunnan ja kansanterveyden edistämissäätiö LIKES.