



European Campus
of City-Universities

GLADE - Literacy Lab	EC2U Virtual Institute for Good Health and Well-being (GLADE) -
Name of the module	SMART AGEING AND HEALTHY LIFE Summer School, first Edition.
Course title (L-lecture / W-workshop)	ACTIVITY CARE PLANS FOR SENIORS
Course leader/Lecturer Academic title, first and last name Link to an updated CV (EN)	Lecturer PhD. Raluca Mihaela ONOSE Lecturer PhD. Iulian DUMITRU Lecturer PhD. Paul LUCACI Teaching Assistant Alexandru CITEA
Language of instruction	English
Course description Maximum 100-120 words	“Activity care plans for seniors” is a lecture that will help the social worker gain knowledge and competences regarding the process of maintaining or improving the quality of life. The participants will learn how to apply different exercises or stretches depending of the condition of the elderly.
Tackled concepts 5 to 7 of the topics covered / lecture content	<ul style="list-style-type: none"> • Sciatica stretches and exercises for seniors • Arthritis exercises for seniors and the elderly • Posture exercises for seniors • How to manage leisure activities as walking, jogging or sports • Occupational Therapy activities
Prerequisites	none
Learning methods / Instruction modes Lecture/workshop/practical application /field activity - interactive approach supported by academic articles, case studies, videos, class debates	Lecture and practical application, case studies
Assignments class participation, problem-solving sessions, practical application, case study, group discussions, group assignments/presentations, posters	Class participation, problem solving, sessions with practical applications
Evaluation	The participants will be evaluated at the final Social Impact Conference held at the end of the summer school.
Bibliography/Course material Recommended reading	Williams B.A. (2014) Current Diagnosis & Treatment Geriatrics, USA Lindquist L.A, Dresden S.M (2019) Geriatric Emergencies A Case-Based Approach to Improving Acute Care, Switzerland. Padilla R.L. (2012) Occupational Therapy with Elders, USA

The above mentioned curricular activity is part of the EC2U - GLADE Virtual Institute - SMART AGEING AND HEALTHY LIFE Summer School, first Edition. In order for the participants to be able to sit the final evaluation

test, they need a minimum of **70%** presence at the curricular and extracurricular activities. A pass/fail grading system is used in evaluating the participants, the decision on the awarding of the **3 ECTS** credits being based on their active participation in classes and on their successfully passing the module final evaluation.