



How to live long and prosper - A lifespan approach

Module Coordinator	Dr Nollaig Bourke, School of Medicine
What will you learn from this Elective?	<p>Our increased longevity is one of the major achievements of modern humans, however this increase in lifespan does not necessarily mean an increase in healthspan – healthy, disease-free years.</p> <p>The aim of this module is to explore some of the key challenges and opportunities associated with our expanding ageing population. We will use a multi-disciplinary approach (biological, clinical, societal) to explore several key questions such as: what happens the body during ageing that leaves us more susceptible to developing diseases such as cardiovascular disease, neurocognitive decline and cancer in later life? Why do some people age faster than others? How do we manage this challenge clinically? Can new models of care and novel technologies facilitate independent living in later life? What is it like for someone to get older in Ireland today? How can we ensure that everyone has the opportunity to age successfully in our society? What are the legal, ethical and economical challenges that we will face?</p>
Student Workload	<ul style="list-style-type: none">• 12 hours face to face lecture time. Each lecture will have 2 hours of self-directed learning associated with it (total: 36 hours)• 4 hours of group tasks/observations. Each hour will have 4 hours of self-directed learning associated with it (total: 20 hours)• Completion of an online module on Successful ageing (~20h)• Additional 24 hours of private study/revision time
Assessment Components	<ul style="list-style-type: none">• There will be three MCQs on (i) biological (ii) clinical and (iii) societal content (15% per MCQ)• Group presentation focused on topics around current and future approaches towards successful ageing (55% total mark)
Indicative Reading List	<p>Further reading list/material will be provided during module.</p> <p>https://www.sapea.info/topics/ageing/ https://tilda.tcd.ie/</p>
Learning Outcomes	<p>On successful completion of this module, students should be able to:</p> <ol style="list-style-type: none">1. Describe what happens to the body during the ageing2. Demonstrate an understanding of the concept of biological ageing as opposed to chronological ageing3. Identify the clinical challenges associated with treating older people

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4. Explain how integrated clinical care and how new models of care delivery, assisted by technological advances, can promote healthy, independent living
 5. Evaluate the societal challenges and opportunities associated with our ageing population
 6. Communicate how as a society we can ultimately achieve successful ageing.