

## DEPENDENCY: AGEING AND DISABILITY

### INTRODUCTION

*Dependency: Ageing and Disability* has been designed for the acquisition of basic competencies in what has been termed the fourth pillar of social wellbeing.

Caring for persons in situations of dependency and promoting their personal autonomy constitutes one of the main challenges for social policy in developed countries. The main targets are elderly and disabled persons requiring support to carry out the activities essential to their daily lives, with the aim being to provide them with greater personal autonomy and allow them to fully exercise their citizens' rights. In this regard, the Long-Term Care System (*Sistema de Atención de la Dependencia*) is one of the fundamental tools for improving social services in our country, addressing the need for care in situations of dependency and the promotion of personal autonomy, quality of life and equality of opportunity. Particular attention is also paid to caregiving families, personalized support by social workers in situations of ageing and disability, and the demands and services encountered in the sector. These services have been greatly boosted through the central and regional administrations, local authorities and the so-called third sector of social action, though they face a great challenge in terms of their future development.

### COMPETENCIES

- Acquire the necessary competencies to act and advise on health and social problems in units of individuals, families and institutional environments, with the purpose of anticipating, preventing and improving health levels and social wellbeing.
- Achieve the necessary knowledge to intervene with persons in situations of dependency and with families, knowing the resources and programmes available to improve quality of life for these persons.
- Learn to identify appropriate family and institutional surroundings to meet the needs of dependent persons and manage relevant social strategies, prioritizing the criteria of prevention and effectiveness.
- Obtain necessary competencies to evaluate and programme the various services and provisions that must be used.
- Be able to show professional competence in the practice of social work.
- Learn to work with and holistically evaluate persons, families, groups, organizations and communities, including their needs and circumstances.
- Work on the prevention of social problems.

### CONTENT

1. Dependency: ageing and disability. Concept, definition and classification.
2. Needs and demands of persons in situations of dependency.
3. Women and dependency.
4. The dependency evaluation process. Evaluation and performance of individualized care programmes.
5. List of services. Analysis and tasks in social work.
6. Conflicts involving dependency in social work: practical considerations.
7. Families of dependent persons.
8. Social work and ageing. Actions for old age: different services. Multidisciplinary work.
9. Disability and social work. The role of social workers with respect to disability.
10. Personal support by social workers for persons with disabilities.
11. Social work: the third sector and disability.