

Certificate in Geriatric Health and Care (CGHC)

ASSIGNMENTS

July, 2025

CGHC/BHT106/AS 1

School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2025

Dear Student,

There is one assignment for BHT 106, which is compulsory for the successful completion of the programme. Please note that the assignment carries a weightage of 30% marks towards the final evaluation in theory component and ***submission of the assignments is a prerequisite*** for appearing in theory term-end examination for respective papers. A minimum of 50% marks per assignment is required for successful completion of the Programme. The subject area of assignments and its last date of submission are mentioned below:

Last date of submission of assignment	Course code	Block	Max marks
30 th November, 2025	BHT 106	1,2,3 and 4	30

Please take note of the following points before writing your assignments:

- Use only foolscap- size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the question number with each answer.
- ***All the questions are compulsory.***

Suggestions for writing an assignment:

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. Do not copy the answers from the Blocks.

Answer assignment in sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

Course Code _____	Enrollment No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
LSC _____	_____
Date of Submission _____	_____

Please **submit the assignments (answer sheets) to the Coordinator of your LSC only.**
You may keep a xerox copy of the answer sheets for future reference.

Assignment 1

BHM 106: Assessment and Support for Older Persons

Course Code: BHT-106
Assignment Code: BHT-106/AS-1
Maximum Marks: 60
Due Date: 30th November 2025

Section A

Marks 15 marks X 2 = 30

Answer all the questions. Write the answers within 1000 words each.

1. Define geriatric syndromes. Discuss the causes, features, and management approaches for dementia, delirium, and depression.
2. Describe the principles of end-of-life care in elderly persons? Discuss ethical considerations, palliative care practices, and the role of caregivers in providing dignity and comfort in the final stage of life.

Section B

5 marks X 6 = 30 marks

Answer all the questions. Write the answers within 500 words each

1. Explain the age-related changes in the musculoskeletal and sensory systems and their clinical implications.
2. Describe common complaints of sleep disturbances and oral health problems among older persons.
3. Explain the significance of regular physical exercise and lifestyle modification in preventing diseases in elderly individuals.
4. Discuss the role of assistive devices and technologies in promoting the independence of elderly individuals.
5. What are the advantages and disadvantages of the institutionalisation of elderly persons?
6. Discuss the different forms of elder abuse with suitable examples.