

Syllabus & Lesson Plan

Spring 2023

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COURSE DESCRIPTION:

Introduction to Gerontology is an introduction to the field of human aging. The course of study will include a multidisciplinary examination of the way in which human aging is viewed – how we perceive the process of growing older and how society responds to the issues of aging. The class will look at aging from multiple perspectives that include the social, political and biological sciences, arts and humanities, care giving and social services.

This proposed course will provide students with an understanding of the unique challenges individuals experience as they age. Second it provides some basic hands/labs on entry into the emerging field of assistive technologies and personal and mobile sensors

COURSE OBJECTIVES:

This proposed course will provide students with an understanding of the following:

- Discuss the unique challenges individuals experience as they age.
- Second it provides some basic hands/labs on entry into the emerging field of assistive technologies and personal and mobile sensors

Each lesson contains:

- ✓ Learning objectives
- ✓ Suggested classroom activities
- ✓ Required resources
- ✓ Out of class activities
- ✓ Additions suggested activities including links to websites, videos and interactive web pages.

REQUIRED TEXTBOOKS:

Required Text:

Caring for Older Adults holistically 6th edition, Mary Ann Anderson, PHD, APRN, BC: Fellow, National Gerontological Nursing Association, Philadelphia, PA., F. A. DAVIS.

ISBN 13: 978-0-8036-4549X

Supplementary Materials: Include all the materials posted under “Course Documents” on Blackboard. These materials are supplements to the textbook and provide additional resources and researched on gerontological issues.

RECOMMENDED READING:

There are several great resources on the web for project ideas:

1. "Universal Design: A Step toward Successful Aging:"
<http://www.hindawi.com/journals/jar/2013/324624/>
2. "HCI and the older population":
<http://www.hindawi.com/journals/jar/2013/324624/>
3. Aging 12-13, Annual Edition, edited by Harold Cox, Ph.D., Indiana State University. New York: Dushkin/McGraw-Hill.

Supplementary Materials: These materials are supplements to the textbook and provide additional resources and researched on gerontological issues.

LESSON PLAN

WEEK 1: INTRODUCTION *January 21, 2023*

Introduction to Gerontology

- Review of the course syllabus & assignments
- Overview of gerontology
- Aged & aging for all ages

- Social gerontology/ biogerontology/ medical Gerontology (Geriatric

Student Learning Outcomes

At the end of week 1 the student should be able to:

1. Define the Gerontology
2. Explore and discuss the meaning of ageism
3. Discuss ageing process and its relation with social, Biogerontology and medical Gerontology

WEEK 2: The Demography of Aging, January 28, 2023

- Aging facts & statistics
- Baby boomers
- Growth & diversity in older population

Student Learning Outcomes:

1. Discuss the facts and statistics that are associated with the aging population.
2. Discuss the influences of Baby Boomers and the experiences and impact on society.
3. Discuss growth and diversity ageing process

WEEK 3: The Phenomenon of Aging, February 4, 2023

- Chronological age, psychological age, sociological age, functional age
- Optimal aging, normal aging, pathological aging and successful aging

Student Learning Outcomes:

1. Discuss the facts associated with phenomenon of the aging process
2. Discuss the influences, impact and experiences on the older adults.
3. Explain and discuss growth and diversity ageing process

WEEK 4: Aging Process, February 11, 2023

- Theories in aging
- Sociological, psychological, and biological theories of aging
- Rowe & Kahn Model / Baltes & Baltes Definition
- Myths & realities of Aging

Student Learning Outcomes:

1. Define the theories of aging.
2. Discuss the theories of aging and its influences and impact on the body systems.
3. Discuss the psychological and biological theories of aging.
4. Discuss the myths and facts of the aging process

WEEK 5: Exploring Life Extension, February 18, 2023

- Life expectancy / Life Span
- Longevity quiz game
- Longevity / postponing human aging
- Is it good or bad for mankind? Living Longer ... Living Better?
- Video: Immortality Institute

Student Learning Outcomes:

1. Discuss the facts and statistics that are associated with the life extension and expectancy.
2. Define longevity and its impact on the older population
3. Discuss the overview and perspectives of immortality

WEEK 6: Generational Differences, February 25, 2023

- Current living generations
- Challenges and rewards of intergenerational intergenerational relationships
- Intergenerational programs and community resources
- Video: Family Matters / San Pascual Academy

Student Learning Outcomes:

1. Discuss the facts and statistics that are associated with the aging population and generational differences.
2. List facts related to intergenerational programs and community resources.
3. List and discuss the components of today's family structure and its impact on the older adults

WEEK 7: Societal Attitudes toward Old Age, March 4, 2023

- Images of aging
- Combating ageism
- Stereotypes
- Is aging a sub-culture?
- Cognitive aging
- Fighting Stereotypes & Ageism in Society

Student Learning Outcomes:

1. Discuss the facts and attitudes that are associated with aging adults.
2. Explain and compare the difference of the attitude in American society related to the elderly population.
3. Discuss the components of stereotypes and myths that are used to describe the older adults.

WEEK 8: Mid-term Exam, March 11, 2023

Group presentation: Learning to know Mrs. Smith

Presentation detail and date TBA – students can work alone or in groups of 3.

WEEK 9: Aging in the New Millennium, March 25, 2023

- Reporting abuse
- Adult Protective Services
- Overview of Alzheimer's disease
- Symptoms and diagnosis
- Causes and risk factors
- Treatments and research
- Caring for a patient with Alzheimer's disease
- Mental Disorder
Depression, Dementia
- Suicide

Student Learning Outcomes:

1. Discuss the facts, attitudes and perspectives of the Millennium population towards the older adults
2. Identify factors that affect and contribute to elderly abuse.
3. Discuss types and stages of Dementia, Depression, and Alzheimer's disease that affects the older population.

WEEK 10: The Health Care System in United States, April 1, 2023

- Types of health plan
 - Medicaid/ Medical/ Medicare (Part A, B, and D)
 - Indemnity/ Managed care (PPO, HMO, POS, EPO)
 - Universal Health Care System
 - Primary care physicians (gatekeepers)/ Specialists
- Out of pocket costs
- Co-payment
 - Premium
 - Deductible
 - Maximum annual cap
 - Long term care
 - Hospice care / nursing homes/ others

Student Learning Outcomes:

1. Discuss the facts and aspects of the Health Care System in the US.
2. List and explain types of health plan and coverage.
3. Discuss growth and diversity ageing process

WEEK 11: Retirement: American Dream or Dilemma? April 8, 2023

- History of retirement
 - Retirement planning from a life course perspective
 - Importance of maintaining physical and mental health
 - Effect of career choices on retirement planning
 - Financial planning for retirement (Four-Legged Stool analogy)
 - Impact of retirement on roles and relationships
 - Role Theory, Continuity Theory
 - Timing/ class/ education/ gender differences/ family relationships
- Future of retirement
- Shift from “retirement” to “productive aging”
 - Age integrated vs. age segregated society
 - The Age Discrimination in Employment Act

Student Learning Outcomes:

1. Discuss the factors related to the history of retirement.
2. Describe and discuss the impact of retirement on the older adults
3. Discuss the importance of physical and emotional wellness.

WEEK 12: Caring for Aging Parents, April 15, 2023

- Caregiving Support Services
- The Inner Circle/ Sharing the Care with Sibling
- The Eden Alternative (nursing homes)
- Sandwich generation

Student Learning Outcomes:

1. Discuss and identify support services.
2. List available support services
3. Discuss the influences of family and caregiver roles and strain.

WEEK 13: The Experience of Dying, April 22, 2023

- Dying Process / Care of the Dying
 - Death as Loss- Grieving and Going On
 - Ethical & legal issues
 - Preventing Late Life Suicide
 - 5 wishes
- ☐ **Leading Cause of Death Among older Adults**
- Fall & Fall Prevention / Video
 - Tobacco Use: Single most Preventable Cause of Death & Disease
- Suicide

Student Learning Outcomes:

1. Discuss the factors related to the dying process
2. Identify and discuss legal and ethical issues with dying process.
3. Discuss some components of suicide
4. Identify and discuss fall prevention

WEEK 14: Legal and Ethical Issues, April 29, 2023

Power of Attorney

- Conventional/ durable
- Living trust/ living will/advance healthcare directive
- Consumer & financial fraud
- Most common types of problems for seniors
- Health Insurance Counseling and Advocacy Program (HICAP)

Public policy Issues in Aging

Older American Acts

- Entitlement programs for the aged
- Structural lag and policy

☐ White House Conferences on Aging (WHCoA)

- 2015 WHCoA
- 5 Top Resolutions

Student Learning Outcomes:

1. Describe and discuss issues regarding the power of Attorney.
2. Define and discuss living will and advance directives
3. Discuss the application of the Power of Attorney

WEEK 15: Final Exam Project, May 6, 2023

Group presentation: Several case study information will be uploaded in the course:

Final Presenttion; You will select one for your presentation

Students can work alone or in groups of 3.

REFERENCES and RECOMMENDED READING LIST

- A. Garrett, D. 2012. *New Insights in Aging: 500 words at a time (Volume 1)*
<http://www.amazon.com/New-Insights-Aging-words-Volume/dp/1470040999>
or <https://www.createpace.com/3784458>
- B. Arnett, Dixon and Chan, Wende Dawson, *The Wisdom To Choose: A Comprehensive Guide to Health and Independence for Elders*. Northridge, CA: Studio 4 Productions, 2002.
- C. *Handbook of Theories of Aging*: Vern L, Bengtson and K. Warner Schaie, Editors by Vern L. Bengtson, Klaus Warner Schaie. Springer Publishing Company, 1999
http://books.google.com/books?id=7qpHuXKsaC0C&pg=PA60&lpg=PA60&dq=Phenomenon+of+Aging&source=web&ots=FPN5Uximu6&sig=IrMeqsV0F72pKN6YQwvL7aZBoI&hl=en&sa=X&oi=book_result&resnum=2&ct=result#PPP1,M1

- D. Brooks, David, *Bobos in Paradise: The New Upper Class and How They Got There*. New York: Simon & Schuster, Inc., 2000.
- E. Northrup, Christiane, M.D., *Women's Bodies, Women's Wisdom*. New York: Bantam/Dell Publishing Group, 1998.
- F. Thomas, William H., M.D., *Life Worth Living: How Someone You Love Can Still Enjoy Life in a Nursing Home*. Acton, MA: Wanderwyck & Bunham, 1997.
- G. Weston, Liz Pulliam, "Most Households Not Saving Enough for Retirement, Analysis Shows," *Business Section*, 4/27,00. Los Angeles: The Los Angeles Times, 2000.
- H. Health Insurance Counseling & Advocacy
[http://video.google.com/videoplay?docid=4552911981466723004&q=-%09Health+Insurance+Counseling+and+Advocacy+Program&total=3&start=0&num=10&so=0&type=search&plindex=0](http://video.google.com/videoplay?docid=4552911981466723004&q=%09Health+Insurance+Counseling+and+Advocacy+Program&total=3&start=0&num=10&so=0&type=search&plindex=0)
- I. Aging in the New Millennium: Mental and Emotional Well-being
<http://video.google.com/videoplay?docid=4065064255839599674&q=aging+issues&total=1856&start=10&num=10&so=0&type=search&plindex=9>
- What's up with that? – Ageism <http://video.google.com/videoplay?docid=609200850107529103&q=ageing>