

MF 635 Aging & Long Term Care
Summer Session 2008
June 21st & 28th
9:00 AM – 3:00 PM

Instructor: Donna Callahan MSW
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Course Description: This course will acquaint students with the developmental stages of aging and the resources available to elders and those who work with them in any context. Special attention will be given to the spirituality of aging, the mental health concerns, diverse aging populations, and the issues of care giving and long term care. The class will be conducted in two Saturday sessions with reading and video sessions required outside of class. There will be a required 8 - 10 page research paper and two reading / video response papers.

Course Objectives:

- To give students an understanding of the developmental, psychological, physical, and spiritual aspects of aging
- To prepare students to work with aging individuals, their families, and small groups
- To prepare students to prevent and/or deal with cases of elder abuse
- To promote successful, healthy aging by preparing mental health professionals to offer appropriate services to the elderly and their care givers and/or families

Expectations:

- Students will attend both days of in class instruction.
- Students will read required readings prior to class to be prepared for that day's class discussion.
- Students will view four hours of video presentation outside of class and will write a response paper following the guidelines provided.
- Students will write an 8-10 page paper on a topic agreed upon with the instructor.
- Students will write a response paper to the elder abuse presentation.

Required Texts:

Kennedy, G. J. (2000) *Geriatric Mental Health Care*. New York: Guilford Press.

Moberg, D. O. (Ed.)(2001) *Aging and Spirituality*. New York: Hawthorne Pastoral Press.

Nouwen, H. J. M. & Gaffney, W. J. (1990) *Aging: The Fulfillment of Life*.
New York: Doubleday.

Shenk, David (2001) *The Forgetting Alzheimer's: Portrait of an Epidemic*.
New York: Anchor Books

Additional Suggested Readings:

Markson, E. W. & Hollis-Sawyer, L. A. (2000) *Intersections of Aging*.
Los Angeles, CA: Roxbury Publishing Company.

McLeod, B. W. (Ed.) (2002) *And thou shalt honor*. Rodale/St. Martin's Press.

Roff, L. L. & Atherton, C. R. (1990) *Promoting Successful Aging*.
Chicago: Nelson-Hall.

Additional Resource List attached to the back of the syllabus

Assignments:

Prior to first class meeting:

- Read Chapters 1 through 6 in *Geriatric Mental Health Care* and the printed handouts given to students and posted on line. Come to class prepared to discuss these reading assignments.
- View Video # 1 & 2 in the Annenburg Series *Growing Old in a New Age*. (VCR HQ 1064.u5 G762X 1993) Available in FPU Library
- Read *Aging and Spirituality* Chapters 1-3.
- Read Nouwen & Gaffney, *Aging the Fulfillment of Life*.
- Read Part 1, Early Stage, in *The Forgetting*.

In between the two class sessions:

- View suggested videos assigned in first class
- Write a 2-3 page response to the videos highlighting the new knowledge you have gained and its relevance to your work with elders and/or their care givers, due at the next class.
- Read chapters 7-12 in *Geriatric Mental Health Care* and be prepared for class discussion.
- Read Parts 2 & 3, Middle & End Stages, in *The Forgetting*.

After the second class session:

- Write 2-3 page paper on Elder Abuse using guideline handed out in class. Due June 30th-email to dmc@fpu.edu.
- Write a 8-10 page research paper on the topic of your choice as agreed upon with the instructor. Due 7/25/08

Tentative Class Schedule

6/17/06

9:00 AM Introduction & opening prayer
9:15 AM Reading Reports & discussion
9:45 AM Lecture:
Developmental Aging
Strengths Perspective
Theories & Realities of Aging

10:15 AM Break
10:30 AM Experiential Exercise on Aging
11:00 AM Video: Losing It All: the Realities of Alzheimer's Disease
12:15 PM Lunch
1:00 PM Lecture: Alzheimer's Disease / Other Dementia
1:45 PM Video clips: from *The Forgetting*.
2:30 PM Discussion / Wrap Up

6/24/06

9:00 AM Opening prayer
9:15 AM Class discussion of readings
9:30 AM Lecture:
Caring for Care givers
Depression
Resources available

10:15 AM Video clips: *And Thou Shalt Honor*
10:45 AM Break
11:00 AM Lecture:
Elder Abuse Prevention & Intervention
Reporting Responsibilities

11:30 AM Video clip on Elder Abuse
12:00 PM Lunch
12:30 PM Lecture: Successful Aging & Long Term Care
1:00 PM Small Group discussions & reporting back
1:30 PM Lecture & Discussion - Spirituality in Aging
2:00 PM Jimmy Carter: *The Virtues of Aging*
2:30 PM Wrap Up.

Grading:

2 short response papers	20 pts. Each	40 points
1 8-10 page paper	50 pts.	50 points
Attendance & Participation	10 pts	<u>10 points</u>
		100 points

Academic Policies: MBBS academic policies are described in the current *Academic Handbook*. The *Handbook* contains policies on such matters as incomplete work, extensions, academic integrity, non-discriminatory language, and academic appeals. Students are expected to be familiar with MBBS academic policies and to follow them. Copies of the *Academic Handbook* are available on the MBBS Website.