

COURSE: GERONTOLOGY

## OVERVIEW OF COURSE

### Goal

The goal of this course is to understand the continuity of life and its impact on youth. The students can be applied to present family situations and used in their own continuous growth and development for an improved quality of life. Students will also be able to focus their career development on occupations related to the mature adult.

### Description

In this course, students will explore ways to bridge the gap between mature adults, adults and adolescents. Students will be able to interact with mature adults and professionals in living and working environments in preparation for potential related careers.

### Skills, Knowledge, and Behaviors to be Developed

The ability

1. Identify common myths about the aging and positive facts to dispel stereotyping.
2. Recognize the aging process and identify factors that will contribute to a productive and longer life.
3. Identify the changes that occur throughout the aging process, the needs created by these changes, and ways to respond to the needs of the elderly.
4. Recognize that adolescents and mature adults have similar interests, aspirations, and needs.
5. Examine factors in the elderly and suggest ways of prevention.
6. Examine the housing choices of the elderly and how choices are made.
7. Research career opportunities in the field of gerontology.

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CONTENT OUTLINE

- I. The Mature Adult in Society
  - A. Who is the Mature Adult?
  - B. Myths and Realities of Old Age
  - C. Life Span
  - D. The Aging Process
  - E. Cultural Perspectives of Aging
  
- II. Understanding the Needs of the Aging
  - A. Physical Needs
  - B. Social Needs
  - C. Intellectual Needs
  - D. Emotional Needs
  - E. Loneliness
  - F. Communicating: A Two-way Need
  - G. Concerns of the Elderly
  - H. Elderly Abuse
  
- III. Community Supports for the Aging
  - A. Safety
  - B. Housing
  - C. Recreation
  - D. Public Policy and Human Services
  - E. The Mature Adult
  - F. Advocacy/Research
  
- IV. Careers in Gerontology
  - A. Careers Relating to the Mature Adult
  - B. The Home Care Assistant
  - C. The Entrepreneur: Servicing the Mature Adult