

Gerontology Department/Social Sciences and Interdisciplinary Studies

GERO 101: Older Adult Services & Strategies

Syllabus

Gerontology Diversity & Inclusion Statement

“As part of our commitment to social justice and the Anti-Racist and Inclusive Campus Plan, the Gerontology Department works to support and uplift all historically underrepresented communities, on an off campus, and condemn any forms of bias based on age, race, ethnicity, caste, nationality, immigration status, gender/transgender, sexual orientation, disability/ability, religion, cultural attire, body size/shape, class, and more. We strive to be an exemplary leader in inclusive learning.”

Part 1: Course Information

Instructor Information

Instructor: Linda Paumer, M.A.

Office: Cardiovascular Wellness Program (CWP)

Facility: Folsom Hall 3030 (3rd floor)

Office Hours: Tuesdays/Thursdays 3:30 – 4:30 pm or by appointment

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Welcome to Older Adult Services & Strategies. I am delighted to be your instructor for this course. A little information about me: I worked for 30+ years as an exercise physiologist in outpatient cardiac rehab at UC Davis, and for 10 years have been coordinating a community-based wellness program through Sac State that serves older clients in our community. We provide a comprehensive exercise/education program that promotes improving/maintaining fitness, heart-healthy, plant-based eating, and mindset activities to manage stress. We have served many gerontology students with Gero130/131 internships, as well as internships with nutrition, psychology, kinesiology, and other students with health-career goals. I am excited about broadening those opportunities with this course. Students in Gero 101 have the opportunity to complete service learning through participating in activities with this wellness program. The aging field is broad and a goal for this course is to introduce students to the older adult world and set the stage for understanding how two generations can work together efficiently and everyone learns. I look forward to working with you.

Course Description

Exploration and analysis of the older adult service continuum within the context of changing diverse societal needs, service availability and accessibility, current public policy, and administrative and management issues facing care providers. A multidisciplinary examination of the spectrum of services and programs targeted for older adults and their families. Includes information and referral processes and agencies, recreational and social options, housing alternatives, in-home, residential and skilled care options, including health care eligibility criteria, funding sources, and adult protective services.

Prerequisite

- Upper Division Status

Textbook & Course Materials

Required Texts -- these are all available on-line

- Niles-Yokum, K.N. & Wagner, D.L. (2018). *The aging networks: A guide to programs and services* (9th ed.). New York, NY: Springer Publishing Company **AVAILABLE IN DIGITAL FORMAT FROM THE LIBRARY:**
<https://ebookcentral.proquest.com/lib/csus/detail.action?docID=5612713&query=Aging+Networks>
- Wacker, R. R., & Roberto, K. A. (2018). *Community resources for older adults: Programs and services in an era of change* (5th ed.). Sage Publications.
<https://sk-sagepub-com.proxy.lib.csus.edu/books/community-resources-for-older-adults-5e>
- Grabinski, C. J., ABD, F., & Niles-Yokum, K. (2014). *101+ careers in gerontology*. Springer Publishing Company.
https://csu-csus.primo.exlibrisgroup.com/discovery/fulldisplay?context=L&vid=01CALS_USL:01CALS_USL&search_scope=Everything&tab=Everything&docid=alma99257307398901671

Recommended Texts & Other Readings

- Brown, L. H. & Roodin, P. A. (2001). Service-learning in gerontology: An out-of-classroom experience. *Educational Gerontology*, 27(1), 89-103.b
https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjn9d6Bm8r8AhW8L0QIHRy_DIoQFnoECAoQAQ&url=https%3A%2F%2Fogg.osu.edu%2Fmedia%2Fdocuments%2Fsage%2Fcourse3%2Fwk1_Brown.pdf&usq=AOvVaw0G4QJXWm2Wxb_Ai2HAzNJ2
- *Publication manual of the American Psychological Association* (7th ed.). (2010). Washington, DC: American Psychological Association.
- Other articles as posted weekly in Canvas

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to Canvas'
- Ability to attend class Thursday evenings
- Ability to connect with service-learning community partners outside of class time.

Course Structure

This course will be delivered in-person and online and through the course management system Canvas. You will use your Saclink account to login to the course from your [My Sac State](#) account and click on the Canvas button or login directly through the [Canvas Login](#)

[Page](#). In Canvas, you will access course materials, assignments, discussion questions and resources.

The course will include in-class discussions, case studies, lectures, quizzes and writing assignments. Learning experiences built on quality interaction with peers are essential for scholarly development. Out of-class readings and tasks to enhance the development of concepts are involved. If you are unable to participate in a designated class session, make sure to email your professor before that class and make arrangements for missed information.

Students are expected to:

1. Attend all classes and actively participate in class discussions.
2. Interact with the professor and/or peers as appropriate when they have questions on how to complete assignments.
3. Complete all assigned readings
4. Complete all writing assignments, service-learning journals, and quizzes.
5. Complete 20 hours of service learning.

Canvas Access

To access this course on Canvas you will need access to the Internet and a supported Web browser (Chrome, Firefox, Safari). To ensure that you are using a supported browser and have required plug-ins, please visit the "[Which browsers does Canvas support](#)" website.

Technical Assistance

If you need technical assistance at any time during the course or to report a problem with Canvas you can:

- If you need a laptop or WI-FI hotspot, please let me know and I can request the needed items for you to borrow
- [Submit a Ticket](#) to Report a Problem to the Information Resources and Technology Support Team
- Call the Canvas Support line at Sac State: M-F 8:00 AM to 5:00 PM (916) 278-2450.
- [Schedule a Consultation](#) to get assistance with Canvas and other Academic technologies
- Visit the [Canvas Student Video Guides](#)
- Visit the Canvas [Student Web Tutorials](#)

Important Note: This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check Canvas for corrections or updates to the syllabus. Any changes will be clearly noted in course announcement or through Canvas email.

Part 2: Course Objectives

After completion of readings, course experiences, and assignments:

1. Students will define the key factors involved in assessing the needs of older adults and the resources available to meet those needs.
2. Students will describe the structure and organization of senior services in the country through the Older Americans Act and in the greater Sacramento region.
3. Students will differentiate and discuss the realities of aging services and factors that deter utilization of services.
4. Students will describe the range of services available to meet the needs and challenges of the older adults.
5. Students will identify social policy issues that affect the older adults, their families and caregivers.
6. Students will practice interactive skills communicating with each other and with older adults.
7. Students will examine their own beliefs and feelings about health and illness with aging.

Students will meet the objectives listed above through a combination of the following activities in this course:

- Learning Modules in Canvas
- Attendance at synchronous sessions to deepen learning and connect with instructor and classmates.
- Completion of all assignments, including individual and group assignments.
- Completion of all requirements for the service-learning component of the course.

Service Learning Information

Service learning is a key component of this course. The goal is to provide practical experience to students complementing the theoretical aspect of the course. Students are expected to spend 20 hours working with older adults throughout the semester. A list of possible experiences will be provided, and those experiences can be done with the clients of the Cardiovascular Wellness Program. Experiences can also be completed through outside events organized through the Program.

Service Learning Paperwork

At Sacramento State, Service Learning and other community service activities are supported by the Community Engagement Center (CEC). Before you begin your service learning, you will need to complete paperwork as required through the Community Engagement Center (CEC). Information on how to do this can be found here: [Service Learning Student Guide \(panopto.com\)](#)

Log on to CEConnect at: www.csus.edu/cec. to get set up to record your service learning time. This needs to be done by week 2. Part of the process is completing Student Learning Agreement for Service Learning and Emergency Contact forms which you give to

your Service Learning Agency Supervisor.

HIPAA Training

All students will need to complete a required Health Insurance Portability and Accountability Act (HIPAA) training. You should have received an email about how to complete the process.

Here is the link to complete the online HIPAA training:

<https://compliance-group.com/free-hipaa-training/>

It is also posted in Canvas under the Service Learning Information Module.

Part 3: Topic Outline/Schedule

Important Note: We will review assignments in class. They are posted in Canvas and the schedule for presentation is under the Weekly Schedule. If you have any questions, please contact the instructor.

The topics that will be presented are listed here:

- Ageism
- Aging Theories
- Changing Demographics
- Dementia/memory care
- Elder Justice/Legal Services
- End of Life Issues
- Gero careers/competencies
- Healthcare Continuum
- Home Health
- Housing
- Income Security
- Mental Health
- Mind Over Body
- Mindset Activities
- Nutrition & Aging
- Older Education
- Psycho-Social Issues
- Public Policy/OAA
- Resilience/Strength
- Senior Planning/Caregiving
- Sports & Recreation
- Transportation

Part 4: Grading Policy

Visit the **Assignments** link in Canvas for details about each assignment listed below.

Assignment		Points	%Grade
HIPAA training	1 @ 5 pts	5	1%
Personal Introduction	1 @ 15 pts	15	2%
SL plan	1 @ 5 pts	5	1%
Quizzes	4 @ 25 pts	100	13%
Final Exam	1 @ 100 pts	100	13%
Reflective Journal/Writing Assignment	1 @ 50 pts	50	6%
Service Learning Time Log	1 @ 100 pts	100	13%
<i>20 hr = 100 points. Hours < 20 = points assigned proportional to # done. Hours >20 will be converted to attendance points.</i>			
Group Collaboration	1 @ 25 pts	25	3%
Group Presentation	1 @ 100 pts	100	13%
After Class Summary Assignments	10 @ 10 pts	100	13%
Attendance	13 @ 15 pts	195	25%
	Total	795	100%
Extra Credit			
APA training	1 @ 5 pts	5	
APA Assignment	3 @ 15 pts	45	
APA Paper	1 @ 50 pts	50	
Group Collaboration	1 @ 25 pts	25	

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Percentage	pts	Letter Grade
93-100%	>739	A
90-92%	715-738	A-
87-89%	692-714	B+
83-86%	660-691	B
80-82%	636-659	B-
77-79%	612-635	C+
73-76%	580-612	C
70-72%	556-611	C-
67-69%	533-555	D+
63-66%	501-532	D
60-62%	478-500	D-
59% & below	<477	F

Late Work Policy

Be sure to pay close attention to deadlines. There are point demerits for late work. Please talk to instructor in advance of due dates if extensions are needed.

Viewing Grades in Canvas

Points you receive for graded activities will be posted to the Canvas Grade Book. From a computer or mobile device, select the Grades option from course navigation to view your grades.

Your instructor will update the online grades each time a grading session has been complete—typically within two weeks following the completion of an activity. You will see a visual indication of new grades posted on your Canvas home page under Recent Feedback and/or next to the Grades link on course menu.

Important note: For more information about grading at Sac State, visit the academic policies and grading section of the university catalog.

Part 5: Course Policies

Participation

Students are expected to participate in class and online activities as listed in the Modules. As many of you have likely experienced, participation can significantly decrease in an online environment. I am hoping the assignments created will encourage participation and interaction.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, let me know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive communicating when difficulties arise during the semester so that we can help you find a solution. I am available during office hours or by appointment outside of office hours and am happy to meet whenever needed.

Complete Assignments

All assignments for this course will be submitted electronically through Canvas unless otherwise instructed. Assignments should be submitted by the given deadline. Request special permission for extensions from instructor *before the due date* if necessary.

Understand When You May Drop This Course

It is the student's responsibility to understand when they need to disenroll from a course. Refer to the Sac State Course Schedule for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to attend class, or (2) documented and severe physical/mental illness/injury to the student or student's family.

Incomplete Policy

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student is current on assignments and there is a compelling reason to allow the student to finish coursework after the semester has ended. All incomplete course assignments must be completed within one year from the end of the semester the course is taken.

Student Resources

There are many services offered by CSUS to help you succeed in this course and throughout your academic career. Links to the following resources are also available in Canvas.

[Basic Needs Support: Crisis Assistance & Resource Education Support \(CARES\)](#)

If you are experiencing challenges with food, housing, financial or other unique circumstances that are impacting your education, help is just a phone call or email away! The CARES office provides case management support for any enrolled student. Email the CARES office at cares@csus.edu to speak with a case manager about the resources available to you.

Academic Advising

The Academic Advising Center offers new student orientation, mandatory freshman advising, and advising on General Education and graduation requirements for all students. While your major and GE advising will be conducted by the Gerontology Department, the Academic Advising office is available if you have questions about transfer credit, transcripts, etc.

IRT Service Desk (Service Desk)

The Information, Resources, and Technology (IRT) helpdesk provides assistance to students, faculty and staff in their use of campus technologies.

Services to Students with Disabilities

Students with disabilities who require accommodations need to provide disability documentation to Services to Students with Disabilities (SSWD). SSWD is located in Lassen Hall 1008 and can be contacted by phone at (916) 278-6955 (Voice) (916) 278-7239 (TDD only) or via email at sswd@csus.edu.

Please feel free to set up an appointment with me to discuss your approved accommodation. This syllabus and course materials are available in alternate formats upon request. In addition, as your professor, I feel I have a responsibility to actively support culturally diverse learners with a wide range of learning styles and abilities and to be responsive in my teaching practices. Feel free to discuss your progress in this course with me at any time.

Student Affairs

If you need help discerning who to see to get a question answered, advice on which classes to take, or information about how to obtain financial aid, Student Affairs may be able to assist you.

Student Health and Counseling Services

Student Health Services promotes the health and wellness of Sac State students.

University Library

The Sac State University Library provides access to a wide array of workshops, research guides, subject specialists, databases, electronic journals, and other electronic resources. The Sacramento State Librarian for Gerontology is Rachael Stark. She can be reached at stark@csus.edu or 916-278-7494. You can also schedule an appointment with her [here](#). Don't hesitate to reach out to Rachael, she can be of GREAT assistance with your research.

Reading & Writing Center

The University Writing Center can help you at any stage in your reading and writing processes: coming up with a topic, developing and organizing a draft, understanding difficult texts, or developing strategies to become a better editor.

Further resources and information:

[Martin Luther King Center](#),

[Multicultural Center](#),

[Dreamer Resource Center](#),

[Student Success Center](#),

[Academic Advising](#),

[Peer & Academic Resource Center](#),
[Reading & Writing Center](#),
[Grading Policy](#),
[Academic Calendar](#),
[Hornet Honor Code](#),
[Student Rights and Responsibilities](#)

Commit to Integrity

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

Sac State's Academic Honesty Policy & Procedures

"The principles of truth and honesty are recognized as fundamental to a community of scholars and teachers. California State University, Sacramento expects that both faculty and students will honor these principles, and in so doing, will protect the integrity of academic work and student grades." Read more about Sac State's [Academic Honesty Policy & Procedures](#)

Definitions

At Sac State, "**cheating** is the act of obtaining or attempting to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means."

"**Plagiarism** is a form of cheating. At Sac State, "plagiarism is the use of distinctive ideas or works belonging to another person without providing adequate acknowledgement of that person's contribution."

Source: Sacramento State University Library

Important Note: Any form of academic dishonesty, including cheating and plagiarism, may be reported to the office of student affairs.

Course policies are subject to change. It is the student's responsibility to check Canvas for corrections or updates to the syllabus. Any changes will be posted in Canvas.