

Sacramento State University Graduate Certificate

15 units

GERO 101. Older Adult Services and Strategies. 3 Units

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.

GERO 221. Strategies for Optimal Aging. 3 Units

This course is an in-depth, interdisciplinary, and holistic exploration of health promotion and adaptation paradigms that facilitate optimal and productive longevity. Hardiness and self-efficacy theories along with expectations and experiences enhancing quality of life are explored. Interactions among such variables as activity, diet, exercise, work/leisure, attitudes/beliefs, humor, living environments, spirituality, and social networks are investigated within the contexts of gender, economic, and cultural perspectives.

GERO 222. Interprofessional Approaches to Health Care in Older Adults. 3 Units

This course examines prevalent health issues commonly experienced by older adults. The course utilizes an interprofessional evidence-based approach to address the impact of chronic illness and related issues on older adults, their families, and caregivers. The focus of this course is on health promotion and includes holistic therapies and ethical issues that arise in late-life care.

GERO 225. Moving Toward Equity in California Aging Policy & Practice. 3 Units

This course examines California's programs, services, and funding streams that support low-income older adults and persons with disabilities. Students will be introduced to California's innovative Master Plan for Aging with its focus on equity, parity, and access. Using analytical, evaluative and leadership skills, students mentor [GERO 125](#) students to address policy and program needs of vulnerable constituencies. This course will inform a new and diverse workforce prepared to engage underserved communities, including BIPOC, Latinx, API, and LGBTQ+

GERO 295. Internship/Project. 3 Units

Prerequisite(s): [GERO 200](#), [GERO 221](#), [GERO 222](#).

Term Typically Offered: Fall, Spring

Supervised fieldwork internship or project that is a culminating experience and applies learned gerontological theories and concepts in a community setting where planning, developing, or delivering services to older adults or their families occurs. Students choose an area of practice and negotiate their learning experiences or project with their faculty advisor and field supervisor. Advanced approval of project goal and objectives by program director are required.

Credit/No Credit

