



SANTA ANA COLLEGE

COURSE OUTLINE OF RECORD

CATALOG ENTRY

Discipline	Occupational Studies
Course Number	301
Course Title	Therapeutic Approaches to the Older Adult
Former Title	
Units	3
Lecture Hours	54
Scheduled Laboratory Hours	None
Arranged Laboratory Hours (TBA)	None
Total Semester Contact Hours	54

COURSE IDENTIFICATION NUMBER(S) (C-ID)

REQUISITES

Prerequisite

Limitation on enrollment: Student must be admitted to the Occupational Studies program.

Corequisite

None

Recommended Preparation

None

CATALOG DESCRIPTION

This course will build upon the developmental concepts of aging to examine quality of life in older adulthood. The focus of this course will be on evaluating older adults from an occupational perspective and analyzing the skills needed to maintain independence and to successfully participate in meaningful activities throughout the older years.

Classification Code	Y
Transfer Code	B-Transferable to CSU only
SAM Priority Code	
Repeatability	NR - Non-Repeatable
TOPS Code	
Topics Course	No
Open Entry/Exit	No
Grading Options	Letter Grade

Department Chair Approval Date: 12/05/16 by:Monica Zarske

Divison Chair Approval Date: 12/05/16 by:Monica Zarske

Curriculum and Instruction Council Chair Approval Date: 12/05/2016 by:Brian Sos

Last Revision Date:

COURSE OBJECTIVES

1. Analyze the benefits and evidence supporting productive aging.
2. Describe the role of Occupational Therapy in assisting older adults with productive aging.
3. Develop effective skills for demonstrating empathy and respect in their communication with older adults based on an analysis of the theories regarding aging and diversity among older adults.
4. Evaluate the transitions in older adulthood and the changes that occur in occupational performance as a result of the transitions.
5. Distinguish between the continuums of care available to the older adult and evaluate the role of the OT and OTA in each setting.
6. Interpret the key steps for Occupational Therapy support of productive aging.
7. Appraise the role of the OT and OTA in working with older adults to develop productive occupations.
8. Evaluate the benefits of work for the older adult and analyze the factors that support the older worker.

COURSE CONTENT

(Include major topics of the course, time required, and what the student is expected to learn.)

I. Understanding the older adult

A. Theories of aging

1. Laslett's Four Ages
2. Socioemotional Selectivity Theory
3. Developmental Life Stages of Older Adulthood
4. Gerotranscendence Theory
5. Continuity Theory
6. Baltes' Theory of Selection, Optimization, and Compensation

B. Generational differences with focus on older adults

1. Traditionalists (1902-1945)
2. Baby Boomers (1946-1964)

C. Multicultural Diversity

1. Urban, suburban, and rural cultures
2. Attitudes toward aging among various cultures
3. Diversity in sexual orientation

D. Transitions in older adulthood

1. Retirement

2. Changes in health
3. Relocation
4. End-of-life care

II. Productive Aging

A. Introduction to productive aging

1. Definition of productive aging
2. Understanding productive aging as an emerging practice area in OT
3. Evidence supporting the benefit of productive aging
4. Global aging boom

B. Continuum of care for older adults

1. Models of service delivery
 - a. Medical Model
 - i. Hospitals
 - ii. Subacute Rehabilitation
 - iii. Home health care
 - b. Community Model
 - i. Aging in place
 - ii. Primary care
 - iii. Assisted living
 - c. Long-term care
 - i. Skilled nursing facilities
 - ii. Adult Day Health Care
 - d. Hospice programs
 - e. Non-traditional models

C. Productive aging and OT

1. Therapeutic relationship
2. Collaborative goal setting
3. Assessments
4. Occupational therapy interventions
5. Evaluation of outcomes
6. Role division between the OT and OTA

III. Occupations for Productive Aging

A. Self-Management

1. Planning
 - a. Daily schedules
 - b. Finances
2. Health management

- a. Diet
 - b. Exercise
 - c. Medications
 - d. Physician visits
 - e. Chronic health conditions
3. Self-care

B. Home-management

- 1. Home repair and safety
- 2. Financial management
- 3. Maintaining vehicles
- 4. Home modifications
- 5. Yard and property management
- 6. Meal preparation
- 7. Cleaning activities

C. Employment

- 1. Paid employment
 - a. Reasons for continuing working
 - b. Returning to work after retirement
 - c. Managing health conditions
 - d. Job modifications
 - e. Balance personal life and work
- 2. Volunteer work
 - a. Opportunities
 - i. Skills
 - ii. Interests
 - iii. Motivation
 - b. Benefits
 - i. Socialization
 - ii. Fulfillment
 - iii. Health and well-being
 - iv. Recognition

COURSE MATERIALS

Required texts and/or materials.(Include price and date of publication.)

Required: Cole, MB. & MacDonald, KC. *Productive Aging: An Occupational Perspective*, ed. Slack Inc, 2015, ISBN: 9781617110771.

Required: . *American Journal of Occupational Therapy*, Volume 2016

Recommended readings and/or materials:

None

Other:

None

WHAT METHODS WILL BE EMPLOYED TO HELP STUDENTS LEARN?

Class Discussions

Group Study & Exercises :

Individual and small group learning activities will support students application of problem solving, critical thinking and synthesis of course topics.

Lecture

Media Presentations

Visual Aids

Other (Specify):

Structured Learning Activities

Collaborative Learning

WHAT LEARNING ACTIVITIES OR ASSIGNMENTS ARE REQUIRED OUTSIDE OF CLASS?

List activities and hours for each. (Must include reading and writing activities.)

Reading Assignments

Reading assignments are required and may include, but are not limited to, the following:

- Textbooks
- American Journal of Occupational Therapy
- AOTA website

Writing Assignments: Individual and collaborative

Writing assignments are required and may include, but are not limited to, the following:

- Case studies of older adults
- Formulation of functional activities that are therapeutic for older adults:
 1. Create individual OT treatments for successful self and home management
 2. Create OT group treatments for self-fulfilling activities with class presentation
- Observation and interview of older adults:

1. Interview older adults in paid employment, volunteer work, and retired from employment and analyze lifestyle of each

Learning Activities: Individual and collaborative

Module 1:

1. Identifying self-fulfilling activities
2. Explore personal experiences with older adults
3. Explore cultural bias in aging
4. Evaluate personal feelings on terminal illness and loss

Module 2:

1. Explore resources for aging in place
2. Evaluate the role of the OT and OTA working with older adults in various settings

Module 3:

1. Analyze the skills needed for self management and home management
2. Evaluate benefits of various types of living environments

Preparation for class presentations

Total: 108 Hours

STANDARDS OF ACHIEVEMENT

List graded activities.

Quizzes	45%
Written assignments	25%
Learning activities	15%
Final Examination	15%

How will student learning be assessed? (Multiple measures must be used.)

Student Learning Outcomes:

1. Students will inspect the role of Occupational Therapy in Geriatric Practice with a focus on the emerging OT practice area of productive aging.
2. Students will analyze the role of the OT and the OTA in facilitating health, wellness and quality of life of older adults.
3. Students will analyze data on older adults to construct effective treatment plans in various treatment settings.

Supplemental Forms	
New Course Proposal Form	
Course Title	OS 301 - Therapeutic Approaches to the Older Adult
Supplemental Forms Last Saved	
New Course Proposal Form Last Saved: , at By	
Approval Dates	
Curriculum and Instruction Council Chair: 12/05/2016 Department Chair: 12/05/2016 Division Dean: 12/05/2016	