

**Welcome to
Aging and Health
HSc 310a**

Instructor: DR.A.W.TAYLOR

Course Objective 1

An introduction to physical and psychosocial issues that influence the health and well-being of older adults today.

Lectures

- Theories and attitudes of aging
- Demographics
- Role of physical activity
- Frailty
- Cultural differences
- Communication
- Public health promotion
- Psychosocial issues
- First Nations
- Housing alternatives
- Health policy and LTC
- Geriatric day hospital
- Home Care services
- Rural community support networks
- Comprehensive geriatric rehabilitation
- Aging with a disability
- Caregiver support
- Geriatric oral health issues
- Spirituality
- Older adult rights
- Future direction

Course Objective 2

To generate understanding on how these health issues may be ultimately linked within a dynamic health care continuum.

Health Risks Contributing to Hip Fracture

- **ANTHROPOMETRIC**
Height, body weight, muscle area, grip strength.
- **SKELETAL**
Previous fracture, bone mineral density, bone geometry, skeletal strength.
- **DEMOGRAPHIC**
Age, gender, rural/urban, institutional /community, family history, race.
- **ENVIRONMENTAL**
Falls, seasonal variations, environmental hazards, time variations
- **LIFESTYLE**
____Nutritional status, alcohol, physical activity, smoking, caffeine.
- **HEALTH STATUS**
Mental status, co-morbidities, medications, visual acuity.

Course objective 3

**Presentation of relevant
information presented by
experienced health care
professionals**

- **Canadian Centre for Activity and Aging**
- **School of Physical Therapy**
- **School of Communicative Disorders**
- **Third Age Outreach Program**
- **Ministry of Health - LTC division**
- **VON-HOMME program**
- **London Inter-community Health Centre**
- **Walpole Island First Nation**
- **Parkwood Day Hospital**
- **Community Care Access Centre**
- **Geriatric Assessment Unit - SJHC**
- **Para-Med Home Care**

Course Evaluation

PROJECT/ESSAY-DUE JUNE 1----40%

FINAL EXAMINATION-JUNE 14----60%