

Faculty of Health Sciences

COURSE OUTLINE

**Health Sciences 310a
Summer Distance 2002**

Ageing and Health

Course Instructor: Dr. A.W. Taylor, PhD DSc
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Class Times: On-Line Course

Course Description: This course will explore how physical, psychological, nutritional, cultural, and spiritual influences may be considered determinants of healthy ageing as well as issues related to health and independence, and health care services for older adults.

Prerequisite: Health Sciences 305a/b

Course Objectives:

1. Introduction to both physical and psychosocial health issues that influence the health and well-being of older adults.
2. Enable students to comprehend how these multi-factorial health issues are ultimately linked within a dynamic health care continuum.
3. Provide students with relevant information presented by experienced health care practitioners.

Evaluation: Project/Essay 40% (due June 1)
Final Exam 60% (August 3)

Course Outline:

Introduction to Course
 Demographics of the ageing population
 Attitudes toward ageing
 Theories of Ageing
 Frail Elderly
 Process of Ageing
 Effective Communication
 Cultural differences and ageing
 Learned helplessness
 Dementia
 Alzheimer's Disease
 Health Promotion Outreach
 First Nation's Communities
 Caregivers (with emphasis on Homecare)
 A Geriatric Hospital Setting – Parkwood
 Community Care Access Centres (CCACS)
 Teamwork in Geriatric Rehabilitation (GAU and SGS)
 Physical Activity and Ageing
 Long Term Care – The Nurse Practitioner
 Nutrition
 Housing for Seniors
 Ageing with a Disability
 Disease
 Inspirit Housing
 Physical Activity

Final Examination (3 Hours)**Suggested Reference Texts:**

Pickles B, Compton A, Cott C, Simpson J, Vandervoort AA. Physiotherapy with Older People. WB Saunders, 1995, Toronto.

Taylor AW, Ecclestone NA, Jones GR, Paterson, DH. Proceedings ALCOA National Forum on Older Adults & Active Living. The Canadian Centre for Activity and Ageing, 1999. London, Ontario.

Additional Useful Journals and Web Sites:

Age and Ageing	Canadian Journal on Ageing
Geriatrics	Gerontological Nursing
Journal of Ageing and Physical Activity	Journal of Gerontology
Journal of the American Geriatrics Society	Medicine & Sciences in Sports & Exercise
Physical & Occupational Therapy in Geriatrics	Physiotherapy Canada
Public Health Reports	Recent Advances in Geriatric Medicine
The Gerontologist	Topics in Geriatric Rehabilitation
Archives of Physical Medicine & Rehabilitation	Annual Review of Gerontology & Geriatrics
International Journal of Ageing & Human Development	

Action for healthy ageing and elderly care <http://www.healthandage.com/>
 Active Living Canada <http://www.activeliving.ca>
 Active Coalition for Older Adults (ALCOA) <http://www.alcoa.ca>
 Active Living Alliance for Canadians with a disability <http://www.ala.ca>
 Arthritis Society of Canada <http://www.arthritis.ca/living/exercise/joint>
 Canadian Centre for Activity and Ageing <http://www.uwo.ca/actage>
 Canadian Mental Health Association <http://www.cmha.ca>
 Centre on Ageing – University of Victoria <http://www.coag.uvic.ca>
 Institute for Positive Health for Seniors Optimum <http://www.mbnnet.mb.ca/crm/health/iphs.html>
 The College of Family Physicians of Canada <http://www.cfpc.ca>
 The Canadian Home Care Association <http://www.cdnhomecare.on.ca>
 The National Aboriginal Diabetes Association <http://www.escape.ca/~nada/>
 The National Indian & Inuit Community Health Representatives Organization <http://www.total.net/~niichro>

Project/Essay: 40%

Each student will be responsible for a project/essay, due June 1, 2002, that is 6 – 8 pages in length (double-spaced) about the relationship of one of the following to the ageing process:

Type II Diabetes	Geriatric Medicine
Arthritis	Communicative Disorders (Choose one)
Rheumatoid Arthritis	Any topic, which you can convince the
Osteoporosis	Instructor, is worthy of completing.
Hip Fractures	
Arthroplasty	
Muscular Endurance	
Drug Use & Abuse	
Loss of the 5 Senses (Choose 1)	
Skin Problems	
Group Dynamics	
Flexibility	
Strength	
Patience	
Independent Vs. Dependent Living	
Social Interaction (family or non family)	
Dying/Palliative Care	