

Montgomery County Community College  
 HSW/PSY 250  
 Psychology of Aging: Helping Skills in Working with Older Adults  
 3-3-0

**COURSE DESCRIPTION:**

This course is an in-depth exploration of psychological theories and their applications to appreciating and working with older adults. Students will have the opportunity to gain an increased understanding of their own personal development and self knowledge in the context of the life cycle and to explore feelings about the aging process. Classroom experiences that focus on enhancing communications skills will be designed to enable students to translate psychological theories and helping techniques to every day family and job-related encounters with older adults. Open to all majors.

**REQUISITES:***Previous Course Requirements*

- HSW155 Introduction to Aging OR PSY101 Introduction to Psychology OR SOC101 Introduction to Sociology

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Examine theory and practice of counseling aging individuals / groups via different methodologies.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Exams/Quizzes Case Study Essays/Quizzes
2. Evaluate the efficacy of theoretical approaches as appropriate for the aging population.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Required Component Needed for Portfolio-Building: Applying Theoretical Perspectives to the Aging Population – Power-Point Presentation
3. Examine, analyze and question the principle conceptual issues in gerontology.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Exams/Quizzes Case Study Essays/Quizzes

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Identify the various components of gerontology and an appreciation of their global and multicultural nature.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Web-Based Research Case Study Essays/Quizzes
5. Utilize the Ethical Standards of Human Service Professionals to address ethical issues related to counseling the aging population.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Web-Based Research Case Study - Essays/Quizzes Required Component Needed for Portfolio- Building: Applying Theoretical Perspectives to the Aging Population – Power-Point Presentation
6. Assess the needs of elderly clients and/or groups using the scientific method, taking into account the specific needs of culturally diverse elder populations.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Exams/Quizzes Case Study Essays/Quizzes Web-Based Research Required Component Needed for Portfolio- Building: Applying Theoretical Perspectives to the Aging Population – Power-Point Presentation
7. Evaluate the implications of skillful assessment and documentation as it applies to elderly clients being served in a managed care and/or regulated environment.	Lecture/Discussion Assigned Readings Case Study Based Discussion	Exams/Quizzes Web-Based Research Case Study Essays/Quizzes Required Component Needed for Portfolio- Building: Applying Theoretical Perspectives to the Aging Population – Power-Point Presentation

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

## SEQUENCE OF TOPICS:

1. Definitions of Aging
2. Family Life Cycle and Involvement
3. Healthy Successful Old Age
4. Common Emotional Problems
5. Psychiatric Disorders in Old Age
6. Cognitive Disorders
7. Race, Ethnicity, Older Women and Gender Issues
8. Crimes against the Elderly
9. Dealing with Alcoholism, Deafness, Blindness
10. Evaluation, Treatment and Prevention
11. The Role of Geriatric Assessment
12. Aging in Place at Home
13. Institutional Care
14. Psychotherapy and environmental Therapy
15. General Principles in Drug Treatment with the Elderly

## LEARNING MATERIALS:

Butler, Lewis, and Sunderland. (1998). Aging and Mental Health, 5<sup>th</sup> Ed. Allyn & Bacon

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

## COURSE APPROVAL:

Prepared by: C. Sodano, D. Creciun	Date: 9/1995
Revised by: Maureen B. Rose, MSW, HS-BCP	Date: 5/14/2013
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/24/2013
Revised by: Maureen B. Rose, M.S.W., HS-BCP	Date: 12/18/2017
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*