

## REH 260 Aging and Mental Health

Fall 2001  
MON 6:00 to 8:30  
Roberts 103

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Instructor: Dr. Karen Barrett  
Assistant Professor of Rehabilitation

Office: Brinkman House, 228 Main Street

Telephone: (207) 778-7111

Office Hours: Tuesdays 10:00 to 12:00  
Wednesdays 11:00 to 12:00  
Thursday 10:00 to 12:00  
And By Appointment

### COURSE DESCRIPTION:

This course will examine commonly accepted stereotypes of later life and compare these myths with factual information about the physical, emotional, and spiritual changes that often accompany senescence. Healthy aging will be emphasized, as well as support systems available to older adults.

### LEARNING OBJECTIVES:

- ◆ To develop empathy with older adults.
- ◆ To develop an awareness of own aging and consider preparation for later life.
- ◆ To examine theoretical orientations in gerontology and refute common stereotypes of older adults.
- ◆ To examine issues and concerns in the lives of older adults and develop strategies to address these concerns.

### COURSE TEXT:

Butler, R.N., Lewis, M.I., & Sunderland, T. (1998). Aging and mental health (5<sup>th</sup>ed.). Boston: Allyn and Bacon.

### SUGGESTED PERIODICALS: (available at Mantor Library)

Journal of Gerontology	Social Forces
Journal of Family Issues	Social Problems
New Choices: Living Even Better After 50	Families in Society
New England Journal of Medicine	Psychology Journals
Social Work	Health Journals
	Nursing Journals

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DATE	TOPIC	PREPARATION FOR CLASS
9/10/00	Introductions and Expectations Demographics Ageism in America	Butler, Ch.1
9/17/00	Biological Aging Hearing and Visual Impairment	Butler, pp.178-183
9/24/00	Healthy Old Age Theories in Adult Development and Social Gerontology	Butler, Ch.3
10/1/00	Social and Family Relationships Diversity Sexuality	Butler, Ch.2; pp. 157-172, pp.183-189 Life Review Project Proposal Due
10/8/00	COLUMBUS DAY VACATION DAY	
10/15/00	Living Environments Cemetery Club Discussion	Butler Chs. 10, 11 E-mail due 10/14
10/22/00	Work, Leisure, and Finances Medicaid, Medicare, Medigap DRGs	Handouts Aging and Me Paper Due
10/29/00	Mid-Term Exam	
11/5/00	Emotional, Psychiatric and Cognitive Concerns	Butler, Chs 4, 5, 6 Draft of Research Paper Due
11/12/00	11/5 continued	
11/19/00	Special Concerns: Crimes Against Elderly Substance Abuse/Dependence BEAS, LTCOP	Butler, pp. 172-178 Research Paper Due
11/26/00	Spirituality Death and Dying Advanced Directives	Butler, pp. 356-360
12/3/00	Casework Advocacy	Butler, Chs. 8, 9, pp.365-375 Life Review Project Due
12/10/00	Legislation Wrap-Up Review for Final Exam	Handout
Final Exam	Final Exams Week	

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### ASSIGNMENTS AND DUE DATES

<b>Assignments</b>	<b>Dates Due</b>
<b>Life Review Project Proposal</b>  See attached guidelines.	<b>MON 10/1</b>
<b>Movie Review</b>  Rent the film "The Cemetery Club" Comment on the mental health of each of the four main characters in detail. E-mail this review as an attachment to kbarrett@maine.edu by Midnight Sunday October, 14th	<b>MON 10/14</b>
<b>Aging and Me</b>  The date is your 70 <sup>th</sup> birthday. Write a minimum of 6 pages answering the following questions (though not necessarily in this order): Where do you live? Who are your friends? Where do you work? What is your financial situation like? What do you do for fun? How long do you expect to live and why? How long do you want to live and why? What, in general are you and your life like?	<b>MON 10/22</b>
<b>Draft of Research Paper</b>  Choose a topic related to aging for your research paper. Find 5 articles that cover the subject and photocopy them. Your draft should include 1) 5 photocopied journals, 2) an outline of your paper, and 3) notecards for in-text references and 4) notecards for end references.	<b>MON 11/5</b>
<b>Research Paper</b>  An 8-page research paper on the topic of your choice, related to aging. APA referencing is required. Please note that college-level writing is expected.	<b>MON 11/19</b>
<b>Life Review Project</b>  See attached guidelines.	<b>MON 12/3</b>

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## GRADING

Class Attendance and Participation.....	10%
Aging and Me Paper .....	5%
Movie Review .....	5%
Draft Research Paper.....	10%
Research Paper .....	20%
Life Review Project .....	30%
Mid-Term Exam .....	10%
Final Exam.....	10%

## WORDS FROM YOUR INSTRUCTOR:

1. Late assignments are unacceptable. Assignments are to be submitted at the beginning of the class on the date which they are due. Any assignment received after that time are subject to grade reduction. ALL assignments must be submitted to Dr. Barrett in order to receive a passing grade for the class.
2. All written assignments must be typed, double-spaced, and free of spelling, punctuation, and grammatical errors. APA standards should be observed in attribution.
3. All written assignments should be reasonably understandable, and thoughts should flow logically from one to the next. For example, a paper should have an introduction, a body, and conclusion(s). Written assignments will be graded not only for content, but for spelling, sentence structure, punctuation, subject-verb agreement, and organization of ideas.
4. All assignments must be completed in order to receive a passing grade for this class.
5. Yes, I take attendance.

## SUPPORT SERVICES:

BOB PEDERSEN  
CENTER FOR HUMAN DEVELOPMENT  
7 SOUTH STREET  
(207) 778-7034

CLAIRE NELSON, COORDINATOR  
LEARNING ASSISTANCE CENTER - MERRILL HALL  
WRITING CENTER - 102B MAIN STREET  
(207) 778-7295 (VOICE)

CLAIRE NELSON, COORDINATOR  
ACADEMIC SUPPORTS FOR STUDENTS WITH DISABILITIES  
86 MAIN STREET - MERRILL HALL  
FARMINGTON, ME 04938  
(207) 778-7295 (VOICE)  
(207) 778-7000 (TDD)

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### **LIFE REVIEW PROJECT GUIDELINES**

#### Proposal

1. Choose a person who is at least 80 years of age, and ask their permission to be interviewed. Remind him/her that the interview will be tape-recorded and/or videotaped. Set a date and time for the interview. Allow a minimum of 3 hours for the task.
2. Develop a structure for the interview, including the questions you will ask and topical areas you wish to cover. Do not forget to begin with introductions (on tape).
3. Submit your proposed interviewee, date and time of interview, interview questions, and release form in writing (typed) to the professor by October 1, 2001.

#### Life Review Project Requirements

1. Audio or videotaped interview – a minimum of one hour in length
2. Tape index – a table of contents for what is recorded in #1
3. Written release of information form, signed by interviewee
4. Report – 5-6 typed pages outlining the interview and information gathered
5. 1 page reaction paper -- what did you learn from this interviewee? from this assignment?