

M: Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. Examine societal and personal attitudes about aging
2. Examine the challenges and growth in the typical life changes experienced by an older adult
3. Examine the impact of dementia on an older adult and their family
4. Explore the end of life issues experienced by an older adult

N: Course Content: The following global ideas guide the design and delivery of this course:

Attitudes:

- societal myths and realities of aging
- self awareness of personal beliefs and values
- self determination

Change Process

- change and its impact on the older adult
- understanding losses in the older adult's life
- stress and stress management
- cognitive and psycho social changes

Social Structures

- Social Systems theory
- levels of health care
- family issues
 - community recreation
 - community services
 - hospice care

Diversity

- cultural diversity and ethnicity
- understanding dementia: causes, progression, behaviors, strategies for helping
- individual identity descriptors

Leisure

- the health benefits and value of leisure
- the role of leisure in the health of the older person
- how leisure choices are impacted by transition to institutional care

Therapeutic Recreation Interventions

- motivation
- recreation participation
- interpersonal communication skills
- non-verbal communication
- recreation and leisure activities and experiences
- special care programming and strategies
- life review and reminiscing
- death and dying

Leadership

- contexts
 - one on one
 - small group
 - large group
 - home
 - institution

<p>Leadership Experiences</p> <ul style="list-style-type: none"> • creative/expressive activities • physical, social, cognitive, emotional and spiritual goals • reminiscing • sensory stimulation • assessment, planning, delivery and evaluation stages
<p>O: Methods of Instruction</p> <ul style="list-style-type: none"> • lecture • group work • recreation participation • video tapes • demonstrations • student instruction • guest speakers
<p>P: Textbooks and Materials to be Purchased by Students</p> <p>A list of recommended textbooks and materials is provided for students at the beginning of each semester.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • Selected readings from a variety of therapeutic recreation • Selected audio-visual and computer resources • Selected readings from books and journals • Therapeutic Recreation fine arts and adaptive equipment and supplies
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations</p> <p>An evaluation schedule is presented at the beginning of the course</p> <p>This is a graded course.</p>
<p>R: Prior Learning Assessment and Recognition:</p> <p>Open for PLAR</p>

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