

# Gerontology

Gerontology is a one-credit course taught in grades 9-12. This course is designed to assist students in learning about careers that provide services to older adults. The course focuses on Gerontology; the study of the social, psychological, and biological aspects of aging; and the physical, mental, and social changes in people of the age. Concepts on resources, agencies, organizations, services provided to older adults; living facilities; laws and licensing standards; trends; and advocacy for and issues affecting older adults are addressed in the course.

Family, Career and Community Leaders of America (FCCLA), an integral part of the curriculum, provides opportunities to apply instructional competencies and workplace readiness skills, enhances leadership development skills, and provides opportunities for community service.

## Provide Services for Older Adults

Students will:

1. Define the meaning of older adults in society.
2. Determine the importance of providing services to meet the needs of older adults.
3. Compare various types of services provided for older adults.
4. Critique personal benefits derived from working with older adults.
5. Explain resources/services offered by the community for older adults.  
Example: counseling, recreation, health, transportation, consumer information, legal services, meals, assisted living facilities, nursing homes
6. Assess agencies and organizations that promote advocacy for older adults.  
Example: Medicare, Administration on Aging, National Citizen's Coalition for Nursing Home Reform (NCCNHR), Long Term Care Community Coalition (LTCCC), American Association of Homes and Services for the Aging (AAHSA), Alabama Department of Senior Services (ADSS)

## Laws and Regulations

7. Investigate the laws and regulations that impact older adults.  
Example: Older Americans Act (OAA), Elderly Falls Prevention Legislation and Statutes, Elder Abuse Law
8. Define the concept of elder abuse.
9. Explain procedures for filing Medicare claims.
10. Identify responsibilities in reporting elder abuse and neglect.  
Example: financial, physical, mental and emotional, verbal
11. Interpret licensing standards required for operating caregiving facilities for older adults.

12. Evaluate legal services available for older adults including, but not limited to, living wills, wills, trusts, and estate planning.

## **Life Changes**

13. Determine how older adults age and experience life changes chronologically, biologically, psychologically, socially, emotionally, physically, and mentally.
14. Analyze myths, stereotypes, and facts associated with older adults.
15. Determine contributions older adults can make to society.

## **Life Adjustments**

16. Analyze life adjustments and developmental task of older adults such as job loss, shifts in dependence and roles, retirement, decrease in income, health and chronic illness, sensory loss, and loss of spouse/children/family member/friends.
17. Design a plan to assist older adults in maintaining their independence.

## **Nutritional Needs of Older Adults**

18. Analyze daily food/nutrient requirements and factors that influence food intake of elderly adults.
19. Plan menus to meet the nutritional needs of older adults.
20. Prepare nutritional meals and snacks based on dietary needs of older adults.

## **Social Needs of Older Adults**

21. Evaluate how the five senses affect the older adult's psychosocial needs.
22. Determine ways to meet the social needs of older adults.
23. Conduct appropriate activities to meet the social needs of older adults.

## **Emotional Needs of Older Adults**

24. Determine emotional adjustments the elderly experience in regard to losses involving family, property, and physical and mental abilities.
25. Evaluate techniques that promote emotional health of older adults.
26. Demonstrate caregiver techniques used to promote positive emotional health of older adults.

## **Mental Needs of Older Adults**

27. Differentiate between signs of aging and disease on mental abilities.

28. Analyze mental disorders commonly associated with some older adults.
29. Design an educational program to meet the intellectual needs of older adults.
30. Demonstrate caregiver strategies appropriate to accommodate persons with mental limitations.

### **Transportation Needs of Older Adults**

31. Analyze reasons why transportation is a problem encountered by the older adult.
32. Determine ways transportation may be available to older adults.

### **Clothing Needs of Older Adults**

33. Assess changes needed in clothing of older adults.
34. Plan a wardrobe to meet the needs of older adults.

### **Housing Needs of Older Adults**

35. Determine housing needs of older adults.
36. Analyze housing modifications needed due to the aging process.
37. Demonstrate methods to promote self-reliance while assisting older adults with housekeeping tasks.
38. Compare various types of nursing home and assisted-living facilities for older adults.

### **Financial Needs of Older Adults**

39. Determine financial needs of older adults.
40. Assess the need for and the cost of long term care for older adults.
41. Design a plan to assist older adults in determining the best utilization of their financial resources for financial security.

### **Health Needs of Older Adults**

42. Determine physical characteristics of old age that may affect the older adult's health.
43. Determine health needs of older adults.
44. Analyze possible signs of illness in older adults.
45. Demonstrate routine procedures that promote health and wellness of older adults.

46. Determine guidelines a caregiver should follow when caring for a terminally ill person.

## **Safety Practices**

47. Determine hazardous elements in an older person's home or care facility.

48. Demonstrate how the caregiver can help eliminate possible injuries or accidents of older adults.

49. Practice proper safety and sanitation procedures when preparing nutritional meals and snacks for the older adults.

## **Caregiving**

50. Demonstrate effective strategies used by caregivers to assist older adults to function in everyday life.

51. Exhibit communication skills needed to communicate effectively with older adults.

52. Evaluate factors affecting the quality of a caregiving setting for older adults.

53. Appraise characteristics of a quality program for providing services to older adults.

54. Develop a quality program for providing services to older adults.

55. Determine major roles and responsibilities necessary to manage a program to provide services for older adults.

## **Nursing Home and Assisted Living Business**

56. Study various facility floor plans for serving older adults.

57. Create a quality floor plan for a facility to meet the needs of older adults.

58. Determine the cost of running a nursing home and/or an assisted-living facility.

59. Develop a business plan for a quality facility used to provide services for older adults.

## **Careers and Technology**

60. Identify the types of technology and equipment used to provide services for older adults.

61. Research career opportunities, credentials, education and training requirements, and entrepreneurial endeavors related to the field of gerontology.