The University of Western Ontario  
School of Health Studies  
Health Sciences 2711B-001  
HEALTH ISSUES IN AGING

Instructor: Dr. Savundranayagam  
Email: msavund@uwo.ca  
Office Room Number: HSB219, Office Hours: Wednesday, 12:30-2:00 p.m.  
Prerequisite: Health Sciences 1001A/B and 1002A/B or HS 1000  
Course format: 2 hour lecture, 1 hour tutorial, 0.5 credit  
Lecture: Wednesday, 2:30-4:30 p.m.; Location: HSB-40

Course Information  
This course will examine, from an interdisciplinary perspective, fundamental issues associated with aging and the complex interaction of physical, psychosocial, and environmental issues that influence the health and well-being of older adults.

Course objectives  
1. To provide students with an understanding of the multidisciplinary nature of issues related to health and aging at both the individual and population level.  
2. To enable students to evaluate complex bio-psycho-social determinants of the aging process; interaction of disease, disability, frailty and the ability of our health system to cope with a rapidly aging population.  
3. To inspire and encourage students to recognize issues in aging, engage in critical reflection and advocate change in their families, communities and in their future careers in health care.  
4. Introduce career opportunities in the fields of gerontology and geriatrics.

Tutorial Schedule

<table>
<thead>
<tr>
<th>Section</th>
<th>Class#</th>
<th>Day</th>
<th>Time</th>
<th>Room</th>
<th>TA</th>
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</thead>
<tbody>
<tr>
<td>002</td>
<td>3501</td>
<td>Monday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td>Ashley</td>
</tr>
<tr>
<td>003</td>
<td>3502</td>
<td>Monday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td>Ashley</td>
</tr>
<tr>
<td>004</td>
<td>3503</td>
<td>Wednesday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td>Stacey</td>
</tr>
<tr>
<td>005</td>
<td>3504</td>
<td>Wednesday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td>Shalane</td>
</tr>
<tr>
<td>006</td>
<td>3505</td>
<td>Friday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>HSB 9</td>
<td>Kathy</td>
</tr>
<tr>
<td>007</td>
<td>3506</td>
<td>Thursday</td>
<td>9:30-10:30 a.m.</td>
<td>TH-4185</td>
<td>Stacey</td>
</tr>
<tr>
<td>008</td>
<td>3507</td>
<td>Thursday</td>
<td>10:30-11:30 a.m.</td>
<td>UCC-54B</td>
<td>Nada</td>
</tr>
<tr>
<td>009</td>
<td>3508</td>
<td>Thursday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>UCC-65</td>
<td>Nada</td>
</tr>
<tr>
<td>010</td>
<td>4547</td>
<td>Wednesday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>HSB 9</td>
<td>Shalane</td>
</tr>
<tr>
<td>011</td>
<td>6686</td>
<td>Wednesday</td>
<td>4:30-5:30 p.m.</td>
<td>HSB 9</td>
<td>Kathy</td>
</tr>
</tbody>
</table>
Teaching Assistants:
Shalane Basque (sbasque@uwo.ca)  
Katherine Fuchigami (kfuchiga@uwo.ca)  
Stacey Guy (sguy7@uwo.ca)  
Ashley Martindale (amartind@uwo.ca)  
Nada Nessan (nadanessan@gmail.com)

For office hours please email your TA directly.  
In all communication with professor or TAs please indicate “HS2711” in subject line.

Course materials are available on OWL.

<table>
<thead>
<tr>
<th>Session: Date</th>
<th>Readings/Assignments</th>
<th>Tutorial</th>
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</thead>
<tbody>
<tr>
<td>1: Jan. 6</td>
<td><strong>Course overview</strong></td>
<td>No tutorials</td>
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<td></td>
<td>• Demographic Shifts: Local and Global</td>
<td></td>
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<tr>
<td>2: Jan. 13</td>
<td><strong>Aging in context</strong></td>
<td>Discussion of Minute Papers (Jan. 13, 4:30-5:30 pm – Jan. 20, 11:30 am-12:30 pm)</td>
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</table>
|               | • Video: Andrew Jenks Room 335  
|               | • Complete Minute Papers  
|               | • *Note: Tutorials begin on Jan. 13 from 4:30-5:30 pm.* |
| 3: Jan. 20    | **Aging in Society** | Discussion of Age Stereotypes Activity  
|               | • Stereotypes, communication, person-centered care  
|               | **Supplemental**  
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|               | **Models of Successful Aging**  
|               | • Chapter 14  
|               | **Physical Aspects of Aging**  
|               | • Chapter 4 (Physical Changes)  
|               | • **Activity:** Experiential Sensory Changes  
|               | • **Discussion:** Is aging a disease? Why do we grow old?  
|               | • **Activity:** Attitude Survey and Presentation (must be done by this class and students must be ready for discussion in tutorials) | Discussion of Attitude Survey (Jan. 27, 4:30-5:30 pm – Feb. 3, 11:30 am-12:30 pm) |
| 5: Feb. 3     | **Psychological Aspects of Aging**  
|               | • Chapter 2 (pages 29-36), Chapter 6  
|               | • Wisdom (Chapter 7, page 173)  
|               | • **Activity:** Age Stereotypes (present results of activity in tutorials from Jan. 27, 4:30-5:30 p.m.)-Feb. 3, 11:30 a.m.-12:30 p.m.) | No tutorials but Question/Answer drop in during tutorial time (Optional) (Feb. 3, 4:30-5:30 pm – Feb. 10, 11:30 am-12:30 pm) |
| 6: Feb. 10    | **MIDTERM EXAM** | No tutorials |
| 7: Feb. 17    | **READING WEEK (no class)** | No tutorials |
| 8: Feb. 24    | **Social Aspects of Aging**  
|               | • Sociocultural models of development, life course perspective (Chapter 2, pages 24-29)  
|               | • Relationships (Chapter 9)  
|               | **Wisdom Assignment due on Feb. 22 at 7 a.m. on OWL** | Discussion of Wisdom Assignment (Feb. 24, 4:30-5:30 pm – March 2, 11:30 am-12:30 pm) |
| 9. March 2    | **Work and Retirement**  
<p>|               | • Chapter 10 | Exam Review (March 2, 4:30-5:30 pm – March 9, 11:30 am-12:30 pm) |
| 10. March 9   | <strong>Mental Health and Alzheimer’s Disease</strong> | Discussion (March 9, 4:30-5:30 pm – March 16, 11:30 am-12:30 pm) |
| 11: March 16  | <strong>Formal and Informal Caregiving (Chapter 12)</strong> | Discussion (March 16, 4:30-5:30 pm – March |</p>
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<th>Tutorial</th>
</tr>
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<tr>
<td>12: March 23</td>
<td>End of life (Chapter 13) Assignment due: “Careers in Aging Matter”; March 21 at 7 a.m. on OWL</td>
<td>Discussion of EoL</td>
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<tr>
<td>13: March 30</td>
<td>Careers in Aging</td>
<td>Participate in Careers in Aging Twitter Campaign</td>
</tr>
<tr>
<td>14: April 6</td>
<td>Course Review</td>
<td>No tutorials but Question/Answer drop in during tutorial time (Optional) (April 6, 4:30-5:30 pm – April 13, 11:30 am-12:30 pm)</td>
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**Evaluation**

Attendance is mandatory in lectures and tutorials. There will be one midterm examination and one final examination. These exams will be comprised of multiple choice, true/false, and short answer questions. The content of examinations will be facilitated through lecture material and assigned readings.

Midterm examination = 35% (Feb. 10, 2016, includes readings and lecture material presented in weeks 1-5, exam format: multiple choice)

Tutorials (Total = 25%)
- Assignments (10% each, please see Appendix A and B on OWL)
  - Wisdom, due Monday, Feb. 22 at 7 a.m. on OWL
  - Careers in Aging Matter
- Participation = 5% (please see Appendix C on OWL)

Final Examination = 40% (cumulative, includes all lectures and required readings, exam format: multiple choice. Date and time will be determined by the Registrar’s office.)

Note: Examinations must be taken on the day and time they are scheduled unless other arrangements are made due to health reasons that can be fully documented according to the requirement of the School of Health Sciences program and the University of Western Ontario. If an examination is missed without appropriate documentation as required, no make-up examination will be offered and the student will forfeit that portion of the exam weighting. All approvals for make-up exams must be processed through the School of Health Studies; once approved, they will notify the instructor as to whether a make-up exam is to be scheduled.
**Statement on Use of Electronic Devices**
No electronic devices will be allowed during tests and examinations, with the exception of a computer for online tests/exams. For final exams, use of communication equipment (e.g., cell phones) is prohibited. **Recording lectures is strictly prohibited, as is posting lecture materials online.**

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**ADDITIONAL STATEMENTS**

**Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/board/code.pdf](http://www.uwo.ca/univsec/board/code.pdf).

**English Proficiency for the Assignment of Grades**


**Accommodation for Medical Illness or Non-Medical Absences**


The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: [https://studentservices.uwo.ca/secure/index.cfm](https://studentservices.uwo.ca/secure/index.cfm).

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.
Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

**Scholastic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: [http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com)).

2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/ssd/](http://www.sdc.uwo.ca/ssd/)