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: HSB 219, Office Hours: Wednesday, 12:30-2:00 p.m.  
Prerequisite: Health Sciences 1001A/B and 1002A/B or HS 1000  
WINTER 2018  
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>3203</td>
<td>Monday</td>
<td>9:30-10:30 a.m.</td>
<td>TH-4185</td>
<td>Jovana</td>
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<tr>
<td>003</td>
<td>3204</td>
<td>Monday</td>
<td>10:30-11:30 a.m.</td>
<td>TH-4185</td>
<td>Jovana</td>
</tr>
<tr>
<td>004</td>
<td>3205</td>
<td>Wednesday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td>Shalane</td>
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<tr>
<td>005</td>
<td>3206</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>3207</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>3208</td>
<td>Thursday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
<td>Marisa</td>
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<tr>
<td>008</td>
<td>3209</td>
<td>Thursday</td>
<td>10:30-11:30 a.m.</td>
<td>UCC-61</td>
<td>Marisa</td>
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<tr>
<td>009</td>
<td>3210</td>
<td>Friday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
<td>Kathy</td>
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<tr>
<td>010</td>
<td>4166</td>
<td>Wednesday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>KB-K208</td>
<td>Hoda</td>
</tr>
<tr>
<td>011</td>
<td>5659</td>
<td>Wednesday</td>
<td>4:30-5:30 p.m.</td>
<td>TH-4185</td>
<td>Hoda</td>
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**Teaching Assistants (TAs):**

For office hours please email your TA directly. 
**In all communication with the professor or TAs please indicate “HS 2711” in subject line.**

**Textbook:**

All other course materials are available on OWL. Please note that some sessions will be online.

<table>
<thead>
<tr>
<th>Session: Date</th>
<th>Readings/Assignments</th>
<th>Tutorial</th>
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<tbody>
<tr>
<td>1: Jan. 10</td>
<td>Course overview</td>
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<td></td>
<td>- Demographic Shifts: Local and Global</td>
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<td></td>
<td>- Activity (in class): Estimating Life Expectancy</td>
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<td>2: Jan. 17</td>
<td>Aging in context</td>
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<td>- Video: Andrew Jenks Room 335</td>
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<td>- Complete Minute Papers</td>
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<td>- <em>Note: Tutorials begin on Jan. 18 from 4:30-5:30 pm.</em></td>
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<td>3: Jan. 24</td>
<td>Aging in Society</td>
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<td>- Stereotypes, communication, person-centered care</td>
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<td>- <em>Age Stereotypes Assignment due on January 24 at 9 a.m. on OWL</em></td>
<td>Discussion of Age Stereotypes Activity</td>
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<td>o Present results of assignment in tutorials from Jan. 25, 4:30-5:30 p.m.-Feb 1, 11:30 a.m. -12:30 p.m.</td>
<td>Discussion of communication with older adults (Jan. 25, 4:30-5:30 pm – Feb. 1, 11:30 am-12:30 pm)</td>
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<tr>
<td>Session: Date</td>
<td>Readings/Assignments</td>
<td>Tutorial</td>
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<td><strong>Supplemental</strong></td>
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| 5: Feb. 7    | **Models of Successful Aging**  
• Chapter 14 (up to page 326)  
**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 (Feb. 1, 4:30-5:30 pm – Feb. 8, 11:30 am-12:30 pm) |
| 6: Feb. 14   | **Psychological Aspects of Aging**  
• Chapter 2 (pages 29-36), Chapter 6  
• Wisdom (Chapter 7, page 173) | No tutorials but Question/Answer drop in during tutorial time (Optional) (Feb. 8, 4:30-5:30 pm – Feb. 15, 11:30 am-12:30 pm) |
| 7: Feb. 22   | **MIDTERM EXAM (in HSB 40)** | No tutorials |
| 8: Feb. 28   | **Social Aspects of Aging**  
• Sociocultural models of development, life course perspective (Chapter 2, pages 24-29) | Discussion of Wisdom Assignment |
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|              | • Relationships (Chapter 9)  
Wisdom Assignment due on Feb. 28 at 9 a.m. on OWL | (March 1, 4:30-5:30 pm – March 8, 11:30 am-12:30 pm) |
| 9. March 7   | **Work and Retirement**  
• Chapter 10, pages 229-230, 241-251 | Exam Review  
(March 8, 4:30-5:30 pm – March 15, 11:30 am-12:30 pm) |
| 10. March 14 | **Mental Health and Alzheimer’s Disease**  
• Chapter 11 | Discussion  
(March 15, 4:30-5:30 pm – March 22, 11:30 am-12:30 pm) |
| 11: March 21 | **Formal and Informal Caregiving**  
• Chapter 12 | **No tutorial – work on Infographics**  
(March 22, 4:30-5:30 pm – March 29, 11:30 am-12:30 pm) |
| 12: March 28 | **End of life (EoL)**  
• Chapter 13 | Discussion of EoL Discussion  
(Final Tutorial: March 29, 4:30-5:30 pm – April 5, 11:30 am-12:30 pm) |
| 13: April 4  | **Careers in Aging**  
Assignment due: “Careers in Aging Matter”; April 4 at 9 a.m. on OWL | Participate in Careers in Aging Twitter Campaign |

**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 questions. The content of examinations will be facilitated through lecture material and assigned readings.

1. **Midterm examination** = 30% (Feb. 14, 2018; includes readings and lecture material presented in weeks 1-5, exam format: multiple choice)
2. **Tutorials** (Total = 30%)
   • Assignments (Instructions are under Assignments on OWL). **All assignment files must be**
named in the following manner: LastName FirstName Name of Assignment.doc or .pdf (e.g., Singh Kate Age Stereotypes.doc).

- Age Stereotypes, due Tuesday, Jan 23 at 9 a.m. on OWL (5%)
- Wisdom, due Tuesday, Feb. 27 at 9 a.m. on OWL (10%)
- Careers in Aging Matter, due Tuesday, April 3 at 9 a.m. on OWL (10%)
- Participation = 5% (please see rubric on OWL under “Syllabus”)

3. **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.)

**Late submissions will NOT be accepted.** A grade of zero will be assigned to any assignment submitted after the deadline. There will be no make-up assignments. It is your responsibility to attend all lectures and tutorials. Extenuating circumstances may be considered on a case-by-case basis with support of your academic counselor.

**Note:** Examinations must be taken on the day and time they are scheduled. **There is no make-up midterm.** Students who miss the midterm will have their final exams re-weighted.

**Reviewing Exams**
Exams can be reviewed for 5 business days after the grades are posted. Grades are earned. Each students starts at 0 and earns her/his respective points.

**Guidelines for Re-marking Assignments**
1. If there are concerns regarding grading, the entire assignment will be remarked to ensure fairness.
2. Grades could either increase or decrease depending on remarking.
3. Students must wait 24 hours after the grades are posted to review their assignment with their respective TAs. Students must meet with their TAs prior to requesting that their assignments are re-marked.
4. Re-marking can only be requested one week after grades are posted. This means that students must have met with their respective TAs within the one week time frame.
5. Students must submit a detailed explanation (1 page) of why their assignment warrants a reexamination.

**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.**

**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/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/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:

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:
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).

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/
2. Student Health – http://www.uwo.ca/health/services/students/index.html
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/