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: Minimum grade of 60% in each course: 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

**Prerequisite checking:** Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite.

**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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<tbody>
<tr>
<td>002</td>
<td>3032</td>
<td>Monday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
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<tr>
<td>003</td>
<td>3033</td>
<td>Monday</td>
<td>10:30-11:30 a.m.</td>
<td>HSB 9</td>
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<tr>
<td>004</td>
<td>3034</td>
<td>Wednesday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 9</td>
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<tr>
<td>005</td>
<td>3035</td>
<td>Wednesday</td>
<td>10:30-11:30 a.m.</td>
<td>FNB-1220</td>
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<tr>
<td>006</td>
<td>3036</td>
<td>Friday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>HSB 11</td>
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<tr>
<td>007</td>
<td>3037</td>
<td>Thursday</td>
<td>9:30-10:30 a.m.</td>
<td>HSB 35</td>
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**Teaching Assistants (TAs):**
TBA

For office hours, please email your TA directly.

**Textbook:**

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

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Readings/Assignments</th>
<th>Tutorial</th>
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| 1: Jan. 9 | Course overview  | - Demographic Shifts: Local and Global  
- **Activity (in class):** Estimating Life Expectancy  
**Reminder for next week:** Prepare your Age Stereotypes Activity  | No tutorials |
| 2: Jan. 16 | Aging in Society | - Stereotypes, communication, person-centered care  
**Activity:** complete your Age Stereotypes Activity **prior** to your scheduled tutorial.  
**Supplemental** Hummert, M. L., Garstka, T. A., Ryan, E. B., & Bonnesen, J. L. | Discussion of Age Stereotypes Activity  
And Discussion of communication with older adults (Jan. 16, 4:30-5:30 pm – Jan. 23, 11:30 am-12:30 pm) |
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  *Note: Tutorials begin on Jan. 17 from 4:30-5:30 pm.* | Discussion of Minute Papers (Jan. 23, 4:30-5:30 pm – Jan. 30, 11:30 am-12:30 pm) |
| 4: Jan. 30   | **Aging in context**  
  • Video: Andrew Jenks Room 335  
  • Complete Minute Papers | Discussion of Attitude Survey (Jan 30, 4:30-5:30 pm – Feb. 6, 11:30 am-12:30 pm) |
| 5: Feb. 6    | **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) | No tutorials but Question/Answer drop in during tutorial time (Optional) (Feb. 6, 4:30-5:30 pm – Feb. 13, 11:30 am-12:30 pm) |
| 6: Feb. 13   | **MIDTERM EXAM (in HSB 40)** | No tutorials |
| 7: Feb. 20   | **READING WEEK (no class)** | No tutorials |
| 8: Feb. 27   | **Social Aspects of Aging** | Discussion of |
### Session: Date | Readings/Assignments | Tutorial
---|---|---
 |  | • Sociocultural models of development, life course perspective (Chapter 2, pages 24-29)  
• Relationships (Chapter 9)  
**Wisdom Assignment due on Feb. 26 at 9 a.m. on OWL** |  
 |  |  
 |  |  
9. March 6 | **Work and Retirement**  
• Chapter 10, pages 229-230, 241-251 | **Wisdom Assignment** (Feb. 27, 4:30-5:30 pm  
– March 6, 11:30 am-12:30 pm)  
|  |  | **Exam Review** (March 6, 4:30-5:30 pm  
– March 13, 11:30 am-12:30 pm)  
|  |  |  
10. March 13 | **Mental Health and Alzheimer’s Disease**  
• Chapter 11 | **Discussion on Infographics** (March 13, 4:30-5:30 pm  
– March 20, 11:30 am-12:30 pm)  
|  |  |  
11: March 20 | **Formal and Informal Caregiving**  
• Chapter 12 | **No tutorial – work on Infographics** (March 20, 4:30-5:30 pm  
– March 27, 11:30 am-12:30 pm)  
|  |  |  
12: March 27 | **End of life (EoL)**  
• Chapter 13 | **No tutorial – work on Infographics**  
March 27, 4:30-5:30 pm  
– April 3, 11:30 am-12:30 pm)  
|  |  |  
13: April 3 | **Careers in Aging**  
**Assignment due: “Careers in Aging Matter”; April 2 at 9 a.m. on OWL. Be sure to post Infographic on Twitter.** | **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** = 35% *(Feb. 13, 2019 in class, includes readings and lecture material presented in weeks 1-5, exam format: multiple choice)*

2. **Tutorials** (Total = 25%)
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 Wisdom.doc).

- Wisdom, due Tuesday, Feb. 26 at 9 a.m. on OWL (10%)
- Careers in Aging Matter, due Tuesday, April 2 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 student 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.

The university-wide descriptor of the meaning of letter grades, as approved by Senate:
A+ 90-100 One could scarcely expect better from a student at this level
A 80-89 Superior work that is clearly above average
B 70-79 Good work, meeting all requirements and eminently satisfactory
C 60-69 Competent work, meeting requirements
D 50-59 Fair work, minimally acceptable.
F below 50 Fail

It is expected that grades for this course will fall between 70-74%.
In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student’s grade, by the instructor, to bring the class average in line with school policy.

Got a question about the course?

1. Check syllabus
2. Check OWL – (e.g., Announcements, Forums, Assignments)
3. Ask question in tutorial
4. Email your TA (Teaching Assistant) during business hours (M–F, 9 am–5 pm)
5. Come to office hours

Email policies and procedures
- Please use 2711 Winter 2019 in the subject line when sending an email to your teaching assistant or to Dr. Savundranayagam.
- Please follow the protocol above when you have questions about the course. Post questions about the course on OWL under Forums so that all students can benefit.
- Emails sent after business hours will be answered during business hours (Monday-Friday, 9 a.m. to 5 p.m.).

Statement on Use of Electronic Devices
During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.
**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: [http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf)

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 Web site: http://www.uwo.ca/univsec/pdf/academic_policies/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).

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/
2. Student Health -- http://www.shs.uwo.ca/student/studenthealthservices.html
3. Registrar’s Office -- http://www.registrar.uwo.ca/
4. Ombuds Office -- http://www.uwo.ca/ombuds/

Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/). Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca.

If you are in emotional or mental distress should refer to Mental Health@Western http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.