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PROPOSAL FOR
COURSE OFFERING ON AGING

74-5/1
copy 10/16/74
J.J.

I. Title of Course - SEMINAR ON AGING

II. Sponsorship

- A. Ms. Ethel Pickett - Dept. of Home Economics
Dr. Birger Myksvoll - Dept. of Psychology
Dr. Shirley O'Day - Dept. of Health and Physical Education
- B. Responsibility is assumed by Department of Health and Physical Education at the present time. The chairperson has given approval for the placement of this course within the department.

III. Curricular Pattern

- A. Sixteen weeks - $2\frac{1}{2}$ hour session per week - three credits.
Upper level undergraduate.
- B. Taught as an interdisciplinary-interdepartmental course with Dr. Myksvoll, Ms. Pickett, and Dr. O'Day as coordinators of the seminar.
- C. Prospective Students:
- Upper level undergraduate who have had previous or concurrent experience working with the aging population. The prospective student will have had one or more of the following courses or permission of the instructor: Human Biology, Anatomy and Physiology, Psychology of Adult Processes, Adolescent and Adult in Home and Community, Fundamentals of Sociology, or General Psychology.
 - In addition to the regular undergraduate students, the seminar will also accept as prospective students those staff members working with the aging from:
 - Hospitals
 - Nursing Homes
 - Churches
 - Retirement Villages
 - Public Housing Authorities
 - County Office (or Committee) on Aging (South Jersey Counties)
 - Public Health Offices
 - Welfare
 - Medicare and Medicaid
 - Social Security
 - Food Stamp
 - Nurses
 - Representative from Senior Citizen Groups and Senior Volunteers (such as in the county Eagles Project).

IV. Outline of the Proposal

- A. Essence of the proposal:
This seminar will be a public service related course serving the college student, the senior citizen and those individuals working with the aging population.

This seminar intends to explore various dimensions and problems of the aging population. The biological, psychological and sociological concepts and issues will be discussed throughout the semester.

B. Objectives of the Course

The seminar participant will:

1. Be able to discuss the biological theories of aging: loss of homeostasis, effects of radiation, effects of nutrition, DNA Programming and decrease in functioning of nervous system.
2. Relate the measurable changes occurring with aging: eyesight, hearing, cessation of mensus, vital capacity, blood pressure, adjustment to heat and coldness.
3. Discuss the relation of exercise, nutrition and drugs in retarding the aging process.
4. Explore attitudes toward aging held by various age levels, including the senior themselves, socioeconomic levels, and national and ethnic groups.
5. Discuss the psychological adjustment problems of the aging person: adjustment to loss of total physical function, retirement, change in income, loss of loved ones and friends by death, economic and physical dependency, prospect of death.
6. Identify the major problems examined at the White House Conference on Aging: income, nutrition, health, housing, transportation, retirement roles, education, facilities, services, research, spiritual well-being.
7. Explore on-going successful programs developed for and by seniors.
8. Explore the range of meaningful roles and contributions of the part of older persons to themselves, their families, communities and society.

C. Scope of the Course

1. Biological Aspects:
 - a. Why biologically do we grow older?
 - b. What are the physical changes which occur?
 - c. How can you slow down the physical aging process?
2. Psychological Aspects:
 - a. What are the types of attitudes toward growing older?
 - b. What are the psychological adjustment problems of the aging person?
 - (1) Diseases and other physical abnormalities which affect psychological attitudes and adjustments.
 - (2) Disengagement from work and social life.
 - (3) Change in income.

- (4) Loneliness and isolation.
- (5) Loss of loved ones and friends by death.
- (6) Growing increasingly dependent, economically and physically.
- (7) Prospect of death and dying.

3. Sociological Aspects:

- a. What are the societal pressures, structures and institutions which affect the lives of seniors?
- b. What are the particular problems identified by the White House Conference on Aging?
 - (1) Housing: Why are Public Housing for the Elderly and Retirement Villages not entirely successful?
 - (2) Transportation
 - (3) Nutrition
 - (4) Economics
 - (5) Health
 - (6) Social Life
 - (7) Protection (Physical, legal and economic)
 - (8) Facilities and Services
 - (9) Research
 - (10) Spiritual well-being.

4. Exploration of On-going Programs for Seniors

- a. Meals - on wheels
- b. ID Cards - reduced prices
- c. Recreation Facilities
- d. Senior Citizen groups
- e. Legislative docket
- f. Newsletters
- g. State and Governmental Services and Facilities
- h. Educational Programs

5. Exploration of On-going Programs by Seniors

- a. Foster Grandparents
- b. Eagles Project
- c. Phone Service
- d. Taxi Service
- e. Green Thumb Program
- f. Politically active groups

6. Additional and Future Needs

- a. Effective ways to reach and serve the isolated, the exceptionally poor and the minority group aged person.
- b. Improved system for delivering social services to older people.
- c. Research needs.
- d. Manpower Training.
- e. Improved approach to housing, medical services and legislative action.

D. Methodology

- 1. Interviews with Seniors in various situations (in class or by students in preparation for class sessions).

2. Panels of guests and/or students.
3. Guest expert speakers - Possible Guest Speakers:
 - a. Director - Camden Office of Aging - Topic - On-going Programs for Seniors
 - b. Director - Gloucester County Social Security Office - Financial Assistance of Social Security, Medicaid, Food Stamps.
 - c. State Office of Aging Representative.
 - d. State Office of Nursing Homes Representative.
 - e. Political Activist for Aging.
4. Films
 - a. Family of Man Series - Attitudes of Aging and Death
 - b. Andrus Gerontology Center - Remember When - Attitude Concepts on Aging
5. Class Discussions - Problem Solving Techniques Utilized.
6. Case study of a senior - Keeping log on monthly activities, problems, medical costs, etc.
7. Individual visitation to an aging facility as housing project, out-patient clinic, community health center, senior citizen meeting, nursing home recreation facilities.

E. Method of Evaluation of Student

1. Class discussion on material covered, individual visitations, case study, panel discussions.
2. Essays and research papers on assigned topics.

V. Rationale - It has long been recognized that children have needs which require organized efforts to meet them. In recent years it has become evident that old age creates problems calling for organized efforts. Southern New Jersey has over 200,000 persons over 60 years of age. This population have problems with housing, medical care, income maintenance, nutrition, mental and physical health, retirement, and recreation, to name a few. The large number of older persons caused a need for aging service practitioner: the nurse, the architect, the recreation director, the public health worker, the medicare, medicade, social security administrator, the minister, the educator.

A great number of these paid and voluntary personnel are interested in obtaining information in understanding the aging person and in providing better methods of meeting the needs of the aging. Many persons who are nearing retirement age wish to discuss the advantages and disadvantages of various approaches to the role of the retirement years. Glassboro State College can contribute in providing knowledge and information for solutions to these problems and needs.

A six session non-credit seminar of this type was held in the fall of 1971 with Dr. Shirley O'Day as coordinator. Twenty non-college participants consistently attended the seminar. These participants included ministers, nurses public health workers, senior citizens and persons close to retirement. These persons were from such communities as Camden, Cape May, Atlantic City, Pitman and Glassboro. The participant evaluations of this seminar definitely indicated a desire for future seminars and courses in the problems and solutions of the aging population.

During the spring semester of 1973-74, a seminar of aging was taught as an experimental short-term course. There were twenty-four students completing the course; twelve persons were regular undergraduate students; ten persons were from the community and were enrolled because of their employment responsibilities, that is, working with the elderly population, two persons who audited the course. The evaluations done by the persons expressed a continued need for this type course, and a desire to have additional courses in this area of learning.

Since the short-term course was successful and the participant evaluations indicate a desire for additional courses, perhaps Glassboro State College can become a resource center in South Jersey for understanding the basic processes of aging and the implication for society. Montclair State College has attempted to meet this need in the northern part of the state.

VI. Consultations

1. New Jersey Office of Aging
2. Gloucester County Office of Aging
3. Camden County Office of Aging
4. EIC - Pitman
5. Proposal Sponsors:
 - Ms. Ethel Pickett, Specialists in Family Studies, Member: N.J. Gerontology Society.
 - Dr. Binger Myrksvoll - Attendance at White House Conference on Aging (1972).
 - Dr. Shirley O'Day - Member: N.J. Gerontology Society, Attendance at N.J. Gerontology and Higher Education Week and Seminar, Coordinator of previous Glassboro State College Gerontology Seminar.

VII. Information from numerous bibliographical sources as follows:

- American Association of Retired Persons
 Pamphlet Material from U.S. Public Health Service, U.S. Department of Agriculture, Federal Trade Commission, Social Security Administration, National Gerontological Society, National Council on Aging.
- Birren, Butler, Greenhouse, Sokoloff and Yarrow. Human Aging, A Aging, A Biological and Behavioral Study. Public Health Service Publication #986 U.S. Government Printing Office, Washington, D.C., 1963. 328 pp. Index of Names and Subject Index. \$3.00
- Birren, James E. The Psychology of Aging. Prentice-Hall, Inc. Englewood Cliffs, N.J. 1964. 303 pp. Name and Subject Indexes \$7.25.
- Dynamic Maturity, AARP
- Gerontology and Higher Education Seminar, Proceedings of the Seminar. New Jersey State Department of Education, 1968.
- McKinney and DeVyver. Aging and Social Policy. New York, Appleton, Century, Crofts, 1966.
- Modern Maturity, AARP
- Rosow, Irving. Social Integration of the Aged. Free Press, New York, N.Y., 1967. 354 pp. Appendix: Housing Dissatisfaction and Bibliography. \$3.95.
- Selected Articles, Journal of Home Economics, April, 1973.
- United States Public Health Service, Nutrition for the Elderly Pamphlet Series, 1969 through 1973.

- United States Public Health Service, Selected Readings in Aging.
Washington, D.C. Administration on Aging, 1968.
- Ware, George W. The New Guide to Happy Retirement. Crown Publishers,
Inc., New York, N.Y. 1968. 352 pp. Appendix: Selected
Bibliography and Index. \$6.50
- Wassersug, Joseph D. How to be Health and Happy after Sixty.
Abelard-Schuman. New York, N.Y., 1966. 176 pp. Index. \$5.00