

**THE COMMUNITY COLLEGE OF BALTIMORE COUNTY
COMMON COURSE OUTLINE**

ELDER CARE 102
Functional Impact of Aging
3 Semester Hours

I. Description

Functional Impact of Aging

Examines functional decline related to aging; covers specific diseases that impact the elderly, safe mobility practices, fall prevention principles, and how to follow care plans developed by skilled practitioners (i.e. Occupational Therapists).

II. General Course Objectives

Upon completion of this course, the student will be able to:

- A. Identify normal changes with aging and the subsequent functional impact on the elderly.
- B. Demonstrate body mechanics when assisting with the mobility of the elderly.
- C. Identify potential falling hazards and assist skilled practitioner to develop a safe environment.
- D. Explain the most frequently seen orthopedic injuries in the elderly population.
- E. Demonstrate how to reinforce orthopedic precautions with the elderly.
- F. Explain the most common visual deficits noted with the elderly population.
- G. Explain how to comply with for a low vision home program.
- H. Demonstrate how to communicate with the elderly with hearing deficits.
- I. Explain different types of strokes and the four common deficits impact on function.
- J. Explain common behaviors seen with Alzheimer's.
- K. Explain how to comply with a Home Program for cardiac/respiratory patient/client.
- L. Discuss the most common types of incontinence and the functional impact on the elderly.
- M. Explain the differences between medically based and community based settings.

III. Topical Topics

These topics will be covered in the following general order:

- A. Introduction to Aging
 - 1. Providing definitions related to aging
 - 2. Defining trends related to the elderly
 - 3. Exploring current demographics with the elderly
- B. Normal Changes with Aging
 - 1. Identifying physiological changes in the body for the elderly
 - 2. Identifying sensory changes in the body
 - 3. Identifying normal cognitive changes with aging
- C. Fall Prevention
 - 1. Identifying factors that lead to falls
Practicing
 - 2. Fall Prevention Screening
Applying
 - 3. Fall Prevention Principles
- D. Orthopedic Injuries
 - 1. Identifying common injuries related to aging
 - 2. Reinforcing precautions
- E. Visual Impairments with Aging
 - 1. Identifying common diagnoses related to aging
 - 2. Complying with low vision programs
- F. Hearing Impairments with Aging
 - 1. Identifying common diagnoses related to aging
 - 2. Communicating with the elderly
- G. Cerebrovascular Accidents (CVA)/Strokes
 - 1. Discuss common types of CVA's
 - 2. Complying with skilled practitioner's plan of care
- H. Alzheimer's
 - 1. Identifying behaviors associated with Alzheimer's
 - 2. Identifying community resources for the caregiver
- I. Cardiac/Respiratory Diseases
 - 1. Identifying body's physical response to cardio-respiratory disease
 - 2. Demonstrating compliance with Energy Conservation Intervention
- J. Incontinence
 - 1. Identifying most common types of incontinence
 - 2. Identifying functional impact on the elderly
- K. Medically-based/Community-based setting
 - 1. Identifying factors of the medically based setting
 - 2. Identifying factors of the community based setting
 - 3. Comparing/Contrasting the two settings
- L. Community Resources
 - 1. Identifying diagnoses-based resources
 - 2. Identifying association-based resources

3. Identifying hot-line based resources

IV. Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus. However, all students will:

- A. Demonstrate mastery of principles, concepts, and skills regarding functional decline of the elderly on two quizzes and two examinations with 70% or better.
- B. Present an oral report on a specific diagnosis common to the elderly that reflects research into etiology, findings, functional issues, available community resources and the role of the caregiver.
- C. Complete one site visit (other than workplace if working in the industry) and respond to specific questions in the form of a two-three page written report.
- D. Complete an interview with an elderly person (65 years and older) and complete a two-three page written report.
- E. Complete an interview with one skilled rehabilitation practitioner (i.e. OTR, COTA, LPT, PTA, SLT) and write a one-two page written report.