

# Common Course Outline

## HUSC 102

### Functional Impact of Aging

3 Credits

## The Community College of Baltimore County

### Description

**HUSC 102 – Functional Impact of Aging** examines functional changes related to aging. Topics include aging theories, normal biologic changes with aging, safe mobility practices, fall prevention principles, and an overview of specific diseases that impact the elderly. Following care plans developed by skilled practitioners (i.e. Occupational Therapists), and special topics particular to the aging population including substance abuse, health promotion, medications, and caregiving are also discussed.

### 3 Credits

**Prerequisite:** ESOL 052 and ESOL 053 or ACLT 052 or ACLT 053

### Overall Course Objectives

Upon completion of this course students will be able to:

1. outline the diverse processes of aging;
2. summarize the main aging theories;
3. identify normal changes with aging and the subsequent functional impact on the elderly, focusing on the major body systems;
4. recall the risk factors of cardiovascular disease;
5. describe body mechanics when assisting with the mobility of the elderly;
6. predict potential falling hazards and assist skilled practitioners to develop a safe environment;
7. explain the most frequently seen orthopedic issues in the elderly population;
8. modify environments to comply with individuals with differing needs;
9. differentiate the needed communication skills needed when working with individuals with sensory deficits;
10. describe the common accommodations for those with respiratory ailments;
11. explain common behaviors seen with dementia;
12. discuss the most common types of incontinence and the functional impact on the elderly;
13. describe the differing effects of substance abuse on the aging;
14. identify the challenges of medicating an aging individual;
15. outline common end of life issues for both the individual and the caregiver;
16. discuss the importance of healthy lifestyle choices for an aging individual;
17. summarize nutritional changes and proper diet for an aging individual; and
18. analyze how to comply with a care plan for an aging individual.

## **Major Topics**

- I. Aging Theories
- II. Normal System Changes with Aging
- III. Cardiac Disease
- IV. Cerebrovascular Accidents (CVA)/Strokes
- V. Fall Prevention
- VI. Orthopedic Injuries
- VII. Visual Impairments with Aging
- VIII. Hearing Impairments with Aging
- IX. Respiratory Diseases
- X. Dementia and Alzheimer's Disease
- XI. Incontinence
- XII. Substance Abuse
- XIII. Medications
- XIV. Care Plans

## **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- A minimum of two examinations
- At least one written case study analysis, 2-page minimum length
- At least one research based writing assignment, 4-page minimum length

Written Assignments: Students are required to use appropriate academic resources.

### **Other Course Information**

This course is a program elective in the Human Services Counseling degree program, and may also be taken by students in other programs or majors.