PROGRAM DESCRIPTION

Gerontology is the study of the human aging process and the challenges encountered by aging individuals in contemporary society.

The demographic changes in the United States have been well documented. Projections indicate that by the year 2000, 13 percent of the population will be 65 years of age and over; the percentage will increase to 25 percent by 2040.

In California, the projections indicate a dramatic increase in the older adult population by the year 2020. With 1986 as the baseline, increases are estimated at 133 percent for the 85+ group and 109 percent for the 65-85 group. In Sacramento in 1990, the 60+ population was 160,000 and is projected to increase to 300,000 by 2015.

Local, regional and national surveys document the need for educating and training professionals in gerontology to plan, organize and deliver services to older persons.

The commitment of California State University, Sacramento to gerontology is a response to the demographic imperative.

FEATURES

The focus of the curriculum is upon Bio/psycho/social aspects of aging, social policy, services and research in aging, and practice, administration and program skills in aging.

Gerontology Program Goals are:

• To provide an integrated interdisciplinary program of courses and field experiences that lead to a Bachelor of Science degree with a Major, Minor or Certificate in Gerontology.

• To prepare individuals for careers in varied gerontological practice areas based upon demographic projections of need for personnel in planning, administering, coordinating and delivering older adult services.

• To prepare gerontological practitioners who are aware of the effects of social policy on aging individuals and families.

• To facilitate students' progression from community colleges to the University when acquiring a B.S. degree in gerontology.

• To offer individuals currently working in the community opportunities to learn advanced skills and acquire professional training in gerontology.

• To enhance and strengthen the relationships between the Gerontology Program and Sacramento area agencies and institutions planning or delivering services for older persons.

• To enhance the interest and commitment of faculty and the University and provide a vehicle for interdisciplinary study and research in the field of gerontology.

• To provide academic preparation for graduate study in Gerontology or other related fields.

FACULTY

Cheryl Osborne, Director

Deanna Balantac, Nursing; Doris Beard, Family and Consumer Sciences; Emanuel Gale, Social Work; Heather Kinsey, Recreation and Leisure Studies; Miriam LeGare, Psychology; Carol Mayer, Speech Pathology and Audiology; Minako Maykovich, Sociology; Joanne Nicota, Family & Consumer Science; Cheryl Osborne, Nursing; George Rich, Anthropology; Sam Rios, Ethnic Studies; Melinda Seid, Health and Physical Education; Maureen Smith, Health and Physical Education; Carol Stensrud, Recreation and Leisure Studies;

Gerontology Office, TRR-3, 278-7163

CAREER POSSIBILITIES

Staff/Counselor • Adult Protective Services • Assessment/Intake • Case Manager • Guardian/Conservator Staff • Information and Referral Specialist • Legal Aid Assistant • Ombudsman/Advocate • Program Activities Worker • Program Specialist • Senior Community Outreach
MAJOR REQUIREMENTS • BS

Total units required for BS: 124
Total units required for Major: 48

Courses in parentheses are prerequisites.

A. Required Core Courses (18 units)
   (3) GERO 100 Social Policy & Aging
   (3) GERO 101 Services for the Aging
   (3) GERO 103 Gerontology Practice
   (3) GERO 195A Field Experience
   (3) GERO 195B Field Experience
   (3) Research Elective (See advisor)

B. Required Multi-Disciplinary Courses (18 units)
   (3) BIO 120 Biology of Aging (BIO 10 or 20)
   (3) ETHN 133 Crosscultural Aging in America
   (3) FACS 147 Financial & Legal Aspects of Aging
   (3) FACS 159 Adulthood & Aging in Human Development (human development course or permission of instructor)
   (3) NURS 163 Holistic Approach to Aging (passing score on WPE)
   (3) SWRK 140A Social Work Practice

C. Electives (12 units)
   (12) Select 12 units from the following: not more than 6 units in any one of the following areas:

1. Service
   FACS 119 Nutrition & Aging (FACS 10 or 159)
   PE 136 Sport & Aging
   RLS 124 Recreation & Gerontology

2. Liberal Arts
   HS 150 Aging & Health
   FACS 158A Aging & the Family
   PSYC 119 The Aging Brain (PSYC 1 and 101)
   PSYC 150 Psychological Aspects of Aging (PSYC 1 or 5)
   PSYC 151 Psychological Aspects of Death
   SOC 146 Sociology of Aging

3. Administration/Management
   HS 116 Public Health Administration
   NURS 143 Leadership & Management in Nursing Practice (NURS 136, 137, 138, or 139 or permission of instructor)
   OBE 150 Management of Contemporary Organizations

4. Other
   GERO 199 Special Problems (requires advanced approval of coordinator)

Note: Additional optional courses which are recommended to support the Gerontology major are BIO 20, CHDV 30, FACS 50, FACS 141, NURS 10, PSYC 5, SOC 1, STAT 1, GERO 1.

CERTIFICATE REQUIREMENTS

Certificate requirements are the same as for the minor.

LOWER DIVISION COURSES

1. Issues of Aging in America. A survey of issues in gerontology including demographics, normal aging, myths and stereotypes, changing role of the family, disabilities, socio-economic and multicultural aspects, ethics, basic social issues and policies arising from the graying of America and potential intergenerational conflict as a result of competition for resources. 3 units.

UPPER DIVISION COURSES

100. Social Policy and Aging. Examines an historical overview of significant public policies including Social Security, Supplemental Security Income, Medicare, Medicaid, the Older Americans Act and ethical issues. Included is an examination of macroeconomics of aging, the significance of women, the rights of the elderly and advocacy, the legislative process, policy analysis and the politics of aging. 3 units.

101. Services for the Aging. Review of services targeted for older adults including housing, leisure, health, protective, residential care and examines the continuum of services including: information and referral, recreational, social adjustments, in-home supportive services, home health, the range of rehabilitative and residential care facilities and administrative and management issues facing services for the elderly. 3 units.

103. Gerontology Practice. Designed to acquaint the student with various issues, services, methods and interventions as they relate to practice with older adults. The objectives of the course are to understand: the unique characteristics and problems of older adults; the relationship of the systems approach to work with the elderly; basic practice skills needed for effective service delivery to the older adult and families/caregivers, special issues that affect delivery of services to this population such as diversity, ethics, special health and mental health needs; and the student’s attitudes toward the elderly and special roles in working with this population. 3 units.

195A-B. Field Experience. Supervised internship experience in a community agency planning for or delivering professional services to older adults. These two internship experiences are culminating courses for the major and focus on application of the interdisciplinary nature of the discipline while affording students direct, hands on experiences. These courses include a field seminar. Seminar discussions focus on the application of gerontological concepts derived from all Gerontology courses and applied to each student’s specific Internship area. 3 units each.

199. Special Problems. Requires advanced approval of coordinator. 1-3 units.

MINOR REQUIREMENTS

Total units required for Minor: 24

A. Required Lower Division Courses
   There are no specific lower division course requirements. Students must complete at least 45 units of college or university work before becoming eligible to enroll in the program.