

Area: Behavioral & Social Sciences
 Dean: Carol Pottorff
 Phone: (916) 484-8283
 Counseling: (916) 484-8572

A.A. Gerontology Degree and Certificate concentrations:
 Business
 Case Management/Social Services
 Environmental Design
 Health Care
 Recreation
 Social Policy/Advocacy

Vocational Certificates:
 Activity Coordinator
 Leadership in Assisted Living Communities
 Dementia Care
 Elder Care
 Ethnicity & Aging
 Program Assistant
 RCFE Administrator
 Social Service Designee

The Gerontology program at American River College offers continuing education courses for RNs, LVNs, CNAs, RCFE administrators, MFTs, LCSWs, and Nursing Home Administrators.

ARC has gained a reputation as a leader in gerontology studies and has been awarded National Program of Merit Status by the Association for Gerontology in Higher Education. The program is co-host for the Alzheimer's Aid Society annual conference. This leadership has enriched its offerings and enhanced the career value of an ARC gerontology degree or certificate.

Gerontology Degrees/Certificates (Core Requirements)

Core Requirements for Degree or Certificate		30 Units
BUS 310	Business Communications (3)	3
or ENGWR 103	Practical Communication (3)	
or ENGWR 300	College Composition (3)	
GERON 300	Sociology of Aging (3)	3
or SOC 335	Sociology of Aging (3)	
GERON 302	Psychology of Aging: Adult Development and Aging (3)	3
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
GERON 311	Social Services Designee: Legal Issues and End-of-Life Decisions	1
GERON 330	Communicating with and Validating Older Adults(3)	3
or PSYC 378	Communicating with and Validating Older Adults (3)	
GERON 334	Reminiscence Therapy (3)	3
or PSYC 379	Reminiscence Therapy (3)	
GERON 335	Wellness for Older Adults	3
GERON 340	Nutrition for Healthy Aging (3)	3
or NUTRI 324	Nutrition for Healthy Aging (3)	
GERON 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
And a minimum of 6 units from the following:		6
GERON 490	Practices in Gerontology (3)	

Gerontology: Business Degree

The Gerontology: Business degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory business courses emphasizing

the impact of an aging population on business. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults and/or preparation for further gerontology/business study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological, and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life business situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults

Gerontology: Business Degree Requirements 39 Units

Core Requirements		30
And a minimum of 9 units from the following:		9
ACCT 101	Fundamentals of College Accounting (3)	
or ACCT 301	Financial Accounting (4)	
BUS 105	Business Mathematics (3)	
or BUS 110	Business Economics (3)	
BUS 320	Concepts in Personal Finance (3)	
or ECON 320	Concepts in Personal Finance (3)	
BUS 330	Managing Diversity in the Workplace (3)	

BUS 340	Business Law (3)
GERON 304 or HSER 310	Ethical Issues and Client's Rights (3)
MGMT 300 or MGMT 362	Introduction to Modern Management (3)
MGMT 304	Techniques of Management (3)
MGMT 304	Introduction to Management Functions (3)

Gerontology: Case Management/Social Services Degree

The Gerontology: Case Management/Social Services degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory human services and psychology courses emphasizing the diverse needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults and/or preparation for further gerontology/case management/social services study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life case management and social services situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults

Case Management/Social Services Degree Requirements 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

GERON 310	Social Service Designee: Role and Responsibility (2,5)
GERON 312	Social Services Designee: Fieldwork (1)
HSER 300	Introduction to Human Services (3)
HSER 310 or GERON 304	Ethical Issues and Client's Rights (3)
HSER 330 or PSYC 365	Issues of Diverse Populations (3)
HSER 340 or PSYC 400	Introduction to Chemical Dependency (3)
PSYC 390	Psychology of Death and Dying (3)

Gerontology: Environmental Design Degree

The Gerontology: Environmental Design degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory art and interior design courses emphasizing the environmental needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing design services to senior adults and/or preparation for further gerontology/design study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology and environmental design to real-life situations in working in environmental design situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing design services to senior adults

Gerontology: Environmental Design Degree Requirements 39 Units

Core Requirements30

And a minimum of 9 units from the following:9¹

ART 320	Design: Fundamentals (3)
IDES 300	Fundamentals of Interior Design (3)
IDES 330	Beginning Interior Design Studio (3)
IDES 334	Interior Environment and Space Planning (3)

¹Prerequisite is required for IDES 334

Gerontology: Health Care Degree

The Gerontology: Health Care degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory course work emphasizing the health needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing health services to senior adults and/or preparation for further gerontology/health care study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population

- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate inter-acti- onal activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life health care situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing health services to senior adults

Gerontology: Health Care Degree Requirements		39 Units
Core Requirements		30
And a minimum of 9 units from the following:		9 ¹
AH 110	Medical Language for Health-Care Providers (3)	
BIOL 102	Introduction to Concepts of Human Anatomy and Physiology (4)	
or BIOL 115	Basic Anatomy and Physiology (3)	
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
NURSE 100	Nurse Assistant (6)	
NURSE 101	Home Health Aide (2)	
PET 312	Theory and Techniques of Adapted Physical Education (3)	
PET 313	Laboratory in Adapted Physical Education (1 - 2)	
PSYC 390	Psychology of Death and Dying (3)	
¹ Prerequisite required for NURSE 101.		

Gerontology: Recreation Degree

The Gerontology: Recreation degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory recreation and physical education courses emphasizing the recreational needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing recreational services to senior adults and/or preparation for further gerontology/recreation study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate inter-acti- onal activities and techniques for communication

- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life recreation situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing recreational services to senior adults

Gerontology: Recreation Degree Requirements		39 Units
Core Requirements		30
And a minimum of 9 units from the following:		9
GERON 430	Introduction to Activity Coordinator (0.5)	
GERON 432	Interviewing and Counseling Techniques with Elderly (0.5)	
GERON 434	Hearing and Speech - Age Changes (0.5)	
GERON 436	Documentation: State and Federal Regulations Part I (0.5)	
GERON 438	Documentation: State and Federal Regulations Part II (0.5)	
GERON 440	Etiology of Illness in Later Life (0.5)	
GERON 442	Social and Psychological Forces of Aging (0.5)	
GERON 444	Dementia: Behaviors and Activity (0.5)	
GERON 446	Effective Leadership Skills (0.5)	
GERON 448	Community Agencies and Resources (0.5)	
GERON 450	Needs-Based Programming (0.5)	
GERON 452	Creating an Activity Program (0.5)	
GERON 454	Directed Fieldwork Experience (0.5)	
PET 312	Theory and Techniques of Adapted Physical Education (3)	
RECR 300	Introduction to Recreation and Leisure Services (3)	
RECR 310	Outdoor Recreation (3)	
RECR 320	Recreation Activity Leadership (3)	

Gerontology: Social Policy/Advocacy Degree

The Gerontology: Social Policy/Advocacy degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory human services, speech, management, and political science courses emphasizing the social policy and advocacy needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults and/or preparation for further gerontology/social policy/advocacy study at a four-year college or university.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate inter-acti- onal activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health

- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life social policy/advocacy situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults

Gerontology: Advocacy Concentration Requirements 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

- GERON 304 Ethical Issues and Client's Rights (3)
 or HSER 310 Ethical Issues and Client's Rights (3)
 MGMT 362 Techniques of Management (3)
 POLS 304 Introduction to Government: California (3)
 SPEECH 301 Public Speaking (3)

Gerontology: Social Policy Concentration Requirements 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

- GERON 304 Ethical Issues and Client's Rights (3)
 or HSER 310 Ethical Issues and Client's Rights (3)
 POLS 301 Introduction to Government: United States (3)
 HSER 330 Issues of Diverse Populations (3)
 or PSYC 365 Issues of Diverse Populations (3)
 SPEECH 301 Public Speaking (3)

Associate Degree Requirements: The Gerontology: Associate in Arts (A.A.) Degree (in the chosen concentration) may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Business Certificate

The Gerontology: Business certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory business courses emphasizing the impact of an aging population on business. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments

- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life business situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults

Gerontology: Business Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

- ACCT 101 Fundamentals of College Accounting (3)
 or ACCT 301 Financial Accounting (4)
 BUS 105 Business Mathematics (3)
 or BUS 110 Business Economics (3)
 BUS 320 Concepts in Personal Finance (3)
 or ECON 320 Concepts in Personal Finance (3)
 BUS 330 Managing Diversity in the Workplace (3)
 BUS 340 Business Law (3)
 GERON 304 Ethical Issues and Client's Rights (3)
 or HSER 310 Ethical Issues and Client's Rights (3)
 MGMT 300 Introduction to Modern Management (3)
 or MGMT 362 Techniques of Management (3)
 MGMT 304 Introduction to Management Functions (3)

Gerontology: Case Management/Social Services Certificate

The Gerontology: Case Management/Social Services certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory human services and psychology courses emphasizing the diverse needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life case management and social services situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults

Gerontology: Case Management/Social Services Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

GERON 310	Social Service Designee: Role and Responsibility (2.5)
GERON 312	Social Services Designee: Fieldwork (1)
HSER 300	Introduction to Human Services (3)
HSER 310	Ethical Issues and Client's Rights (3)
or GERON 304	Ethical Issues and Client's Rights (3)
HSER 330	Issues of Diverse Populations (3)
or PSYC 365	Issues of Diverse Populations (3)
HSER 340	Introduction to Chemical Dependency (3)
or PSYC 400	Introduction to Chemical Dependency (3)
PSYC 390	Psychology of Death and Dying (3)

Gerontology: Environmental Design Certificate

The Gerontology: Environmental Design certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory art and interior design courses emphasizing the environmental needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing design services to senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate inter-actonal activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology and environmental design to real-life design situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing environmental design services to senior adults

Gerontology: Environmental Design Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following: 9¹

ART 320	Design: Fundamentals (3)
IDES 300	Fundamentals of Interior Design (3)
IDES 330	Beginning Interior Design Studio (3)
IDES 334	Interior Environment and Space Planning (3)

¹Prerequisite required for IDES 334

Gerontology: Health Care Certificate

The Gerontology: Health Care certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory course work emphasizing the health needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing health services to senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate inter-actonal activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life health care situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing health services to senior adults

Gerontology: Health Care Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following: 9¹

AH 110	Medical Language for Health-Care Providers (3)
BIOL 102	Introduction to Concepts of Human Anatomy and Physiology (4)
or BIOL 115	Basic Anatomy and Physiology (3)
GERON 304	Ethical Issues and Client's Rights (3)
or HSER 310	Ethical Issues and Client's Rights (3)
NURSE 100	Nurse Assistant (6)
NURSE 101	Home Health Aide (2)
PET 312	Theory and Techniques of Adapted Physical Education (3)
PET 313	Laboratory in Adapted Physical Education (1 - 2)
PSYC 390	Psychology of Death and Dying (3)

¹Prerequisite required for NURSE 101.

Gerontology: Recreation Certificate

The Gerontology: Recreation certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory recreation and physical education courses emphasizing the recreational needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing recreational services to senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life recreation situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing recreational services to seniors

Gerontology: Recreation Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

GERON 430	Introduction to Activity Coordinator (0.5)
GERON 432	Interviewing and Counseling Techniques with Elderly (0.5)
GERON 434	Hearing and Speech - Age Changes (0.5)
GERON 436	Documentation: State and Federal Regulations Part I (0.5)
GERON 438	Documentation: State and Federal Regulations Part II (0.5)
GERON 440	Etiology of Illness in Later Life (0.5)
GERON 442	Social and Psychological Forces of Aging (0.5)
GERON 444	Dementia: Behaviors and Activity (0.5)
GERON 446	Effective Leadership Skills (0.5)
GERON 448	Community Agencies and Resources (0.5)
GERON 450	Needs-Based Programming (0.5)
GERON 452	Creating an Activity Program (0.5)
GERON 454	Directed Fieldwork Experience (0.5)
PET 312	Theory and Techniques of Adapted Physical Education (3)
PET 313	Laboratory in Adapted Physical Education (1 - 2)
RECR 300	Introduction to Recreation and Leisure Services (3)
RECR 310	Outdoor Recreation (3)
RECR 320	Recreation Activity Leadership (3)

Gerontology: Social Policy/Advocacy Certificate

The Gerontology: Social Policy/Advocacy certificate provides a broad overview of the biological, psychological, and social aspects of aging along with introductory human services, speech, management, and political science courses emphasizing the social policy and advocacy needs of an aging population. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults.

Student Learning Outcomes

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

- Assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- Evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- Analyze legal and ethical issues relating to aging and end-of-life decisions
- Demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- Analyze the role of nutrition in the aging process and its impact on health
- Evaluate care for the dying in different environments
- Assess common mental health issues of aging and evaluate interventions and resources
- Survey services for seniors available within a community and define eligibility requirements
- Apply knowledge of gerontology to real-life social policy and advocacy situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults

Gerontology: Advocacy Concentration Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

GERON 304	Ethical Issues and Client's Rights (3)
or HSER 310	Ethical Issues and Client's Rights (3)
MGMT 362	Techniques of Management (3)
POLS 304	Introduction to Government: California (3)
SPEECH 301	Public Speaking (3)

Gerontology: Social Policy Concentration Certificate 39 Units

Core Requirements30

And a minimum of 9 units from the following:9

GERON 304	Ethical Issues and Client's Rights (3)
or HSER 310	Ethical Issues and Client's Rights (3)
POLS 301	Introduction to Government: United States (3)
HSER 330	Issues of Diverse Populations (3)
or PSYC 365	Issues of Diverse Populations (3)
SPEECH 301	Public Speaking (3)

VOCATIONAL CERTIFICATES

Activity Coordinator Certificate

The Activity Coordinator certificate provides a comprehensive overview of the role and duties of an activity coordinator in a long-term care facility. The certificate meets State of California, Title 22 (Department of Social Service) requirements for activity coordinator certification.

Student Learning Outcomes

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

- Articulate the role and responsibilities of the activity coordinator in a long-term care facility
- Demonstrate effective communication skills in interviewing long-term care residents
- Analyze normal and disease process changes in hearing and speech and develop strategies for effective communication

- Generate required documentation to comply with State and Federal regulations
- Create activities which meet physical and emotional needs of residents in long-term care
- Assess effects of institutionalization and possible impact on mental health and family relationships
- Identify types of dementia and appropriate communication and behavior management strategies
- Demonstrate effective problem solving, motivation, and communication skills involved in leadership of an activity program
- Compare and contrast community services available and their relevancy to an activity program
- Develop appropriate activities and monthly activity calendar to meet the needs of individual residents in long-term care

Career Opportunities

Activity Coordinator in long-term care, assisted living, and retirement facilities

Requirements for Certificate 6.5 Units

GERON 430	Introduction to Activity Coordinator	0.5
GERON 432	Interviewing and Counseling Techniques with Elderly	0.5
GERON 434	Hearing and Speech - Age Changes	0.5
GERON 436	Documentation: State and Federal Regulations Part I.....	0.5
GERON 438	Documentation: State and Federal Regulations Part II	0.5
GERON 440	Etiology of Illness in Later Life	0.5
GERON 442	Social and Psychological Forces of Aging	0.5
GERON 444	Dementia: Behaviors and Activity	0.5
GERON 446	Effective Leadership Skills	0.5
GERON 448	Community Agencies and Resources	0.5
GERON 450	Needs-Based Programming	0.5
GERON 452	Creating an Activity Program	0.5
GERON 454	Directed Fieldwork Experience	0.5

Leadership in Assisted Living Communities Certificate

The Leadership in Assisted Living Communities provides a comprehensive overview of leadership, team building, and communication in assisted living communities.

Career Opportunities

Supervisory positions in assisted living communities.

Requirements for Certificate 1.5 units

Geron 299A	Leadership and Team Building in Assisted Living Communities.....	5
Geron 299B	Professionalism and Ethics in Assisted Living Communities5
Geron 299C	Communication for Supervision in Assisted Living Communities.....	5

Dementia Care Certificate

The Dementia Care Certificate provides a comprehensive overview of dementias, behavior management, and communication.

Career Opportunities

Direct care and supervision of dementia patients, in-service for caregivers.

Requirements for Certificate 2 units

Geron 444	Dementia: Behaviors and Activity.....	5
Geron 1009	Dementia: Behavior Management	5
Geron 1053	Alzheimer's Disease and Other Dementias.....	5
Geron 1008	Validation: Theory and Practice.....	5

Ethnicity and Aging Certificate

The Ethnicity and Aging Certificate provides a comprehensive overview of how ethnicity affects the aging experience.

Career Opportunities

Direct care and supervision of seniors from diverse backgrounds, in-service for caregivers.

Requirements for Certificate 2 units

Geron 360	Ethnic Diversity and Aging	5
Geron 1011	Aging Experience in Asian Families.....	5
Geron 1064	Aging Experience in Hispanic Families	5
Geron 1066	Aging Experience in African-American Families.....	5

Elder Care Certificate

The Elder Care Certificate provides a comprehensive overview of the caregiving experience.

Career Opportunities

Direct care and supervision of seniors, in-service for caregivers.

Requirements for Certificate 2 units

Geron 1021	Elder Abuse	5
Geron 1031	Stress Management: New Approaches.....	5
Geron 1037	Strategies for Caregivers.....	5
Geron 1008	Validation: Theory and Practice.....	5

Program Assistant Certificate

The Program Assistant certificate provides a comprehensive overview of the role and duties of a program assistant in adult day care, adult day health care and residential care.

Student Learning Outcomes

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

- Articulate organization and population of adult day care, adult day health care and residential care facilities
- Compare duties and responsibilities of program assistants in adult day care, adult day health care and residential care
- Assess dementia care and communication in adult day care, adult day health care and residential care

Career Opportunities

Program Assistant in adult day care, adult day health care and residential care facilities

Requirements for Certificate 2 Units

GERON 320	Program Assistant.....	2
-----------	------------------------	---

RCFE Administrator Certificate

The Residential Care Facility for the Elderly (RCFE) Administrator Certificate meets State of California, Title 22 (Department of Social Service) requirements for an RCFE administrator license. This certificate program is pending State of California Department of Social Services approval.

Career Opportunities:

Administrator of a Residential Care Facility for the Elderly.

Requirements for Certificate		2.5 units
Geron 1080	Understanding Licensed Residential Care	5
Geron 1081	RCFE Licensing Regulations and Resident Services	5
Geron 1082	RCFE Facility, Residents, Records, and Food Service	5
Geron 1083	RCFE Residents and Services	5
Geron 1084	RCFE Medications, Reporting, Rights, Resources	5

Social Service Designee Certificate

The Social Services Designee certificate provides a comprehensive overview of the role and duties of a social services designee in a long-term care facility.

Student Learning Outcomes

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

- Articulate the role and responsibilities of the social services designee in a long-term care facility
- Analyze normal age changes and their impact on residents
- Incorporate resident rights and responsibilities into daily practice
- Apply Omnibus Budget Reconciliation Act (OBRA)/Title 22 (State of California Department of Social Services) regulations to work environment
- Evaluate legal and ethical issues relating to powers of attorney, long-term care financing, and end-of-life decisions
- Evaluate long-term care facility environments
- Interview and assess long-term care residents to assure needs are being met

Career Opportunities

Social Services Designee in long-term care, assisted living, and retirement facilities

Requirements for Certificate		4.5 Units
GERON 310	Social Service Designee: Role and Responsibility	2.5
GERON 311	Social Services Designee: Legal Issues and End-of-Life Decisions	1
GERON 312	Social Services Designee: Fieldwork	1

GERON 300 Sociology of Aging 3 Units

Same As: SOC 335

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines the aged and aging process with emphasis on social factors affecting and affected by an aging population. It includes an analysis of demographics, history of aging in America, social conditions, resources and support systems, employment, retirement, social class/cultural differences. Not open to students who have completed SOC 335.

GERON 302 Psychology of Aging: Adult Development and Aging 3 Units

Same As: PSYC 374

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers the physical, psychological, and social aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. Not open to students who have completed PSYC 374.

GERON 304 Ethical Issues and Client's Rights 3 Units

Same As: HSER 310

Corequisite: HSER 300

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a comprehensive exploration of the basic ethical issues involving human services delivery. Topics include professional ethics, confidentiality, counselor and clients' rights, and other areas involving ethical controversies. This course is not open to students who have completed HSER 310.

GERON 310 Social Service Designee: Role and Responsibility 2.5 Units

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.

Course Transferable to CSU

Hours: 45 hours LEC

This course covers the role of the Social Services Designee in long-term care. The focus is on family, patient adjustment, and dementia. It also covers documentation for the Social Services Designee working in long-term care.

GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions 1 Unit

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 18 hours LEC

This course covers legal issues involved with long-term care. The focus is on probate, wills, trusts, power of attorney, conservatorship, consent, and right-to-die issues.

GERON 312 Social Services Designee: Fieldwork 1 Unit

Prerequisite: GERON 310, 311.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC; 27 hours LAB

This course provides supervised fieldwork in the role of social services designee in long-term care facility.

GERON 320 Program Assistant 2 Units*Course Transferable to CSU**Hours: 36 hours LEC*

This course provides the training necessary to become a program assistant in adult day care, adult day health care and residential care. Topics include organization and populations of adult day care, personal care, services, communication, responsibilities, ethics, safety, and dementia. Certificate will be issued upon successful completion of course.

GERON 330 Communicating with and Validating Older Adults 3 Units*Same As: PSYC 378*

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

*General Education: AA/AS Area III(b)**Enrollment Limitation: Current tuberculosis clearance**Course Transferable to CSU**Hours: 54 hours LEC*

This course introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels in long-term care. This class is held off campus in a long-term care setting. For internet modality, supervision by an activity professional in a long-term care setting is required. It is not open to students who have completed PSYC 378.

GERON 334 Reminiscence Therapy 3 Units*Same As: PSYC 379*

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

*General Education: AA/AS Area III(b)**Course Transferable to CSU**Hours: 54 hours LEC*

This course introduces the basic theory and techniques of reminiscence therapy and provides experience in planning, facilitating, and evaluating reminiscence groups with the elderly in an institutional setting. Off-campus supervision by an activity professional in a long-term care setting is required for internet modality. It is not open to students who have completed PSYC 379.

GERON 335 Wellness for Older Adults 3 Units

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.

*Course Transferable to CSU**Hours: 54 hours LEC*

This course explores positive lifestyle choices throughout life which have a positive effect on health and well being. Topics include exercise, nutrition, stress management, chronic disease, and adaptations for disability.

GERON 340 Nutrition for Healthy Aging 3 Units*Same As: NUTRI 324*

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

*Course Transferable to CSU**Hours: 54 hours LEC*

This course is an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process, and the environmental, economic and culture factors affecting nutritional status. This course is not open to students who have completed NUTRI 324.

GERON 360 Ethnic Diversity and Aging .5 Units*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an overview of ethnicity as a factor in the aging process. Emphasis is on values, beliefs and culture, and their impact on the design and delivery of senior services. Credit/No Credit only.

GERON 362 Biology of Aging .5 Units*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an overview of the biology of aging and health of the older adult. It focuses on chronic and acute illnesses, normal aging changes, sexuality, nutrition, and strategies for good health. Credit/No Credit only.

GERON 366 Coping with Death and Related Bereavement .5 Units*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an exploration of our societal and personal views of death, dying, and bereavement with the focus on ways in which our Western society treats the subject of death. Topics include right-to-die issues and the theoretical stages of death and bereavement. Credit/No Credit only.

GERON 368 Mental Health and Aging .5 Units*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an overview of mental health as it is impacted by the aging process. Emphasis is on correlates of mental health, incidence of mental illness, depression, dementia, substance abuse, intervention, and mental health resources for seniors. Credit/No Credit only.

GERON 372 Alzheimer's Workshop .5 Units

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an overview of current information on all aspects of dementia and caregiving issues, focusing on research, legal issues, grief, resources, medication, behavior management and activities. Credit/No Credit only.

GERON 378 Body Mechanics and Safety .5 Units

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

*Course Transferable to CSU**Hours: 9 hours LEC*

This course is an overview of body mechanics emphasizing a problem-solving approach and focusing on basic methods and techniques of positioning, transfer, and ambulation, as well as personal safety, adaptive exercise and assistive devices. Credit/No Credit only.

GERON 380 Nutrition and Aging .5 Units

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

*Course Transferable to CSU**Hours: 9 hours LEC*

This course concentrates on the practical aspects of nutrition and aging. Cost effective directions for meeting nutritional needs and food recipes will be included. Information regarding environmental factors implicated in the aging process will be discussed. Credit/No Credit only.

GERON 430 Introduction to Activity Coordinator .5 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course introduces the role and responsibilities of an Activity Coordinator in long-term care facilities. Topics include program planning, utilizing volunteers, budgeting, and working as a team. Credit/No Credit only.

GERON 432 Interviewing and Counseling Techniques with Elderly .5 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of basic counseling and interviewing techniques when working with older adults. The focus is on communication skills, interviewing techniques, and specific therapeutic approaches to working with impaired older persons. Credit/No Credit only.

GERON 434 Hearing and Speech - Age Changes .5 Units

Corequisite: GERON 432.

Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of age-related changes in speech and hearing. The techniques for working with impaired older adults and development of positive communication with seniors will be emphasized. Credit/No Credit only.

GERON 436 Documentation: State and Federal Regulations Part I .5 Units

Corequisite: GERON 434.

Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of Title 22 regulations and required documentation as it relates to activity coordinators. Topics include activity assessments, social histories, monthly updates, care plans, and quarterly reviews. Credit/No Credit only.

GERON 438 Documentation: State and Federal Regulations Part II .5 Units

Corequisite: GERON 440.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 and ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of state and federal regulations governing activity coordinators in a health care facility and the necessary documentation required to comply with these regulations. Credit/No Credit only.

GERON 440 Etiology of Illness in Later Life .5 Units

Corequisite: GERON 436.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 and ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the etiology of major illnesses found in the aging population, focusing on indications and contraindications for activities. Credit/No Credit only.

GERON 442 Social and Psychological Forces of Aging .5 Units

Corequisite: GERON 438.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of basic psychological and social forces affecting an individual upon entering long-term care. Topics include depression, role loss, myths, and potential benefits and problems of working with families. Credit/No Credit only.

GERON 444 Dementia: Behaviors and Activity .5 Units

Corequisite: GERON 442.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of dementia and memory loss. Topics will focus on types, characteristics, communications, behavior management, and caregiving of dementia patients. Credit/No Credit only.

GERON 446 Effective Leadership Skills .5 Units

Corequisite: GERON 444.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the fundamentals of leadership for the activity coordinator. Strategies for information processing, problem solving, and decision making will be included. Credit/No Credit only.

GERON 448 Community Agencies and Resources .5 Units

Corequisite: GERON 450.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of community resources and how to use them within the health care facility. Credit/No Credit only.

GERON 450 Needs-Based Programming .5 Units

Corequisite: GERON 442.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 AND ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the importance of needs-based activity planning and its impact on the individual in long-term care. The focus is on developing a specific activity designed to meet a specific patient's needs. Credit/No Credit only.

GERON 452 Creating an Activity Program .5 Units

Corequisite: GERON 448.

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the development of an activity program for seniors in long-term care facilities. Focus is on developing programs to meet the needs of those with differing physical and cognitive abilities, different genders, and different cultural backgrounds. Credit/No Credit only.

GERON 454 Directed Fieldwork Experience .5 Units

Corequisite: GERON 448.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.

Course Transferable to CSU

Hours: 3 hours LEC; 18 hours LAB

This course is an opportunity for the student to acquire practical experience working with an activity coordinator in a health care setting. Credit/No Credit only.

GERON 490 Practices in Gerontology 3 Units

Corequisite: GERON 300 or 302.

Course Transferable to CSU

Hours: 18 hours LEC; 108 hours LAB

This course provides advanced study and supervised field experience in public and/or private agencies, businesses or organizations providing services to seniors and senior programs. Students apply concepts, values and skills acquired in other core courses to the process of working with the senior population. Students also develop a resource file of senior services and define areas of interest for employment in senior services. Different cases are discussed each semester. This course may be taken two times for credit.

GERON 1000 Home Adaptations for Safety and Independence .5 Units

Hours: 9 hours LEC

This course explores adaptations to the home environment to promote safety and independence for those with disabilities. Topics include assessment, durable equipment, home modifications and resources. Credit/No Credit only.

GERON 1003 Intergenerational Family Dynamics .5 Units

Hours: 9 hours LEC

This course focuses on changing dynamics in the family as members are confronted with their own developmental stages and issues related to the aging process. A family systems theory approach is used to examine and analyze communication patterns, areas of conflict and coping strategies in the family. Credit/No Credit only

GERON 1004 Pharmacology and Aging .5 Units

Hours: 9 hours LEC

This course is an overview of drugs commonly prescribed for the elderly. It also examines how the aging process impacts medication effects, compliance, and adverse reactions. Drug therapy and interactions are also covered. Credit/No Credit only.

GERON 1006 Parkinson's Disease and Other Movement Disorders .5 Units

Hours: 9 hours LEC

This course explores the current knowledge of Parkinson's Disease and other movement disorders. Topics include medical treatments and coping mechanisms. Credit/No Credit only.

GERON 1008 Validation: Theory and Practice .5 Units

Hours: 9 hours LEC

This course presents Validation theory as a communication technique used with individuals with differing levels of cognitive ability. Criteria for evaluating stages of dementia and the selection of appropriate techniques are covered. Credit/No credit only.

GERON 1009 Dementia: Behavior Management .5 Units

Hours: 9 hours LEC

This course explores the many facets of behavior management as they apply to those diagnosed with a form of dementia. Topics include defining the problem, determining whose problem it is, problem solving principles, environmental triggers, caregiver response, and techniques for specific problem behaviors. Pass/No Pass only.

GERON 1010 Understanding Licensed Residential Care .5 Units

Hours: 9 hours LEC

This course is an introduction to residential care and the role of regulators. Topics include regulatory function and perspective, function of the California Community Care Licensing Division, and rights and responsibilities of licensees. Credit/No Credit only.

GERON 1011 Aging Experience in Asian Families .5 Units

Hours: 9 hours LEC

This course examines the aging experience unique to Asian families. The impact of culture, societal expectations and their effect on family roles, values and beliefs and how these affect care giving is discussed. Focus is on strategies for dealing with stress and social support services for Asian families. Credit/No Credit only.

GERON 1013 Protecting Your Back .5 Units

Hours: 9 hours LEC

This course examines proper spine care and body mechanics. Proper exercises to prevent or minimize back injuries are demonstrated. Credit/No Credit only.

GERON 1014 Aging and Long-term Care .5 Units

Hours: 9 hours LEC

This course provides a broad knowledge of gerontology and long-term care. It covers biological and psychosocial changes of age, dilemmas facing caregivers and care receivers, and decision making when an individual needs long-term care. Credit/No Credit only.

GERON 1015 Diabetes and Aging .5 Units

Hours: 9 hours LEC

This course examines the causes and risk factors associated with diabetes, focusing on how the aging body influences these risk factors and the course of the disease. Recommendations for lifestyle changes that can reduce risks and complications associated with diabetes are also presented. Credit/No Credit only.

GERON 1016 Issues in Gerontology as Seen through Film .5 Units

Hours: 9 hours LEC

This course examines certain aspects of the aging experience and how the media influences society's perception of age by viewing selected excerpts from films dealing with aging issues. Topics include developmental and cultural perspectives, relationships, sexuality, and life review. Credit/No Credit only.

GERON 1017 Heart Health and Aging .5 Units*Hours: 9 hours LEC*

This course examines the causes and risk factors associated with cardiovascular disease, focusing on how the aging body influences these risk factors and the course of the heart disease and stroke. In addition, recommendations for lifestyle changes that can reduce risks and complications associated with cardiovascular disease are presented. Credit/No Credit only.

GERON 1018 Social Security--Past, Present, and Future .5 Units*Hours: 9 hours LEC*

This course examines the Social Security, Medicare, and Supplemental Security Income (SSI) programs from before their inception through today's current controversies. Topics include population demographics and their impact on social programs and historical overviews of program development. Credit/No Credit only.

GERON 1020 Demographic Changes and the Effect on Caregiving .5 Units*Hours: 9 hours LEC*

This course examines issues surrounding the current "Age Wave" in relationship to the historical views of the elderly, ageism, stereotypes and myths, and how these issues affect caregiving. The implications that an aging society has on health care delivery including acute, sub-acute, and community based services are discussed. Credit/No Credit only.

GERON 1021 Elder Abuse .5 Units*Hours: 9 hours LEC*

This course is an overview of elder abuse. It focuses on occurrence, prevention strategies, and resources to prevent elder abuse. Credit/No Credit only.

GERON 1022 Aging and Family Dynamics .5 Units*Hours: 9 hours LEC*

This course is an overview of how the aging process affects not only individuals, but also families and relationships. The focus is on changing roles and the relationship strategies for negotiating these transitions to help families resolve aging issues. Credit/No Credit only.

GERON 1023 Interpersonal Relationships .5 Units*Hours: 9 hours LEC*

This course covers listening and communication skills. The focus is on understanding emotions, family involvement, and adaptive behavior in long-term care settings. Demonstrations with role play provides practical experience to enhance understanding. Credit/No Credit only.

GERON 1024 Exploring the Field of Gerontology .5 Units*Hours: 9 hours LEC*

This course covers aspects of Gerontology which relate to marketing oneself and developing a business as a provider of services to the elderly. Topics include diversity of the field of Gerontology, resumes, interviews, marketing, and future projections. Credit/No Credit only.

GERON 1025 The Gerontologist .5 Units*Hours: 9 hours LEC*

This course examines the field of Gerontology. Topics include the role/responsibilities of the Gerontologist and the educational process required to become a Gerontologist. Current and future employment are covered. Credit/No Credit only.

GERON 1026 Health of Older Women .5 Units*Hours: 9 hours LEC*

This course analyzes the uniqueness of older women's health needs. Topics focus on gender differences, activities of daily living, caregiver role, economics, self-care, and long-term care. Credit/No Credit only.

GERON 1027 HIV/AIDS and the Elderly .5 Units*Hours: 9 hours LEC*

This course examines HIV/AIDS as a disease process and its effect on the aging population. Topics include transmission, universal precautions, treatment options, and psychosocial issues. Credit/No Credit only.

GERON 1028 Men as Caregivers .5 Units*Hours: 9 hours LEC*

This course is an overview of specific issues of men as caregivers. Topics include changing roles, research, future projections, and resources relating to men as caregivers. Credit/No Credit only.

GERON 1029 End-Stage Life Care .5 Units*Hours: 9 hours LEC*

This course focuses on effective strategies for assisting the dying patient and his/her family. Topics include concepts of sub-acute care, physician-assisted suicide, euthanasia, and the effect of these issues on the elderly population. Credit/No Credit only.

GERON 1030 Legislation: Origin and Influence .5 Units*Hours: 9 hours LEC*

This course is an overview of how the political process affects issues of aging and delivery of services. It focuses on means of impact on the legislative process and the influence of this process on community resources for older adults. Credit/No Credit only.

GERON 1031 Stress Management: New Approaches .5 Units*Hours: 9 hours LEC*

This course examines stress from a communication perspective, focusing specifically on caregivers. The concept of high-risk messages is introduced focusing on how stress reactions affect behavior and morale in residential care facilities and other systems of care for the elderly. Emphasis is on how a message is translated and how this translation affects stress, overload, and spill-over effects. Stress management skills are demonstrated. Credit/No Credit only.

GERON 1032 Illness in Later Life .5 Units*Hours: 9 hours LEC*

This course examines chronic diseases associated with age. Topics covered are osteoarthritis, hypertension, diabetes, coronary artery disease, and stroke. In addition, the prevention and management of chronic illness through lifestyle choices are covered. Credit/No Credit only.

GERON 1033 Spirituality, Religion and the Elderly .5 Units*Hours: 9 hours LEC*

This course examines religion and belief systems practiced by the elderly population in the U.S. The differences between spirituality and religiosity are discussed, as well as how both are integrated and manifested in the lives of the elderly. Spirituality as a coping mechanism and source of strength and hope is also discussed. Credit/No Credit only.

GERON 1034 Sexuality and Aging .5 Units*Hours: 9 hours LEC*

This course examines basic sexual anatomy and physiology of men and women with emphasis on the changes that occur with aging. Topics include sexuality, menopause, impotence, sexually transmitted diseases, heterosexuality, and homosexuality of the older population. Credit/No Credit only.

GERON 1035 Special Need Seniors: Mentally Ill and Homeless .5 Units*Hours: 9 hours LEC*

This course is an overview of the unique factors involved in caring for the mentally ill and the homeless senior population. Topics covered are types and stages of mental illness, social stereotypes, resources for the mentally ill, effects of homelessness on elders, acceptance of aged homeless, and resources for elderly homeless. Credit/No Credit only.

GERON 1036 Right-to-Die Movements and Issues .5 Units*Hours: 9 hours LEC*

This course examines both the right-to-die and right-to-life movements as they address the elderly and the dying. Topics include assisted suicide, advance directives, hospice, and palliative care. Credit/No Credit only.

GERON 1037 Strategies for Caregivers: Effectively Caring for the Elderly in the Commu .5 Units*Hours: 9 hours LEC*

This course covers strategies for providing effective care for the elderly, including how it is complicated by dementia, role reversal, and guilt. Common sense strategies for caregiving that not only meet the needs of the elderly but also lessen the caregiving burden are explained. Credit/No Credit only.

GERON 1040 Emotional Health and Aging .5 Units*Hours: 9 hours LEC*

This course is an overview of the factors involved in emotional health and aging. Topics include social support systems, having a purpose and role, goals, effects of stereotypes, the continuation of life skills, and the development of wisdom. Credit/No Credit only.

GERON 1041 Psychological Treatment Modalities and Aging .5 Units*Hours: 9 hours LEC*

This course explores different treatment modalities relevant to mental health and aging. Topics include the following therapies as they apply to seniors: grief, cognitive-behavioral, family-intergenerational, and psychoanalytical. Credit/No credit only.

GERON 1042 Life Review and Reminiscence .5 Units*Hours: 9 hours LEC*

This course explores the role and techniques of life review and reminiscence in older age and their therapeutic effects. Topics include history of storytelling, group process, facilitating groups, and the art of listening. Credit/No Credit only.

GERON 1043 Caregiving .5 Units*Hours: 9 hours LEC*

This course examines theories and research on caregiving. Topics include developmental stages of aging, managing and defining caregiver roles, palliative care, coping with stress and burnout, and community resources. Credit/No credit only.

GERON 1044 Creativity and Aging .5 Units*Hours: 9 hours LEC*

This course covers the diversity of creative expression and the changes which may come with age. Topics include differing definitions of creativity, nurturing life-long creativity, opening new creative paths, and creative exercises. Credit/No Credit only.

GERON 1045 Super Centenarians .5 Units*Hours: 9 hours LEC*

This course examines the new phenomenon of large numbers of people living 100 or more years. Topics include the reasons for this increased longevity and its implications for society. Credit/No credit only.

GERON 1046 Fundamentals of Aging: Working with Older Adults .5 Units*Hours: 9 hours LEC*

This course is designed for those who provide direct and indirect care and services for seniors. It focuses on population changes; physical, social and psychological changes with age; ethical choices in working with seniors; independence and dependency; and communication skills. Credit/No Credit only.

GERON 1048 The Graying of America .5 Units*Hours: 9 hours LEC*

This course examines the increase in the aging population and its impact on long-term care. Topics include changes in population groups, life expectancy, family structure, and long-term care. Credit/No Credit only.

GERON 1049 Economics of Aging .5 Units*Hours: 9 hours LEC*

This course provides an overview of the economics of retirement including Social Security, pensions, Medicare, and MediCal. It also covers economic problems and proposed solutions, fiduciary abuses and fraud. Credit/No credit only.

GERON 1050 Alcohol and the Elderly .5 Units*Hours: 9 hours LEC*

This course explains how alcohol affects seniors in both independent and assisted living environments and explores treatment options for seniors. Credit/No Credit only.

GERON 1052 Professionalism and Ethics in Gerontology .5 Units*Hours: 9 hours LEC*

This course explores professionalism and ethical conduct for those working with seniors in independent and long-term care environments. Topics include the difference between ethics and morals as well as professional conduct and listening skills. Credit/No Credit only.

GERON 1053 Alzheimer's Disease and Other Dementias .5 Units*Hours: 9 hours LEC*

This course is an introduction to dementia, including Alzheimer's Disease. Topics include types of dementia, patient care, environmental issues, and strategies for understanding and responding to associated behaviors. Credit/No Credit only.

GERON 1055 Motivating Older Adults to Stay Active .5 Units*Hours: 9 hours LEC*

This course focuses on how to motivate healthy older adults to stay independent, active, and mobile. Topics include wellness, aerobic fitness, nutrition, stress, self- and group-motivation techniques, and cognition as they affect seniors. Credit/No Credit only.

GERON 1056 Suicide and the Elderly .5 Units*Hours: 9 hours LEC*

This course examines the risk of suicide among older adults including factors of loss, depression, religiosity, and poverty. Suicide prevention programs are also explored. Credit/No Credit only.

GERON 1057 Generational Interdependency .5 Units*Hours: 9 hours LEC*

This course explores the changing relationships among generations. Topics include intergenerational programming and community building, aging policy and its effects on society, and community program development. Credit/No Credit only.

GERON 1058 Aging of the Brain .5 Units*Hours: 9 hours LEC*

This course explores how the human brain works and how it ages. Emphasis is on the difference between normal aging and pathology associated with age as well as strategies to maximize healthy functioning of the brain throughout the aging process. Credit/No Credit only.

GERON 1059 Exploring Case Management as a Career .5 Units*Hours: 9 hours LEC*

This course is an overview of the roles and functions of the Case Manager in long-term care. Topics include the skills and education required to be a Case Manager and the career benefits, earnings, and advancement potential.

GERON 1060 Housing Options and Aging .5 Units*Hours: 9 hours LEC*

This course is an overview of the different housing options available for senior living. Public and private resources, financial issues, and misconceptions about senior housing are analyzed. Credit/No Credit only.

GERON 1061 Case Management: Processes and Skills .5 Units*Hours: 9 hours LEC*

This course examines the skills and processes involved in geriatric case management. The process of creating and conducting a biological, psychological, and social assessment; developing a care plan; coordinating services; and managing a caseload are explored. Focus is on communication skills and tools needed to practice ethical geriatric case management in a variety of settings. Credit/No Credit only.

GERON 1062 Gerontological Social Work .5 Units*Hours: 9 hours LEC*

This course examines the field of gerontological social work and its nature, settings, roles, skills, educational requirements, and the projected employment rates. Focus is on the increased need for educated social workers and the roles and settings in which they practice. Credit/No Credit only.

GERON 1063 Aging and Leisure Services .5 Units*Hours: 9 hours LEC*

This course explores the many facets of leisure as it applies to the aging population. Emphasis is on activities for both high and low functioning adults. Adaptive leisure programs and materials are identified. Other topics include indoor and outdoor recreation options, such as travel, lifelong learning, volunteerism, camps, and community services. Credit/No Credit only.

GERON 1064 Aging Experience in Hispanic Families .5 Units*Hours: 9 hours LEC*

This course examines the aging experience unique to Hispanics and the impact of culture, societal expectations, family roles, values, beliefs, and caregiving. Focus is on social support systems and strategies for assisting aging Hispanics and their families. Credit/No Credit only.

GERON 1065 Movement Matters .5 Units*Course Transferable to CSU**Hours: 9 hours LEC*

This course introduces the importance of movement for seniors and provides examples adapted to specific chronic conditions. Topics include movement related to Parkinson's, multiple sclerosis, osteoarthritis, osteoporosis, and Alzheimer's and other dementias. Credit/No Credit only.

GERON 1066 Aging Experience in African-American Families .5 Units*Hours: 9 hours LEC*

This course examines the economic, social, and health status of elderly African-Americans. It focuses on their unique relationship to the dominant American culture, vulnerability to specific diseases and the health care system, and family structures in the African-American community and their implications for family relationships and caregiving. Pass/No Pass only.

GERON 1067 Aging Experience in Native American Families .5 Units*Hours: 9 hours LEC*

This course examines the economic, social, and health status of elderly Native Americans. It focuses on their unique relationship to the dominant American culture, being members of sovereign nations, tribal and governmental institutions that impact their lives, family relationships, and caregiving.

GERON 1080 Understanding Licensed Residential Care .5 Units*Hours: 9 hours LEC*

This course is an introduction to the philosophy, mission, and operations of a residential care facility for the elderly (RCFE). Regulations, rights, and responsibilities of licensees are discussed. Pass/No Pass only.

GERON 1081 RCFE Licensing Regulations and Resident Services .5 Units*Hours: 9 hours LEC*

This course covers Residential Care Facilities for the Elderly (RCFE) requirements and Community Care Licensing regulations. Topics include fingerprinting and criminal record clearances, licensing regulations, psychosocial needs of residents, and specialized services. Pass/No Pass only.

GERON 1082 RCFE Facility, Residents, Records, and Food Service .5 Units*Prerequisite: GERON 1081**Hours: 9 hours LEC*

This course covers the requirements for the Residential Care Facility for the Elderly (RCFE) license. It includes physical plant requirements; resident assessment, retention, and eviction; resident records and services; and food service regulations. Pass/No Pass only.

GERON 1083 RCFE Residents and Services .5 Units*Prerequisite: GERON 1082**Hours: 9 hours LEC*

This course covers residents and services in Residential Care Facilities for the Elderly (RCFE). It includes resident accommodations, assistance, individual assessment, admission agreement, special diets, and services required. Pass/No Pass only.

GERON 1084 RCFE Medications, Reporting, Rights, Resources .5 Units*Prerequisite: GERON 1083**Hours: 9 hours LEC*

This course covers residents and services in Residential Care Facilities for the Elderly (RCFE). It includes requirements regarding resident medications, abuse reporting, residents' rights, theft and loss, and community resources. Pass/No Pass only.

GERON 1090 Independent Living Skills for the Physically/Neurologically Limited 3-5 Units*Enrollment Limitation: Physician certification of disability is required.**Hours: 54 hours LEC; 108 hours LAB*

This course explores all aspects of independent living skills necessary for students with adult-acquired physical/neurological limitations to gain successful reintegration into the community and workforce. Topics include functional mobility/fitness, activities of daily living, speech/language, and computer proficiency. An assessment of needs and goals and a Student Education Contract (SEC) determines which aspects of the course are taken. Field trips may be required. This course may be taken four times for credit, for a maximum of 12 units, emphasizing different assessed needs. Pass/No Pass only.

GERON 1091 Applied Theories of Disabilities for the Physically/Neurologically Limited 1-4 Units*Corequisite: GERON 1090**Hours: 18-72 hours LEC*

This course explores student/caregiver support systems to increase understanding and management of disabilities for students with adult-acquired physical/neurological limitations. Topics include self-esteem and using community resources to facilitate reintegration into the community and workforce. An assessment of needs and a Student Education Contract (SEC) determines which aspects of the course are taken. This course may be taken four times for credit, for a maximum of eight units, emphasizing different assessed needs. Pass/No Pass only.

GERON 1092 Orientation to the Community for the Physically Limited 1-4 Units*Corequisite: GERON 1091**Hours: 18-72 hours LEC; 54-216 hours LAB*

This course provides experience for students with physical disabilities to explore educational, recreational, and vocational opportunities in the community. It includes an orientation session and field trips into the community. This course is designed for students with a physician's certification of adult-acquired disability. An assessment of needs and goals and an Student Education Contract (SEC) determines which aspects of course are taken. This course may be taken four times for credit, for a maximum of eight units, emphasizing different assessed needs. Pass/No Pass only.