

## HLTHAGE 3N03 - AGING AND MENTAL HEALTH Fall 2018

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**Lecture:** Mondays 11:30-12:20pm,  
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## **Course Description**

This course will examine the mental health of older adults from a variety of perspectives. Key topics include changes in cognitive functioning, dementia, assessment protocols, treatment methods, and older adults' sources of resilience.

## **Course Objectives**

By the end of the course students should be able to:

- identify and describe several theoretical perspectives of mental health and aging;
- describe the experience of different mental illnesses, including the signs and symptoms, assessment protocols and treatment for the illnesses;
- describe the context in which mental health and aging occur in Canada, including consideration of the healthcare system, changing family structure, and various identities (culture, gender, race, sexual orientation, among others);
- use critical thinking to challenge the way in which aging and mental health is represented in society; and
- apply your knowledge to develop a plan of care for an older adult with mental illness or mental health problems.

## **Required Materials and Texts**

- Any readings for the course will be made available on Avenue to Learn

## **Class Format**

Class format is lecture only. Three broad areas of focus will be introduced: theories, mental illness, and the context. Lecture outlines will be posted on Avenue to Learn.

## **Course Evaluation – Overview**

1. Test #1 – 20%, held in class September 26<sup>th</sup>
2. Test #2 – 20%, held in class November 5<sup>th</sup>
3. Assignment #1 – 15%, due November 14<sup>th</sup> via Avenue to Learn
4. Assignment #2 – 20%, due December 3<sup>rd</sup> via Avenue to Learn
5. Final exam – 25%, held during exam period (Dec 7-Dec 20)

## **Course Evaluation – Details**

### **Test #1 (20%), held in class September 26<sup>th</sup>**

Material from weeks 1 through 4 will be assessed using multiple choice and short answer questions.

**Test #2 (20%), held in class November 5<sup>th</sup>**

Material from weeks 5 through 9 will be assessed using multiple choice and short answer questions.

**Assignment #1 (15%), due November 14<sup>th</sup>**

Provide a critique of representation of mental health and aging in movies. Watch a movie from the list of movies provided. Using the guide questions, provide a critique of how mental health and aging is represented by connecting course content. More information for this assignment is posted on Avenue to Learn.

**Assignment #2 (20%), due December 3<sup>rd</sup>**

Apply your knowledge of mental illness/mental health in older adults. Pick an older adult profile from a provided list. Using the knowledge you have gained in the course, write a plan of care to address the mental illness/health of the individual described in the case. Describe factors you will need to consider in your plan as well as a description of an existing program/service for mental illness/mental health for older adults. More information, including guiding questions, are provided on Avenue to Learn to help in your analysis.

**Final exam (25%), TBA, during exam period (Dec 7-Dec 20)**

Material from weeks 10 through 14 will be assessed using multiple choice and short answer questions.

**Weekly Course Schedule and Required Readings**

**Week 1 (Sept 5)**

Sept 5 – Introduction to aging and mental health

**Week 2 (Sept 10, 12)**

Sept 10 – The basis for positive mental health

Sept 12 – Psychodynamic model

**Week 3 (Sept 17, 19)**

Sept 17 – Cognitive behavioural model

Sept 19 – Stress and coping model

**Week 4 (Sept 24, 26)**

Sept 24 – Family system model

Sept 26 – Test 1

Notes: Test #1 held in class

**Week 5 (Oct 1, 3)**

**Oct 1 – Introduction to mental illness and an aging population**

**Oct 3 – Cognitive impairment and neurocognitive disorders**

**Week 6 (Oct 8-12): Reading Week**

**Oct 8-Oct 12 – Reading Week**

**Week 7 (Oct 15, 17)**

**Oct 15 – Depression, anxiety, bipolar, suicide**

**Oct 17 – Schizophrenia and late-life psychoses**

**Week 8 (Oct 22, 24)**

**Oct 22 – Hoarding, post-traumatic stress disorder**

**Oct 24 – Substance use and mental illness**

**Week 9 (Oct 29, 31)**

**Oct 29 – Comorbidities and treatment burden**

**Oct 31 – Test #2**

Notes: Test #2 held in class

**Week 10 (Nov 5, 7)**

**Nov 5 – Introduction to the context of mental health and aging**

Notes: Assignment #1 help

**Nov 7 – The health care system**

**Week 11 (Nov 12, 14)**

**Nov 12 – Prevention and early detection; the importance of mental health first aid and mental health literacy**

**Nov 14 – Treatment, interventions, programs across the system (community to long-term care)**

Notes: Assignment #1 due

**Week 12 (Nov 19, 21)**

**Nov 19 – Outside traditional treatment: Arts-based therapy, recreational therapy, pets**

**Nov 21 – The importance of advance care planning, death and dying**

Notes: Assignment #2 help

**Week 13 (Nov 26, 28)**

**Nov 26 – Emergence of positive psychology: Stories of mental illness resilience, recovery, and aging**

**Nov 28 – Factors of gender, culture, religion, sexual orientation, multigenerational families: Inequities and multi-stigma**

**Week 14 (Dec 3, 5)**

**Dec 3 – Research approaches to mental health and aging**

Notes: Assignment #2 due

**Dec 5 – Research approaches to mental health and aging continued**

Notes: Exam review

**Course Policies**

**Submission of Assignments**

All assignments are to be submitted online via the Avenue to Learn drop-box by the deadline noted on the course outline. Assignments are to be formatted using the American Psychological Association (APA) 6<sup>th</sup> Edition guidelines. Your assignment should be typed using Microsoft Word, double-spaced in 12-point Times New Roman font, 1-inch margins. See Avenue to Learn for an APA-formatted paper example as a guide.

**Grades**

Grades will be based on the McMaster University grading scale:

<b>MARK</b>	<b>GRADE</b>
90-100	A+
85-90	A
80-84	A-
77-79	B+
73-76	B
70-72	B-
67-69	C+
63-66	C
60-62	C-
57-59	D+
53-56	D
50-52	D-
0-49	F

**Late Assignments**

Extensions for course assignments will only be granted under conditions of medical, family, or other extraordinary circumstances. All other late assignments will be

penalized at a rate of 5% per day. Late assignments will not be accepted after 7 days beyond the original deadline without appropriate documentation from the Office of the Associate Dean of Social Sciences. There will be no redistribution of grade breakdown for missed assignments.

### **Absences, Missed Work, Illness**

It is the student's responsibility to get all missed material and announcements made in class due to absence for any reason. When applicable, the student is required to complete a [McMaster Student Absence Form](https://socialsciences.mcmaster.ca/current-students/absence-form) via MOSAIC (<https://socialsciences.mcmaster.ca/current-students/absence-form>) for missed work, and then contact the instructor. There will be no redistribution of grade breakdown for missed work (assignments or tests).

### **Avenue to Learn**

In this course we will be using Avenue to Learn. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

### **Turnitin.com**

In this course we will be using a web-based service (Turnitin.com) to reveal plagiarism. Students will be expected to submit their work electronically to Turnitin.com and in hard copy so that it can be checked for academic dishonesty. Students who do not wish to submit their work to Turnitin.com must still submit a copy to the instructor. No penalty will be assigned to a student who does not submit work to Turnitin.com. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., on-line search, etc.). To see the Turnitin.com Policy, please to go [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

## **University Policies**

### **Academic Integrity Statement**

You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behavior can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one's own or for which credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.

### **Academic Accommodation of Students with Disabilities**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail [sas@mcmaster.ca](mailto:sas@mcmaster.ca). For further information, consult McMaster University's Policy for [Academic Accommodation of Students with Disabilities](#).

### **Religious, Indigenous and Spiritual Observances (RISO)**

The University recognizes that, on occasion, the timing of a student's religious, Indigenous, or spiritual observances and that of their academic obligations may conflict. In such cases, the University will provide reasonable academic accommodation for students that is consistent with the Ontario Human Rights Code.

Please review the [RISO information for students in the Faculty of Social Sciences](#) about how to request accommodation.

### **Faculty of Social Sciences E-mail Communication Policy**

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student's own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student's responsibility to ensure that communication is sent to the university from a McMaster account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his/her/their discretion. It is strongly encouraged to use communication via email rather than through Avenue to Learn to prevent possible delay.

### **Course Modification**

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the

opportunity to comment on changes. It is the responsibility of the student to check his/her/their McMaster email and course websites weekly during the term and to note any changes.