

## HLTHAGE 3N03 - AGING AND MENTAL HEALTH Winter 2019

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**Lecture:** Mondays 10:30-11:20pm,  
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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 – 35%, held in class February 27<sup>th</sup>
2. Test #2 – 20%, held in class March 27<sup>th</sup>
3. Assignment #1 – 20%, due March 13<sup>th</sup> via Avenue to Learn
4. Assignment #2 – 25%, due April 9<sup>th</sup> via Avenue to Learn

## **Course Evaluation – Details**

### **Test #1 (35%), held in class February 27<sup>th</sup>**

Material from weeks 1 through 6 will be assessed using multiple choice and short answer questions.

### **Test #2 (20%), held in class March 27<sup>th</sup>**

Material from weeks 8 through 11 will be assessed using multiple choice and short answer questions.

**Assignment #1 (20%), due March 13<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. This assignment is done on your own. More information for this assignment is posted on Avenue to Learn.

**Assignment #2 (25%), due according to presentation timeslot (Apr 1-8)**

Apply your knowledge of mental illness/mental health in older adults by developing an infographic and elevator pitch in a Dragon's Den style assignment. You will work in groups of 2-3. More information, including guiding questions, are provided on Avenue to Learn to help in your pitch.

**Weekly Course Schedule and Required Readings**

**Week 1 (Jan 7, 9)**

Jan 7 – Introduction to aging and mental health

Jan 9 – Biopsychosocial perspective; Cognitive behavioural model

**Week 2 (Jan 14, 16)**

Jan 14 – Introduction to mental illness and an aging population

Jan 16 – Cognitive impairment and neurocognitive disorders

**Week 3 (Jan 21, 23)**

Jan 21 – Depression, anxiety, bipolar, suicide

Jan 23 – Schizophrenia and late-life psychoses

**Week 4 (Jan 28, 30)**

Jan 28 – Hoarding, post-traumatic stress disorder

Jan 30 – Substance use and mental illness

**Week 5 (Feb 4, 6)**

Feb 4 – Emergence of positive psychology: Stories of mental illness resilience, recovery, and aging

Feb 6 – Research approaches to mental health and aging

**Week 6 (Feb 11, 13)**

Feb 11 – Introduction to the context of mental health and aging

Feb 13 – Factors of gender, culture, religion, sexual orientation: Inequities and multi-stigma

**Week 7 (Feb 18-22) – Reading Week**

Feb 18-22: Reading Week

**Week 8 (Feb 25, 27)**

**Feb 25** – Social network typology

**Feb 27** – **Test #1 (in class)**

**Week 9 (Mar 4, 6)**

**Mar 4** – Family system model

**Mar 6** – Stress and coping model

Note: Assignment 1 help

**Week 10 (Mar 11, 13)**

**Mar 11** – The health care system

**Mar 13** – Prevention and early detection; the importance of mental health first aid and mental health literacy

**Note: Assignment 1 due**

**Week 11 (Mar 18, 20)**

**Mar 18** – The importance of advance care planning, death and dying

**Mar 20** – Treatment, interventions, programs across the system: Traditional and not-so traditional (arts-based therapy, exercise, pets)

**Week 12 (Mar 25, 27)**

**Mar 25** – Poster help: No lecture

**Mar 27** – **Test 2 (in class)**

**Week 13 (Apr 1, 3)**

**Apr 1** – Elevator pitch presentations

**Apr 3** – Elevator pitch presentations

**Week 14 (Apr 8)**

**Apr 8** – Elevator pitch presentations

**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).

## Requests for Relief for Missed Academic Term Work

### McMaster Student Absence Form (MSAF)

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar "Requests for Relief for Missed Academic Term Work".

## 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.

### **Authenticity / Plagiarism Detection**

In this course we will be using a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. Students will be expected to submit their work electronically either directly to Turnitin.com or via Avenue to Learn (A2L) plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish to submit their work through A2L and/or Turnitin.com must still submit an electronic and/or hardcopy to the instructor. No penalty will be assigned to a student who does not submit work to Turnitin.com or A2L. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., on-line search, other software, etc.). To see the Turnitin.com Policy, please go to [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

### **Course Modification**

The instructor reserves the right to modify elements of the course during the term. If any 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 McMaster email and course websites weekly during the term and to note any changes.

## **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:

- Plagiarism, e.g. the submission of work that is not one's own or for which credit has been obtained.
- Improper collaboration in group work.
- 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](#).

### **Academic Accommodation for Religious, Indigenous or Spiritual Observances (RISO)**

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students requiring a RISO accommodation should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

### **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.

### **Extreme Circumstances**

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.