MENTOR HANDBOOK FOR ISSUES OF AGING

CAPITAL WORKFORCE PARTNERS

A partner in CTWORKS

Introduction:

Thank you for taking the time to be a mentor. This handbook is a general overview of what the students are learning in their class each week with additional space provided for you to make notes for future discussions with your mentee or and other members of the learning community.

The learning objectives are listed for each week, and are meant to be a guide to assist you in knowing what concepts were learned in class and assist the mentee in translating them to their work environment. The mentee will have a weekly journaling activity that reinforces these objectives and that will direct them to seek specific examples of these concepts in their work. Weekly course work will include an overview of the physical, psychological, and social aspects of aging within the foundation of work based competencies like sensitivity awareness, cultural diversity, customer satisfaction, and quality of life issues.

In addition to the weekly learning objectives there are course objectives listed below to give you a greater understanding of the overall expectations for your mentee at the conclusion of the six weeks. The general course objectives are meant to provide the mentee with a general awareness of the issues of aging and the need to incorporate this awareness in care delivery.

Finally, we included a copy of the PowerPoint for your reference.

COURSE OBJECTIVES:

Upon the completion of this course the student will be able to:

1. List and define physical, psychological and physiological changes with aging and the impact on the individual and their care giver.

2. Identify and evaluate their own personal feelings about the aging process through their participation in experiential activities.

3. Identify similarities and differences between cultures and be able to identify the need to provide individualized quality care based upon those findings.

4. Identify the role sexuality plays in the life of an older individual.

5. Research and explore various methods to ensure physical and emotional safety for older individuals (prevention of falls and injuries/depression /isolation and loss/preparing and coping with death of others and themselves).

6. List and define the terminology associated with aging and medical issues common to aging.

7. Demonstrate how to conduct a life review program through role play and articulate how to assist an individual in leaving a legacy.

8. Discuss ways to treat older individuals with care and respect. Discuss the concept of culture change and name 6 ways to incorporate culture change in a long - term care setting.

Week 1: **(Slides 1 – 9)**

What is aging?

a. Define ageism –What is it?

b. Discuss how we age -Demographics of aging.

c. Discuss of the history of aging in America/various cultures.

d. Discuss stereotypes of aging. List at least 6 negative stereotypes concerning aging.

e. Discuss fear of aging through discussion of literature and advertising materials.

f. Participate in experiential activity about aging and be able to articulate one's feelings about the aging process.

Notes:

Week 2: **(Slides 10 – 16)**

The Aging Process (Physical Changes)

a. List at least ten physical changes which occur as a result of the aging process.

b. Identify and or demonstrate at least 4 ways to prevent falls and other physical injuries common to an older individual.

c. Identify at least 6 physical disabilities/diseases/disorders common to the aging individuals and the impact of the symptoms on an individual and their care giver.

d. Identify 4 ways that restructuring the environment can have a positive impact on the safety of an older individual.

e. Identify at least 3 ways a caregiver can assist in improving the physical issues of an older individual through physical activities/nutrition and wellness etc.

Notes:

Week 3: **(Slides 17 – 21)**

The Aging Process (Sociological Changes)

a. List at least 5 sociological changes that that occur as a result of the aging process.

b. Identify at least 4 ways a caregiver can assist in alleviating the negative impact of the aging process concerning social issues such as isolation, depression and loss.

c. Discuss the impact of aging on family members.

d. Research and explore various cultural differences concerning and aging and the care of an older individual.

e. Discuss sexuality related to an older individual.

Notes: