Special Topics Course: COUN 5389 - Counseling Elderly and Families

Fall 2023

Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION

Course Dates: Aug 28th – Dec. 15th Class Meeting Time: Tuesdays 6-845pm *This course meets face-to-face (Warrior Hall Room 314), with supplemental materials made available online through the* A&M-Central Texas Canvas Learning Management System [https://tamuct.instructure.com/].

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Dr. Jeremy Berry, Ph.D, LPC-S, NCC Office: 318F Phone: 806-281-8400 Email: jeremy.berry@tamuct.edu

Office Hours: Monday 1-2:30; Tuesday 1- (3Virtual) 5-6 in-person ; Wednesday 11-4 (Virtual)

Student-instructor interaction:

I will check emails daily and make every effort to respond withing 24 hours. However, alternative options for communication, such as phone, bookings appointments, and canvas communications will also be discussed in class.

Emergency Warning System for Texas A&M University-Central Texas

SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app.

You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the <u>SafeZone</u> website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:

- 1. Download the SafeZone App from your phone store using the link below:
 - o <u>iPhone/iPad</u>: [https://apps.apple.com/app/safezone/id533054756]
 - o Android Phone / Tablet

[https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp]

- 2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)
- 3. Complete your profile and accept the terms of service

For updates on COVID information, please monitor the University <u>website</u> [https://www.tamuct.edu/covid19/]

COURSE INFORMATION

Course Overview and description

This course provides a didactic background in counseling older adults and their families. The first part of the course provides basic information on common mental health problems of later life and how to assess them. The second part introduces the student to basic knowledge about counseling theories and their application to problems in later life, including grief and adjustment to chronic illness.

Course Objective or Goal Student Learning Outcomes

1.Demonstrate a broad understanding of common mental health issues and their symptoms in older adults and familiarity with the service systems in which older adults receive counseling services.

2.Describe fundamental concepts of helping and counseling relationships, specifically those involving older adults.

3.Effectively communicate and build rapport with older adults on a basic level.

Required Reading and Textbook(s): There is no required textbook for this course. You will be provided materials from various sources via the canvas learning management system. You will need to access and check canvas regularly to have success in this course. I will also make recommendations throughout the course (sharing links via canvas) to books and supplemental reading that will enhance your knowledge of this topic.

COURSE REQUIREMENTS

Course Requirements: (include point values for each- not just a percentage)

Web-Enhanced Class Discussions (10% of your Grade): This course will have weekly discussions (posted for most weeks) which will require each student to respond to a prompt in canvas on a specific topic related to older adults. Students are encouraged to respond to one another, but your grade comes specifically from your response to the original post. These are meant to enhance the classrooms discussions.

Review Paper on a Topic in Aging (30% of your Grade): Each student will write a review paper on a topic related to aging adults. Some suggested topics (feel free to explore your own ideas) include:

Volunteerism and Aging Successful Aging Depression in Older Adults Anxiety in Older Adults Life Review Intervention for Older Adults Alzheimer's Disease and Dementia in Older Adults Substance Abuse Interventions in Older Adults LGBT Issues in Aging Spirituality and Aging Grief and Loss in Aging

Use APA style. Papers should be approximately 10 pages not including references. --> Paper structure -- clarity, logical development & flow, proper grammar, be well-organized and current with references between 2013 and 2023 --> Use evidence-based knowledge for older adults --> Not only a description, but strong and clear evidence of a critical analysis of the literature --> Integration of theoretical framework of the topic --> Cultural competence issues related to topic.

Presentation on Social Issues Impacting the Elderly (30% of your Grade): Each student will present a 15 minute presentation on a topic related to social issues in aging adults. Some suggested topics (Explore others you may have interest) include:

Living alone Family violence/abuse Loss of a spouse Aging-related cognitive impairments Disabilities Transport issues or independence issues

Student must have a visual aid (powerpoint, prezi, video, etc.), to receive the best possible grade, students should be prepared for this presentation and should not read off of note cards.

Caregiver Interview Paper (30% of your Grade): The student will conduct an interview with a primary caregiver of an elderly adult and write a 4–6-page summary paper in current APA format. A 150–250-word abstract must be included in the paper. The focus of the paper is the experiences of the caregiver. I would recommend 1-3 pages of this paper to be a short review of the literature surrounding care givers. References should not be older than 10 years.

Grading Criteria Rubric and Conversion

Rubrics will be provided via Canvas.

Posting of Grades

Grades will be posted on the Canvas Gradebook. I will do my best to post grades within two weeks of assignment submission. Please check Canvas for grades and feedback on assignments.

Grading Policies

You can request one (1) 48-hour extension on an assignment. Please send an email to request this extension. Assignments will have due dates posted in Canvas (typically Sunday evenings 11:59pm). Rather than levying late penalties on assignments that are turned in late, submission of an assignment after the posted deadline will result in a loss of points for "professionalism." However, assignments will not be eligible for credit (i.e., grade of 0 assigned) if they are not submitted within <u>one week of the posted deadline</u>. If significant (documented) life events (e.g., illness) interfere with your ability to meet a deadline, you and the instructor will discuss whether late submission will result in loss of points and/or if submission past the 1-week cutoff would be permissible. The final decision will be made by the instructor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

Week	Class Meets	Topics For Week	Assignments Due
Week 1: Aug. 29	Face to Face Class	Ethical Issues in Counseling Older Adults	Discussion Board
Week 2: Sept. 5	Face to Face Class	Dementia & Delirium	Discussion Board
Week 3: Sept. 12	Face to Face Class	Anxiety, Depression & Suicide in Older Adults	Discussion Board
Week 4: Sept. 19	Face to Face Class	Serious Mental Illness: Paranoia, Schizophrenia and Paraphrenia	Discussion Board
Week 5: Sept. 26	Face to Face Class	Substance Abuse: Alcohol, Prescription Medications and Other addictions	Discussion Board
Week 6: Oct. 3	Face to Face Class		Discussion Board

		Life Review and Interpersonal	
		Psychotherapy	
Week 7: Oct. 10	Face to Face Class	Death and Dying	Discussion Board
Week 8: Oct. 17	Face to Face Class	Transference and Countertransference	Discussion Board
Week 9: Oct. 24	Face to Face Class	Cognitive and Behavioral Approaches to Illness and Disability in Later life	Discussion Board
Week 10: Oct. 31	Face to Face Class	Sexuality in Later Life	Discussion Board
Week 11: Nov. 7	Face to Face Class	Evaluating Therapy with Older Adults	Discussion Board
Week 12: Nov. 14	Face to Face Class	Family Systems Viewpoints and Counseling the Elderly	
Week 13: Nov. 21	NO CLASS THIS WEEK		
Week 14: Nov. 28	Face to Face Class	LGBT Issues in Aging Adults	Discussion Board

Week 15: Dec. 5	Face to Face Class	Aging Adults	Discussion Board Review Paper Due Presentation Day 1
Week 16: Dec. 12	Face to Face Class	Psychological Interventions in the Nursing Home Settings	Presentation Day 2

Important University Dates

https://www.tamuct.edu/registrar/academic-calendar.html

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. We strongly recommend the latest versions of Chrome, Firefox, Edge, or Safari browsers. Canvas will run on Windows, Mac, Linus, iOS, android, or any other device with a modern web browser. **Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [https://tamuct.instructure.com/] or access Canvas through the TAMUCT Online link in myCT [https://tamuct.onecampus.com/] by clicking on the "TAMUCT Online Canvas" tile. You will then log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help tab, located at the bottom of the left-hand menu, for issues with Canvas. You can search the support articles or use the Email, Call, or Chat buttons at the bottom of the support pop-up to contact the Canvas Help Desk.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

Texas A&M University-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio requires use of the Chrome web browser with their custom plug in installed.

Other Technology Support

For log-in problems, students should contact Help Desk Central, 24 hours a day, 7 days a week.

Email: <u>helpdesk@tamu.edu</u> Phone: (254) 519-5466 <u>Web Chat</u>: [http://hdc.tamu.edu] *Please let the support technician know you are an A&M-Central Texas student.*

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Warrior Center for Student Success

The Warrior Center for Student Success is a comprehensive academic support department at A&M-Central Texas, dedicated to fostering an environment of excellence and empowerment among its student body. The center offers a wide range of programs and services to ensure every student reaches their full potential, and is a haven for students seeking guidance, resources, and a strong support network to excel in their educational journey.

ADA Access and Accommodations: Texas A&M University-Central Texas ensures that students with disabilities have equal access to educational opportunities by providing appropriate accommodations and support services. If you believe you have a physical, learning or socioemotional disability requiring reasonable accommodations, please visit <u>Access and</u> <u>Inclusion</u> [https://www.tamuct.edu/student-affairs/access-inclusion.html] for more details or contact the Office of Access and Inclusion, WH-212; (254) 501-5836. Any information you provide is private and confidential.

Success Coaching and Peer Mentoring: Our experienced Success Coaches work one-on-one with students to develop personalized action plans, set academic goals, and build effective study strategies, time management skills, and resilience. Our Peer Mentors provide a valuable support system, offering guidance, encouragement, and a relatable perspective to help students navigate their academic and personal challenges. For more details call 254-501-5836 or 254-501-5928 or visit <u>Academic Support</u> [https://www.tamuct.edu/student-affairs/academic-support.html]. Click the link to schedule a session (virtual or in-person) with a success coach <u>bit.ly/3q7uB50</u> or visit WH, 111.

Testing Services: We offer a secure and comfortable environment for students and members of the community to take courses and distance learning exams, as well as placement tests and professional certification exams. Our Testing Service also offers resources and support referrals for testing related challenges (test anxiety, learning disabilities, etc.) and supports all approved ADA accommodations. Call (254) 519-5830 or visit the <u>Testing</u> <u>Center</u> [https://www.tamuct.edu/testing-center/].

Tutoring and Supplemental Instruction Services: Our team of qualified Tutors and Supplemental Instructors assist students in various non-writing subjects, promoting academic comprehension and enhancing learning outcomes. Click the link to schedule a tutoring session with a TAMUCT tutor (virtual or in-person) or view tutor availability <u>bit.ly/43Q6wNz</u>. You may also chat live with a remote tutor 24/7 for a variety of subjects through our partnership with Tutor.com, an online tutoring platform that is free to all TAMUCT students. To learn more please visit <u>Tutoring Services</u> [https://www.tamuct.edu/student-affairs/academic-support.html#tutoring] or call (254) 501-5836 or visit the Tutoring Hub in Warrior Hall, 111.

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Student Conduct Office. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the <u>student conduct process</u>, [https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may <u>submit a referral</u>, [https://cm.maxient.com/reporting.php?TAMUCentralTexas].

Drop Policy

If you discover that you need to drop this class, you must complete the <u>Drop Request</u> Dynamic Form through Warrior Web.

[https://federation.ngwebsolutions.com/sp/startSSO.ping?PartnerIdpId=https://eisprod.ec.tamuct.edu:443/samlsso&SpSessionAuthnAdapterId=tamuctDF&TargetResource=https %3a%2f%2fdynamicforms.ngwebsolutions.com%2fSubmit%2fStart%2f53b8369e-0502-4f36be43-f02a4202f612].

Faculty cannot drop students; this is always the responsibility of the student. The Records and Admissions Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Records and Admissions Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Records and Admissions Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Pregnant and/or Parenting Students Rights and Accommodations

Texas A&M University-Central Texas supports students who are pregnant, experiencing pregnancy-related conditions, and/or parenting. In accordance with requirements of <u>Title IX</u> and related guidance from US Department of Education's Office of Civil Rights, the Associate Dean in the Division of Student Affairs, (254) 501-5909, can assist students who are pregnant, experiencing pregnancy-related conditions, and/or parenting by provide flexible and individualized reasonable accommodations. Students should seek out assistance as early in the

pregnancy as possible through the Pregnancy & Parenting webpage

[https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. For more information, please visit <u>Student Affairs</u> [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. If you would like to read more about these <u>requirements and guidelines</u> online, please visit the website

[http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

<u>Title IX of the Education Amendments Act of 1972</u> specifically prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions

[https://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.html].

Students experiencing any form of discrimination due to any of these conditions are encouraged to reach out to the Title IX Coordinator, 254.519.5716, <u>titleix@tamuct.edu</u>, Founders Hall 317B, or the Associate Dean of Student Affairs, 254.501.5909, Warrior Hall 105.

Title IX Rights and Reporting Responsibilities

Texas A&M University-Central Texas is committed to creating a safe and open learning environment for all students. If you or another student has experienced any form of gender discrimination or sexual misconduct, including sexual harassment, sexual assault, dating/domestic violence, and/or sex-based stalking, help and support are available. Our university strongly encourages all members of our campus community to report incidents and seek support for gender discrimination and sexual misconduct through the Title IX Office. You may contact the Title IX Office at 254.519.5716, <u>titleix@tamuct.edu</u>, Founders Hall 317B, or learn more by visiting the <u>Title IX webpage</u> [https://www.tamuct.edu/compliance/titleix.html].

Please be aware that that under <u>Title IX</u>, <u>Texas Senate Bill 212</u>, and <u>System Regulation 08.01.01</u>, [https://policies.tamus.edu/08-01-01.pdf] all university employees are mandated reporters and are required to disclose information about suspected or alleged violations as listed above and defined in System Regulation 08.01.01. If the Title IX Office receives information about an incident, they will reach out to offer information about resources, rights, and procedural options as a member of the campus community. Although I have an obligation to report, you will, in most cases, control how your case will be handled. When working with the Title IX Office you will have access to resources and accommodations but also have the opportunity to express if you wish to move forward with an investigation. Our goal is to make sure you are aware of the options available to you as a student. Community members are not required to respond to this outreach.

If you or another student wishes to speak to a confidential employee who does not have this reporting responsibility, you can contact the <u>Student Wellness & Counseling Center</u>, [https://www.tamuct.edu/student-affairs/student-counseling.html], 254.501.5955, or <u>swacc@tamuct.edu</u>, located in Warrior Hall Room 207L or the Student Support Advocate, 254.501.5978 or <u>ssa@tamuct.edu</u>, located in founder Hall Room 317D.

University Library & Archives

The University Library & Archives provides many services in support of research across campus and at a distance. We offer over 350 electronic databases containing approximately 1,203,947 eBooks and 134,750 journals, in addition to the 96,879 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. <u>Schedule an appointment here</u>

[https://tamuct.libcal.com/appointments]. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group workspaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website

[https://tamuct.libguides.com/index]

University Writing Center

Located in Warrior Hall 416 and online, the University Writing Center (UWC) at Texas A&M University–Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. The face-to-face hours of operation are from 10:00 a.m.-5:00 p.m. Monday and Thursday in Warrior Hall 416. Online tutoring is available Monday thru Thursday from 10:00 a.m.-5:00 p.m. and from 6:00-9:00 p.m. and on Saturdays from 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via <u>WCOnline</u> [https://tamuct.mywconline.com/]. In addition, you can

email Dr. Bruce Bowles Jr. at <u>bruce.bowles@tamuct.edu</u> if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

OTHER POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the <u>Title IX webpage</u> [https://www.tamuct.edu/compliance/titleix.html].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the <u>referral</u> online

[https://cm.maxient.com/reporting.php?TAMUCentralTexas].

Anonymous referrals are accepted. Please see the <u>Behavioral Intervention Team</u> website for more information [https://www.tamuct.edu/bit]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.

Copyright Notice

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

Additional Web Resources:

Advocacy Medicare Rights Center www.medicarerights.org

National Alliance for Caregiving www.caregiving.org National Association of Area Agencies on Aging www.n4a.org National Citizens Coalition of Nursing Home Reform www.nccnhr.org National Senior Citizen's Law Center www.nsclc.org Older Women's League www.owl-national.org/ Aging Organizations-General Association for Gerontology Education in Social Work http://agesw.org/ Alzheimer's Disease Education and Referral www.Alzheimers.org American Association of Retired Persons www.aarp.org American Geriatrics Society <u>www.a</u>mericangeriatrics.org American Society on Aging www.asaging.org Association for Gerontology in Higher Education www.aghe.org Gerontological Society of America www.geron.org Geriatric Social Work Initiative www.gswi.org/index new.html International Association of Gerontology www.sfu.ca/iag NASW National Office www.naswdc.org National Association for Home Care www.nahc.org National Association for Professional Geriatric Care Managers www.caremanager.org National Council on Aging www.ncoa.org Death and Dying Last Acts www.lastacts.org Midwest Bioethics www.midbio.org National Hospice and Palliative Care Org. www.nhpco.org

Demographic Data/Reports/Research

Ageline <u>www.research.aarp.org/ageline/</u> American Federation for Aging Research <u>www.afar.org/</u> Healthy People 2010: Understanding and Improving Health <u>www.health.gov/healthypeople/Default.html</u> Older Americans 2000: Key Indicators of Well Being <u>www.agingstats.gov</u> National Archives of Computerized Data on Aging <u>www.icpsr.umich.edu/nacda/</u> Resources for Women's Health and Aging www.agingresearch.org US Census Bureau Data <u>www.census.gov/</u> World Health Organization <u>www.who.int/home-page/</u> Diversity Websites National Caucus and Center on Black Aged <u>www.ncba-blackaged.org</u> National Indian Council on Aging <u>www.nicoa.org</u> Foundations AARP Andrus Foundation <u>www.andrus.org</u> Archstone Foundation <u>www.archstone.org</u> John A. Hartford Foundation <u>www.ihartfound.org</u> Project on Death in America <u>www.soros.org/death/</u> Robert Wood Johnson Foundation <u>www.rwjf.org</u> Governmental Agencies Centers for Medicare & Medicaid Services <u>www.ems.hhs.gov</u> National Center for Communication and Consumer Services <u>www.aoa.dhhs.gov/naic/</u> National Institute on Aging <u>www.nia.nih.gov/</u> Social Security Administration <u>www.ssa.gov</u> US Administration on Aging <u>www.aoa.gov/</u>

Selected Journals in Gerontology/Geriatrics Activities

Adaptation and Aging Journal of Applied Gerontology Aging and Mental Health American Journal of Geriatric Psychiatry American Journal of Alzheimer's Care Journal of Cross-Cultural Gerontology and Research