

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PASV 531

COURSE TITLE

RETIREMENT LIVING

TYPE COURSE

NON-FEE

ALTERNATE TITLE(S):

RETIREMENT RESOURCES

OLDER ADULT

CATALOG COURSE DESCRIPTION

This course is designed to provide the older adult with an understanding of health maintenance, consumer awareness, healthy living, current affairs and leisure-time activities. (FT)

LECTURE/LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will help the student develop:

1. Skills in selecting appropriate healthy living services.
2. Knowledge of various community services available to the older adult.
3. Awareness of housing services available to older adults.
4. Awareness of community events and current affairs.
5. Awareness of opportunities available to the older adult.
6. Ability to cope with and accept change in a positive manner.

COURSE OBJECTIVES

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

1. List the home and health services available to the older adult.
2. List and utilize community services available to the older adult.
3. Review housing services available in the community.
4. Formulate plans for pursuing and expanding an interest in community events and current affairs.
5. Describe opportunities available to the older adult.
6. Identify techniques for coping with the challenges and stresses of a changing life style.

SECTION II

COURSE CONTENT AND SCOPE

1. Community Informational Resources
 - 1.1. Information line
 - 1.2. Adult protective services
 - 1.3. Services
 - 1.4. Transportation services
 - 1.5. Others
2. Health and Home Resources
 - 2.1. Health services
 - 2.1.1. Assessment of health needs
 - 2.1.2. Obtaining health services
 - 2.1.3. Personal health care
 - 2.1.4. Common health challenges
 - 2.2. Home services
 - 2.2.1. Home help assistance

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.2.2. Home and personal care
- 2.2.3. Senior centers
- 2.2.4. Applying for services
- 2.2.5. Other
- 3. Community Involvement/Current Affairs
 - 3.1. Intellectual and social values of community activities
 - 3.2. Participation opportunities
 - 3.2.1. Community organizations/programs
 - 3.2.2. Private organizations
 - 3.2.3. Activist groups
 - 3.2.4. Volunteer opportunities
 - 3.2.5. Leisure-time activities
 - 3.3. Current affairs
 - 3.3.1. Local
 - 3.3.2. State
 - 3.3.3. Federal
 - 3.3.4. International

APPROPRIATE READINGS

Reading assignments may include, but are not limited to, instructor prepared materials, instructor selected websites, and/or materials related to retirement/aging activities, issues, and/or resources.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to, creating a schedule, plan, calendar, or resource guide, based on personal needs and information covered in the course; may include developing and documenting justifications for each entry.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, reading assignments, identifying and making adjustments and modifications to support retirement living and aging.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments may include but are not be limited to evaluating the current status of one's life, formulating a list of goals to improve quality of life, health, and/or independence, and developing an action plan toward the achievement of desired goals.

EVALUATION

The student and teacher will evaluate the success of the course using student evaluation of course content and teacher plus one or more of the following methods:

1. The student will set goals and evaluate the achievement of these goals upon completion of the course.
2. Student attendance.
3. Student will demonstrate knowledge of financial, legal, health, housing and transportation resources by participating in class activities and discussions.
4. Student will provide a plan for enrichment activities including recreation and community involvement.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to, lecture, discussions, films, guest speakers, and field trips.

This course or sections of this course may be offered through distance education.

TEXTS AND SUPPLIES

Community Resources for Older Adults; Programs and Services in an Era of Change, Robbyn R. Wacker and Karen A. Roberto, Sage Publications, Inc., NY, current edition
Introduction to Aging: A Positive, Interdisciplinary Approach, Judith A. Sugar Ph.D. and Robert Riekse, Ed.D., W. W. Norton & Company, current edition

PREPARED BY Pat Mosteller

DATE June 3, 2020

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog