

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PASV 532

COURSE TITLE

LIFE ENRICHMENT – OLDER ADULT

ALTERNATE TITLE(S):

TYPE COURSE

NON-FEE

OLDER ADULT

CATALOG COURSE DESCRIPTION

This course provides the older adult an understanding of opportunities and challenges related to healthy living for seniors. Curricula includes research and current trends in community and consumer resources, retiree opportunities, technology awareness, and leisure activities that support independent, positive, and purposeful aging. (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.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

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

The student will:

1. Develop an awareness of community resources and services that promote independence for older adults.
2. Gain knowledge of services available to older adults.
3. Gain skills in assessing and accessing reliable services and resources.
4. Learn about and experience retiree leisure activity options and services.
5. Gain an awareness of community events and current affairs.
6. Learn how to identify meaningful and productive opportunities available to retirees.
7. Learn how to use technology to access information and resources relevant to class curricula.
8. Learn about services available to assist with coping with senior life and aging.
9. Explore community resources that provide leisure, educational, and independence services and opportunities, through virtual and/or firsthand experience.

COURSE OBJECTIVES

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

1. Describe community resources available to older adults.
2. List and utilize traditional and nontraditional services, available to the older adult.
3. Identify and access local older adult support services.
4. Identify and list leisure activities available in the community for seniors.
5. Develop plans for pursuing and expanding an interest in the community.
6. Describe meaningful and productive opportunities available to seniors.
7. Discuss techniques and services for coping with changing life style, retirement and aging.
8. Demonstrate use of technology such as a computer, laptop, or digital devices to access or gain knowledge about community resources available to older adults.

SECTION II

COURSE CONTENT AND SCOPE

1. Community and Consumer Services
 - 1.1. Public services
 - 1.2. Private services

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.3 Disability Services
2. Retiree Opportunities
 - 2.1. Community organizations/involvement
 - 2.2. Employment and volunteer opportunities
 - 2.3. Education
3. Positive aging
 - 3.1. Lifestyle
 - 3.2. Support programs
 - 3.3. Resources and services
 - 3.4. Stress reduction
 - 3.5. Education
4. Technology Awareness
 - 4.1. Hardware
 - 4.2. Software
 - 4.3. Applications
 - 4.4. Internet
5. Leisure Time Activities
 - 5.1. Resources
 - 5.2. Activities
 - 5.3. Planning and coordination

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 and participation.
3. Student will demonstrate knowledge of community resources and lifestyle options 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

Textbooks may include:

AgeProof: Living Longer Without Running Out of Money or Breaking a Hip Hardcover, Jean Chatzky, Hachette Publishing, 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

100 Things to Do in San Diego Before You Die, Maria Desiderata Montana, Reedy Press LLC, current edition

Websites may include:

AARP (<https://www.aarp.org/>)

GCF Learn Free (<https://edu.gcfglobal.org/en/>)

Connect Safely (<https://www.connectsafely.org/seniors/>)

PREPARED BY: Pat Mosteller

DATE: June 3, 2020

REVISED BY: _____

DATE: _____

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