

Practical Issues in Aging: Caregiving

GRO 601-03

May 19-20, 2006

Instructor: Debra Dobbs, Ph.D.

Email: debra_dobbs@unc.edu

Work phone: 919-843-3084

Home phone: 919-768-7499

Location: 119 McIver Street

Dates: Friday, May 19, 2006, from 3:00 p.m. to 9:00 p.m.

Saturday, May 20, 2006 from 8:00 a.m. to 5:00 p.m.

Course description: This course is focused on the role that families play in providing long-term care for older adults. Both micro and macro aspects of family care will be examined. Through assigned textbook readings and discussion, students will learn about the demographics and social factors that have made caring for older adults an imminent social problem. Attention will be given to caregiver burden and unique challenges of caring for certain subpopulations of elders (e.g., those with dementia or Alzheimer's Disease, those with physical frailties, those in need of end of life care, diverse minority populations, and the role of family in the care for persons in assisted living and nursing homes). Students will learn about interventions that have been done in caregiving research to improve caregiver outcomes (e.g., burden, stress, work situations). Finally, the course will highlight public policies and service programs at the national, state and local levels that influence the care context and affect the individual caregiver.

Requirements: It is expected that students will come prepared in advance by reading the assignments prior to the start of the two-day course so as to facilitate in-depth class discussions and be able to complete any in-class activities that will be assigned.

Required readings: There are two textbooks assigned for the course that are available at the UNC Greensboro bookstore:

Lustbader, W. & Hooyman, N.R. 1994. *Taking Care of Aging Family Members: A Practical Guide*. New York: Free Press

Olson, Laura K. 2003. *The Not-So-Golden Years: Caregiving, the Frail elderly, and the Long Term Care Establishment*. New York: Rowman & Littlefield Publishers.

Course assignment: Short paper (5-6 pages double spaced) due on Friday, June 9th (emailed to instructor) on a topic related to caregiving for certain subpopulations or a U.S. public policy (or compare another culture's public policy on long term caregiving to a U.S. public policy) and the affects of what your topic is on caregiver outcomes.

Course Schedule:

Friday, May 19th, 2006

3:00 – 3:15 p.m.	Introductions
3:15 – 4:00 p.m.	Demographics of Caregivers – Who, What and Why? - Lustbader, Ch. 2 & 4 - Olson, Ch. 3 (pp. 49 – 59) & Ch. 6
4:00 – 4:30 p.m.	Lifecourse perspective assignment
4:30 – 5:30 p.m.	Sally White, Director of Education Adult Center for Enrichment
5:30 – 6:15 p.m.	Dinner Break
6:15 – 7:00 p.m.	Review lifecourse assignment and group discussion
7:00 – 8:00 p.m.	Alzheimer's and Dementia Caregiving and film: Complaints of a Dutiful Daughter Lustbader, Ch. 7
8:00 – 8:30 p.m.	Coping with Physical Limitations Lustbader, Ch. 8 & 9

Homework assignment: Come prepared to discuss what services and programs are available in your local community for caregivers and older adults.

Day Two:

8:00 a.m. – 10:00 a.m.	End of Life and Advance Planning Film: On our own terms. - Lustbader, Ch. 5 - Project Compassion and Caring Connections website
10:00 – 10:15 a.m.	Break
10:15 – 11:00 a.m.	The costs of caregiving (emotional, physical health and financial consequences) - Lustbader, Ch. 1, 3 & 9 - Olson, Ch. 3 (pp. 59 – 71)
11:00 – 12:00	What have researchers done to improve the caregiver outcomes?
12:00 – 12:30 p.m.	Lunch Break
12:30 – 2:00 p.m.	Long Term Care Programs and Services - Lustbader, Ch. 10, 11, 14 & 15 - Olson, Ch. 2, 7 &
2:00 – 3:00 p.m.	Risa Hanau – Hospice of Greensboro
3:00 – 3:15 p.m.	Break
3:15 – 4:00	Future of Care Work, Review Homework Assignment and Discuss Paper Project Due (due Friday, June 9 th) Olson, Ch. 9