

**UNIVERSITY OF SOUTH FLORIDA  
DEPARTMENT OF GERONTOLOGY**

**Course Syllabus**

COURSE NUMBER AND TITLE	:	GEY 6934, Family Caregiving in Aging and Chronic Illness
CREDIT HOURS	:	Three (3) Semester Hours; 45 clock hours
SEMESTER, DAY AND TIME OFFERED	:	Spring Semester 2001, 2-4:50 Tuesdays, Vasey Room, SOC 254
FACULTY	:	William E. Haley, Ph.D.
OFFICE AND EXTENSION	:	SOC 206; 974-9739
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OFFICE HOURS	:	Tuesdays 12-2 and by appointment

**CATALOG DESCRIPTION:** The course will overview descriptive information on the increasing demand for family members to care for individuals with chronic illness; the mental and physical health consequences of caregiving; stress process models of caregiving; cultural diversity issues and family caregiving; and clinical and public policy interventions to assist family caregivers. Special attention will be paid to the role of family caregiving for older adults with Alzheimer's disease, cancer, and terminal illness.

**COURSE OBJECTIVES:**

1. Review factors that have led to increasing demand for family members to provide informal care for disabled older adults.
2. Examine the roles and demands faced by caregivers for older adults with Alzheimer's disease, cancer, and terminal illness.
3. Investigate the mental and physical health consequences of caregiving, as well as the social and economic impact of caregiving.
4. Review stress process models of family caregiving.
5. Study how cultural diversity affects the experience of family caregiving.
6. Examine services and interventions available to assist family caregivers.
7. Discuss the public policy implications of family caregiving in an aging society.
8. Helping students gain experience in understanding both the "real world" experience of caregiving, as well as an understanding through research.
9. Helping students become critical thinkers capable of critiquing research on family caregiving, and develop empirically based approaches to practice and policy with caregivers.
10. Helping students gain experience in written and spoken presentation of their work.

**FORMAT:** This course will consist of weekly interactive seminars with students assuming a highly participatory role.<sup>1</sup> Students will be expected to complete reading assignments by the date shown so that they can fully participate in class discussion.

**COURSE REQUIREMENTS AND EVALUATION METHODS:** Course requirements and evaluation methods are as follows:

1. Written critique of 3 journal articles (25 points each).
2. Quality of oral presentation (25 points).
3. Doctoral students will complete a term paper (100 points). Other graduate students may complete a book review (100 points) instead of a term paper after consultation with the instructor.
4. Midterm examination (take home) (50 points).
5. Final examination (take home) (50 points).

The journal article critiques will follow a format to be distributed in class. These critiques will be completed after the class has jointly critiqued several articles as a group so that students will have sufficient experience to complete this successfully. The written critiques will be used to spark class discussion on the research articles assigned.

The term paper will focus on a special topic in the area of family caregiving that is of interest to the student. Examples might include a review of family caregiving for a condition not covered in the course (stroke, spinal cord injury), or a detailed investigation into a topic covered in lesser detail in the course (such as bereavement experiences after extensive caregiving). If elected, the book review will follow a format to be provided. A published example of a book review published by the instructor will be distributed that can serve as a guide to this effort.

The midterm exam and final exam will each involve two essay questions. These questions can be answered briefly (e.g. 5 pages).

### **SELECTED REFERENCES**

**Textbooks:** Note, 4 paperback books are assigned. Each is inexpensive and written for the lay public. Selected sections from these books will be assigned for all students. In addition, some students may write a review of one of the books. In addition to these books, there will be extensive readings assigned from professional research articles.

Mace, N. L., & Rabins, P. V. (2001). The 36 hour day: A family guide to caring for persons with Alzheimer's disease, related dementing illnesses, and memory loss in later life. Warner Books.

Shanks, L. K. (1999). Your name is Hughes Hannibal Shanks. New York: Penguin Books, 1999.

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<sup>1</sup> Religious Observance: Students who anticipate the necessity of being absent from class due to the observation of a major religious observance must provide notice of the date(s) to the instructor in writing, by the second class meeting.

Houts, P. S., Bucher, J., & Nezu, A. M. (2000). Caregiving: A step-by-step resource for caring for people with cancer at home. American Cancer Society.

Sankar, A. (1999). Dying at home: A family guide for caregiving. Johns Hopkins University Press.

Date & Session	Schedule of Events-Seminar Topics	Special notes
1. January 8	Review of course and objectives.	
2. January 15	Historical issues in family caregiving; growth of the older adult population; increasing prevalence of chronic illness.; review of early caregiving research.	
3. January 22	Role demands in family caregiving: Alzheimer's disease	Interview with a family caregiver.
4. January 29	Role demands in family caregiving: Cancer and terminal illness.	Guest lecture: Janice Lowell, LifePath Hospice. Interview with a family caregiver. Term paper topic due.
5. February 5	Stress process models of family caregiving.	
6. February 12	Mental health consequences of family caregiving.	First written research article critique due.
7. February 19	Physical health consequences of family caregiving.	Second written research article critique due.
8. February 26	Economic and social consequences of family caregiving.	Guest lecture: Dr. Sandra Reynolds. Term paper outline due.
9. March 5	Cultural diversity and family caregiving.	Note, no class on March 12, Spring Break!
10. March 19	Longitudinal research on family caregiving and role transitions.	Midterm exam due.
11. March 26	Individual, family, and group interventions for family caregivers.	Third written research article critique due.

Date & Session	Schedule of Events-Seminar Topics	Special notes
12. April 2	Public policy issues and service programs for family caregivers.	Guest panel: Dr. Larry Polivka, Mary Kaplan.
13. April 9	Student presentations.	
14. April 16	Student presentations.	
15. April 23	Student presentations.	Final exam due. Term papers due.

### Final comments:

1. Because the course is a graduate seminar, students will be expected to take a very active role in class discussion. Students should also come to class on time and fully prepared to discuss readings. As future leaders in the field of gerontology, students should also strive to become true peers and colleagues with the faculty. Don't be afraid to challenge the faculty just because we have our degrees.
2. The class will read and critique some of my own work. You will earn more brownie points with me by critiquing the work that by providing only praise.
3. Enjoy the course. Don't get so caught up in worrying about grades and tests that you lose the pure joy of learning.

Readings, "Family Caregiving in Aging and Chronic Illness"  
Dr. Haley, Spring 2002

### January 15—Historical issues in family caregiving, review of early caregiving research

Zarit, S.H., Reever, K.E., & Bach-Peterson, J. (1980). Relatives of the impaired elderly: Correlates of feelings of burden. *The Gerontologist*, 20, 649-655.

Aronson, M. K., Levin, G. L., & Lipkowitz, R. (1984). A community-based family/patient group program for Alzheimer's disease. *The Gerontologist*, 24, 339-342.

Haley, W.E., Brown, S.L., & Levine, E.G. (1987). Experimental evaluation of the effectiveness of group intervention for dementia caregivers. *The Gerontologist*, 27, 377-383.

Ory M. G., Hoffman, R. R., Yee, J.L., Tennstedt, S., & Schulz, R. (1999). Prevalence and impact of caregiving: A detailed comparison between dementia and nondementia caregivers. *The Gerontologist*, 39, 177-185.

### January 22—Role demands in family caregiving: Alzheimer's disease

Mace & Rabins, pages start through 140, 170-232.

Haley, W.E., Wadley, V.G., West, C.C., & Vetzal, L.L. (1994). How caregiving stressors change with severity of dementia. *Seminars in Speech and Language*, 15, 195-205.

**January 29—Role demands in family caregiving: Cancer and terminal illness**

Houts & Bucher, Intro through 33, 68-92, 123-221, 241-283.

Sankar, Intro. through 41, 79-100.

**February 5—Stress process models of family caregiving**

Haley, W.E., Levine, E.G., Brown, S.L., & Bartolucci, A.A. (1987). Stress, appraisal, coping, and social support as predictors of adaptational outcome among dementia caregivers. *Psychology and Aging, 27*, 323-330.

Pearlin, L. I., Mullan, J. T., Semple, S. J., & Skaff, M. M. (1990). Caregiving and the stress process: An overview of concepts and their measures. *The Gerontologist, 30*, 583-594.

Haley, W.E., Roth, D.L., Coleton, M.I., Ford, G.R., West, C.A.C., Collins, R.P., & Isobe, T.L. (1996). Appraisal, coping, and social support as mediators of well-being in Black and White family caregivers of patients with Alzheimer's disease. *Journal of Consulting and Clinical Psychology, 64*, 121-129.

Schulz, R., Gallagher-Thompson, D., Haley, W.E., and Czaja, S. (2000). Understanding the interventions process: A theoretical/conceptual framework for intervention approaches to caregiving. In R. Schulz (Ed.), *Handbook on dementia caregiving: Evidence-based interventions for family caregivers*. (pp. 33-60). New York: Springer Publishing Company.

**February 12—Mental health consequences of family caregiving**

George, L. K., & Gwyther, L. P. (1986). Caregiver well-being: A multidimensional examination of family caregivers of demented adults. *The Gerontologist, 26*, 253-266.

Lawton, M.P.; Moss, M.S.; Kleban, M.H.; Glicksman, A. et al. (1991). A two-factor model of caregiving appraisal and psychological well-being. *Journals of Gerontology 46*, P181-P189.

Redinbaugh, E. M., MacCallum, R. C. & Kiecolt-Glaser, J. K. (1995). Recurrent syndromal depression in caregivers. *Psychology and Aging, 10*, 358-368.

Schulz, R., O'Brien, A. T., Bookwala, J. & Fleissner, K. (1995). Psychiatric and physical morbidity effects of dementia caregiving: Prevalence, correlates, and causes. *The Gerontologist, 35*, 771-791.

Haley, W.E., LaMonde, L.A., Han, B., Narramore, S., & Schonwetter, R. (2001). Family caregiving in hospice: Effects on psychological and health functioning in spousal caregivers for patients with lung cancer or dementia. *The Hospice Journal, 15*, 1-18.

**February 19—Physical health consequences of family caregiving**

Schulz, R. & Beach, S. R. (1999). Caregiving as a risk factor for mortality: The caregiver health effects study. *Journal of the American Medical Association, 282*, 2215-2219.

Stephens, M. A. P., & Franks, M. M. (1995). Spillover between daughters' roles as caregiver and wife: Interference or enhancement? *Journal of Gerontology: Psychological Sciences*, 50B, P9-P17.

Hooker, K., Monahan, D. J., Bowman, S. R., Frazier L. D., & Shifren, K. (1998). Personality counts for a lot: Predictors of mental and physical health of spouse caregivers in two disease groups. *Journal of Gerontology: Psychological Sciences*, 53B, P73-P85.

Not assigned but highly recommended:

Kiecolt-Glaser, J. K., Dura, J. R., Speicher, C. E., Trask, O. J. & Glaser, R. (1991). Spousal caregivers of dementia victims: Longitudinal changes in immunity and health. *Psychosomatic Medicine*, 53, 345-362.

Kiecolt-Glaser JK, Marucha PT, Malarkey WB, Mercado AM, Glaser R: Slowing of wound healing by psychological stress. *Lancet* 1995;346:1194-1196.

### **February 26—Economic and social consequences of family caregiving**

Langa, K. M., Chernew, M. E., Kabeto, M. U., Herzog, A. R., Ofstedal, M. B., et al. (2001). National estimates of the quantity and cost of informal caregiving for the elderly with dementia. *Journal of General Internal Medicine*, 16, 770-778.

Brody, E. M. (1990). Women, Work, and Parent Care. *Women in the Middle: Their Parent Care Years* (pp. 213-229). New York: Springer Publishing.

Moore, M. J., Zhu, C. W., & Clipp, E. C. (2001). Informal cost of dementia care: Estimates from the National Longitudinal Caregiver Study. *Journal of Gerontology: Social Sciences*, 56B, S219-S228.

Nelson, J. A. (1999). Of markets and martyrs: Is it okay to pay well for care? *Feminist Economist*, 5(3), 43-59.

### **March 5—Cultural diversity and family caregiving**

Gallagher-Thompson, D., Arean, P., Menendez, A., Takagi, K., Haley, W.E., Arguelles, T., Rubert, M., Loewenstein, D., and Szapocznik, J. (2000). Development and implementation of intervention strategies for culturally diverse caregiving populations. In R. Schulz (Ed.), *Handbook on dementia caregiving: Evidence-based interventions for family caregivers*. (pp. 151-186). New York: Springer Publishing Company.

Haley, W.E., West, C.A.C., Wadley, V.G., Ford, G.R., White, F.A., Barrett, J.J., Harrell, L.E., & Roth, D.L. (1995). Psychological, social, and health impact of caregiving: A comparison of Black and White dementia family caregivers and noncaregivers. *Psychology and Aging*, 10, 540-552.

Pruchno, R. (1999). Raising grandchildren: The experiences of Black and White grandmothers. *The Gerontologist*, 39, 209-221.

Foley, K. L., Tung, H., & Mutran, E. J. (2002). Self-gain and self-loss among African American and

White caregivers. *Journal of Gerontology: Social Sciences*, 57B, S14-S22.

### **March 19—Longitudinal research on family caregiving and role transitions**

Shanks, pages 1-38, 131-158.

Sankar, pages 152-200.

Skaff, M. M., Pearlin, L.I., & Mullan, J.T. (1996). Transitions in the caregiving career: effects on sense of mastery. *Psychology and Aging* 11, 247-257.

Owen, J.E., Goode, K.T., & Haley, W.E. (2001). End of life care and reactions to death in African-American and White family caregivers of relatives with Alzheimer's disease. *Omega*, 43, 349-361.

Optional (I will review in class):

Roth, D.L., Haley, W.E., Owen, J.E., Clay, O.J., & Goode, K.T. (2001). Latent growth models of the longitudinal effects of dementia caregiving: A comparison of African-American and White family caregivers. *Psychology and Aging*, 16, 427-436.

Goode, K.T., Haley, W.E., Roth, D.L., & Ford, G.R.(1998). Predicting longitudinal changes in caregiver physical and mental health: A stress process model. *Health Psychology*, 17, 190-198.

### **March 26—Individual, family, and group interventions for family caregivers**

Lawton, M. P., Brody, E. M., & Saperstein, A. R. (1989). A controlled study of respite service for caregivers of Alzheimer's patients. *The Gerontologist*, 29, 8-16.

Callahan, J. J. (1989). Play it again Sam—there is no impact. *The Gerontologist*, 29, 5-6.

Teri, L., Logsdon, R. G., Uomoto, J., & McCurry, S. M. (1997). Behavioral treatment of depression in dementia patients: A controlled clinical trial. *Journal of Gerontology: Psychological Sciences*, 52B, P159-P166.

Zarit, S. H., Stephens, M. A., Townsend, A., & Greene, R. I. (1998). Stress reduction for family caregivers: Effects of adult day care use. *Journal of Gerontology: Social Sciences*, 53, S267-S277.

King, A. C., Baumann, K., O'Sullivan, P., Wilcox, S., & Castro, C. (2002). Effects of moderate-intensity exercise on physiological, behavioral, and emotional responses to family caregiving: A randomized controlled trial. *Journal of Gerontology: Medical Sciences*, 57A, M26-M36.

Not assigned but recommended:

Mittelman, M. S., Ferris, S. H., Shulman, E., Steinberg, G. & Levin, B. (1996). A family intervention to delay nursing home placement of patients with Alzheimer disease. *Journal of the American Medical Association*, 276, 1725-1731.

**April 2—Public policy issues and service programs for family caregivers**

No readings assigned. Handouts provided by the guest speakers.