

Syllabus

Psychology and Aging

EDPY 744/ PS567
Spring 2002

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	<u>Date/Time:</u> <i>W 4:30-7:00</i>
	<u>Office Hrs:</u> <i>W 3:30-4:30 & by appt.</i>
	<u>Psychology & Aging</u> <i>Course Website</i> (Login Instructions)

Purpose of the course:

This is an advanced level course on adult development and aging. The course involves an examination of the research literature on demographic, epidemiological, psychological, social and biological aspects of aging.

Objectives:

At the end of this course, students should be able to:

- 1) *Describe* the effects of aging processes on psychological functions (e.g., memory, intelligence, personality);
 - 2) *Compare* patterns of normal aging with patterns of psychological dysfunction in later life; and
 - 3) *Analyze* the policy choices that affect the provision of services in an aging society.
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Basic Readings:

The course will draw readings from three major sources:

- Cavanaugh, J.C. & Blanchard-Fields, F. (2001). Adult Development and Aging (Fourth Edition). Belmont, CA : Wadsworth Thomson Learning. (*Note: this book is abbreviated C & B in the syllabus*)
- Smyer, M.A. & Qualls, S.H. (1999). Aging and Mental Health. Cambridge, MA: Blackwell Publishers.
(*Note: this book is abbreviated S & Q in the syllabus*) O'Neill RC451.4.A5 S66 1999
- A course packet that includes chapters and articles from several sources.

Additional Resources:

- Lichtenberg, P.A. (1999). Handbook of Assessment in Clinical Gerontology. NY : Wiley.
O'Neill RC451.4.A5 H358 1999
- Lachman, M. (2001). Handbook of Midlife Development. NY: Wiley.
O'Neill HQ1059.4 .H36 2001
- [Smyer, M.A. & Bartels, S.J. Generations Special Issue \(to be published in Spring 2002\). Mental Health and Mental Illness in Later Life](#) (*Note: this journal is abbreviated S & B in the syllabus*)

Course information:

- The entire course is on [WebCT](#) as well as on my web page <http://www2.bc.edu/~smyer>. Here you will find the syllabus, course outline, and assigned readings. Links to sites with more information on topics covered in class will also be available. Class Power Point presentations are linked to the title of the class in the Course Outline.
- On Reserve: There are a number of videos and readings on reserve at O'Neill Library. Book chapters that are not in the course pack are on reserve. The course pack is also on reserve.
 - [Media Center](#) @ O'Neill Library - [Growing Old in a New Age](#), a PBS course, will cover much of the material from the first half of the course this semester.
 - [Reserve Desk](#) @ O'Neill Library 617-552-4501
 - [Online Reserves](#) @ O'Neill Library Website
- **Computing facilities** are located at:
 - http://www.bc.edu/bc_org/tvp/slsc/SLSC.shtml
 - Help Desk 617-552-8566
 - http://www.bc.edu/bc_org/avp/ulib/erc/erchome.html
 - http://www.bc.edu/bc_org/svp/gsc/
 - [Bapst Library](#)

- [\(interactive map of BC\)](#)
- If you have problems accessing the on-line course materials please contact Maggie Davis for assistance. She can be reached at 552-3268 or davismz@bc.edu

Grading:

The course grade will be based upon several components. The grading system, is designed to assure that no single element will determine your final grade. Each of the elements of the grade is outlined below (select link to view grade guidelines). Additionally, this will be discussed in class.

- 20% - [Take-home midterm](#)
- 20% - [Group presentation](#)
- 20% - [Final paper or project](#)
- 20% - [Take-home final](#)
- 20% - **Class participation**
- *Extra credit options will be described in class*
- Instructions for Submitting Assignments via WebCT ([here](#))

Course Outline

Date	Topic
January 16	Introduction and Demographics Who are the aged?
	PSYCHOLOGY & AGING: AN OVERVIEW
January 23	Theories & Models of Adult Development and Aging `How does the study of aging proceed? `Example of applying theory: Moving to a Life Care Community: Socioemotional Selectivity Theory & Selective Optimization with Compensation `Student group presentations of longitudinal data set: <i>Health & Retirement Study (HRS)</i>
January 30	Changes in biological functioning `The impact of biological aging on individuals and society & Can you influence how long you will live? `Student group presentations of longitudinal dates: <i>Centenarian Study</i> SENSORY SIMULATION - EVALUATION DUE
February 6	Memory `How does memory decline with age? `Student group presentations of longitudinal dates: <i>Berlin Aging Study (BASE)</i>
February 13	Intelligence `Do you get dumber with age? `Student group presentations of longitudinal dates: <i>Seattle Longitudinal Study</i>

February 20	<u>Personality</u> `What is it? And does it become set at a certain age? `Student group presentations of longitudinal data sets: a) Ryff, b) Mills College
February 27	<u>Family Functioning and Relationships</u> `Has the family declined in structure and function? `Student group presentations of longitudinal data set: Bengtson 4 generations study `TAKE-HOME MID-TERM (http://www.healthandage.com)
March 6	NO CLASS--SPRING BREAK
	MENTAL HEALTH, MENTAL ILLNESS & AGING
March 13	<u>Models of Mental Health and Illness</u> `How do we describe mental illness in later life?
March 20	<u>Cognitive Impairments</u> `How do we differentiate normal memory changes from Alzheimer's?
March 27	<u>Depression</u> `If you were this old, wouldn't you be depressed?
April 3	<u>Other Disorders and Difficulties</u> `Do anxiety disorders, personality disorders, or marital difficulties get better with age?
April 10	<u>Serious Mental Illness</u> <u>Severe Mental Illness in Older Persons: Clinical Characteristics, Treatment, and Health Policy</u> `Does chronic mental illness mellow with age? And what should we do with the seriously mentally ill?
April 17	<u>Nursing Homes</u> `Is there a nursing home in your future? Should there be?
April 24	<u>Social Policy Contexts</u> `How will we pay for all of this? Social Security and Medicare
May 1	<u>Death & Dying</u> `Who is in charge here? Advanced directives in an aging society
May 8	FINAL EXAM

[Growing Old in A New Age - PBS Course](#)

Date	Video	Date	Video
Jan 16	Myths & Realities of Aging The Future of Aging	Feb 27	Love, Intimacy and Sexuality Social Roles and Relationships in Old Age Family and Intergenerational Relationships
Jan 30	How the Body Ages Maximizing Physical Potential of Older Adults	Mar 13	Illness and Disability
Feb 6	Learning, Memory, Speed of Behavior	Apr 24	Work, Retirement and Economic Status Societal and Political Aspects of

Generations: Mental Health & Mental Illness in Later Life

Chapter	Author(s)	Title
1	Smyer, M.A. & Bartels, S.	<i>Introduction.</i>
2	Qualls, S.	<i>How Will We Define Mental Health in Later Life?</i>
3	Bartels, S. & Smyer, M.A.	<i>Is There A Crisis In Geriatric Mental Health Care?</i>
4	Abramson, T.	<i>Cross-Cultural Comparisons of Mental Health and Mental Illness.</i>
5	Reynolds, C. & Alexopoulos, G.	<i>Geriatric Depression: Diagnosis & Treatment.</i>
6	Gatz, M. & Watari, K.	<i>Alzheimer's Disease: Genetic and Non-Genetic Influences.</i>
7	Jeste, D. & Bartels, S.	<i>Schizophrenia & Other Serious Mental Illnesses.</i>
8	Arean, P., Hegel, M. & Stanley, M.	<i>Minor/Sub-Syndromal Conditions: Depression and Anxiety.</i>
9	Blow, F. & Oslin, D.	<i>Alcohol, Drug, and Medication Misuse and Abuse.</i>
10	Katz, I.	<i>Comorbidity of Psychiatric Disease and Medical Illness.</i>
11	Oxman, T. & Dietrich, A.	<i>Primary Care: The Key Role of Physicians.</i>
12	Beck, C.	<i>Nursing Homes and Long Term Care.</i>
13	Becker, M., Stiles, P. & Shoenfeld, L.	<i>Assisted Living: The New Frontier?</i>
14	Bruce, M.	<i>Home care.</i>
15	Shea, D. & Mayes, W.	<i>Parity & Paucity: Policy Initiatives.</i>
16	Haley, W.	<i>Evidenced-Based Practice and Changing Provider Behavior: A Concept Whose Time Has Come?</i>
17	Marsden, D.	<i>Decision-Making Capacity: Intersection of Legal and Clinical Practice Approaches.</i>
18	Mittelman, M.	<i>Family Caregiving.</i>
19	Abramson, T.	<i>Who Will Provide Services and Why?</i>

January 16 - Introduction & Demographics

Required Readings:

- C & B - chapter 1
- S & Q - chapter 1
- Cole, T.R. (1995). What Have We Made Of

- Who are the aged?

Aging? Journals of Gerontology: Social Sciences, 50B, 6, S341-S343.

- Schneider, E. (1999). Aging in the Third Millennium. Science, 283, 796-797.

Assignments:

-Complete '[Attitudes to Ageing](#)' web survey

-[Sensory Simulation Experience Handout](#)

Additional readings:

Personal Insights	Assessment Issues
- James, P.D. (1993). <u>The Children of Men</u> . Knopf Books. - Matson, S. (1997). <u>The Hunger Moon</u> . NY: W.W. Norton.	- Salamon, M.J. (1999). Evaluating Functional and Behavioral Health. In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u> . (pp. 205-242). NY: John Wiley & Sons. (on reserve)

- Peterson, P.G. (1999). Gray Dawn: How the Coming Age Wave Will Transform America – and The World. New York: Random House.

Web Sites:

- State-by-state profiles of the aging population (<http://www.aoa.dhhs.gov/aoa/STATS/98pop/default.htm>)
- A Profile of Older Americans 2001 (U.S. Administration on Aging and AARP) (<http://www.aoa.gov/aoa/stats/profile/2001/default.htm>)
- Attitudes to Ageing Study (<http://www.soton.ac.uk/~aoh/indexold.htm>)
- NIH - Women's Health Initiative (<http://www.nhlbi.nih.gov/whi/>)
- Some EPESE data archived at ICPSR
 - <http://www.icpsr.umich.edu/cgi/ab.prl?file=9915>
 - <http://www.icpsr.umich.edu/cgi/ab.prl?file=2744>

January 23 - Theories & Models of Adult Development and Aging

- How does the study of aging proceed?
- Example of applying theory: Moving to a life care community: Socioemotional Selectivity Theory and Selective

Required Readings:

- C & B - chapters 1, 5
- S & Q - Section 2 (Introduction)
- Baltes, P.B. (1997). On the Incomplete Architecture of Human Ontogeny. American Psychologist, 52, 4, 366-380.

Optimization with Compensation

- Student presentation of longitudinal data set: Health & Retirement Study (HRS)

Reaction Question:

- What is selective optimization with compensation?

Additional readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none"> - Coles, R. (1973) <u>The Old Ones of New Mexico</u>. Albuquerque: University of New Mexico Press. - Delany, S.I., Delany, A.E., & Heath, A.H. <u>Having Our Say: The Delany Sisters' First 100 Years</u>. Delta Publishers. 	<ul style="list-style-type: none"> - Lowenstein, D.A. & Mogosky, B.J. (1999). The Functional Assessment of the Older Adult Patient. In In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u>. (pp. 529-554). New York, NY: John Wiley & Sons, Inc. - Skinner, J.H., Teresi, J.A., Holmes, D., Stahl, S.M., Stewart, A.L. (2001). Measurement in Older Ethnically Diverse Populations [Special issue]. <u>Journal of Mental Health and Aging</u>, 7 (1). (on reserve)

- Moody, H.R. & Carroll, D. (1998). The Five Stages of the Soul: Charting the Spiritual Passages that Shape our Lives. New York: Anchor-Doubleday. (<http://members.aol.com/hmoody2264/5stages.html>)
- Rowe, J.W. & Kahn, R.L. (1998). Successful Aging. New York: Pantheon Books.
- Staudinger, U.M. & Buck, S. (2001). A View on Midlife Development from Life-Span Theory. In Lachman, M. (Ed). Handbook of Midlife Development. (pp. 3-39). New York, NY: John Wiley & Sons, Inc.
- Spiro, A. (2001). Health in Midlife: Toward a Life-Span View. In Lachman, M. (Ed). Handbook of Midlife Development. (pp. 156-187). New York, NY: John Wiley & Sons, Inc.

Web Sites:

- The Health and Retirement Study (HRS) & Asset and Health Dynamics Among the Oldest Old (AHEAD) (<http://www.umich.edu/~hrswww/>)
- The Nun Study (<http://www.nunstudy.org/>)
- Hiroshima and Nagasaki survivors (<http://www.rerf.or.jp/eigo/glossary/lss.htm>)

**January 30 -
Changes in**

Required Readings:

- C & B - chapters 2 & 3
- Olshansky, S.J., Carnes, B.A. & Grahn, D. (1998).

biological functioning

- The impact of biological aging on individuals and society.
- Can you influence how long you will live?
- Student presentation of longitudinal data set: New England Centenarian Study

Assignments:

- Complete the [Living to 100 Life Expectancy](#)
- online calculator
- [Sensory Simulation - Evaluation Due](#)

Confronting the Boundaries of Human Longevity. American Scientist, 86, 52-61.

- Clark, D.O. & Gibson, R. (1997). Race, Age, Chronic Disease and Disability. In K.S. Markides & M.R. Miranda (Eds.), Minorities, aging, and health. (pp. 107-126). Thousand Oaks, CA: Sage. (on reserve)

Reaction Question:

- What is manufactured time?

Additional readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none"> - Filkins, D. (2001, August 13). Ailing Churchill Biographer Says He Can't Finish Trilogy. New York Times, A1. - Gelertner, D. (1997). Drawing life: Surviving the Unabomber. NY: The Free Press. - Remoff, H. (1997). February Light: A Love Letter to the Seasons During a Year of Cancer & Recovery. NY: St. Martin's Press. - Sarton, M. (1990). After the Stroke: A Journal. NY: W.W. Norton. 	<ul style="list-style-type: none"> - Zeiss, A.M., Zeiss, R.A., & Davies, H. (1999). Assessment of Sexual Function and Dysfunction in Older Adults. In Lichtenberg, P.A. (Ed.). Handbook of Assessment in Clinical Gerontology. (pp. 270-296). New York, NY: John Wiley & Sons. - Treverrow, T. (1999). Assessing Sleep Functioning in Older Adults. In Lichtenberg, P.A. (Ed.). Handbook of Assessment in Clinical Gerontology. (pp. 331-350). New York, NY: John Wiley & Sons.

- Whitbourne, S.K. (2001). The Physical Aging Process in Midlife: Interactions with Psychological and Sociocultural Factors. In Lachman, M. (Ed). [Handbook of Midlife Development](#). (pp. 109-155). New York, NY: John Wiley & Sons, Inc.
- Allaire, S.H., LaValley, M.P., Evans, S.R., O'Connor, G.T., Kelly-Hayes, M., Meenan, R.F., Levy, D., & Felson, D.T. (1999). Evidence for decline in disability and improved health among persons aged 55 to 70 years: The Framingham Heart study. [American Journal of Public Health](#), 89, 11, 1678-1683.
- Crose, R. (1997). [Why Women Live Longer than Men...and What Men Can Learn From Them](#). San Francisco: Jossey-Bass Publishers.

- McCullough, L.B., Wilson, N.L., Rhymes, J.A., & Teasdale, T.A. (2000). Ethical Issues in Genetics and Aging: Diagnosis, Treatment, and Prevention in the Era of Molecular Medicine. Generations, 25, 1, 72-78.
- Rowe, J.W. & Gatz, M. (2000). Implications of Genetic Knowledge for Public Policy. Generations, 25, 1, 79-83.
- Smith, R.M. (Ed.). (2001). Health for Life: Living Longer, Living Better [Special Issue]. Newsweek, 138 (11).

Web sites:

- The New England Centenarian Study, Harvard University (<http://www.med.harvard.edu/programs/necs/>)
- V.A. Normative Study of Aging (<http://www.va.gov/station/583-indianapolis/resguide/dbi.htm>)
- Women's Health Initiative (<http://www.nhlbi.nih.gov/whi/index.html>)
- Living to 100 Life Expectancy Calculator - (<http://www.livingto100.com/>)
- General issues of health, disease, and age: (<http://www.healthandage.com/>)
- Senior site: help with drugs (<http://seniors-site.com/help/meddrugs.html>)
- Psychopharmacology (<http://home.snap.com/directory/category/0.16.home-20187.00.html>)
- Hardin Meta Directory Geriatrics page (<http://www.arcade.uiowa.edu/hardin-www/md-ger.html>)

<h2 style="color: blue;">February 6 - Memory</h2> <ul style="list-style-type: none"> • How does memory decline with age? • Student presentation of longitudinal data set: Berlin Aging Study (BASE) 	<p>Required Readings:</p> <ul style="list-style-type: none"> • C & B - chapters 6 & 7 • Smith, A.D. (1996). Memory. In J.E. Birren & K.W. Schaie (eds.), <u>Handbook of the Psychology of Aging</u>. (4th ed.). (pp. 236-247). New York: Academic Press. (on reserve) • Schacter, D. L. (1999). The Seven Sins of Memory: Insights from Psychology and Cognitive Neuroscience. <u>American Psychologist</u>, 54, 3, 182-203. • Wickekren, I. (1997). Getting a grasp on working memory. <u>Science</u>, 275, 1580-1582. <p>Reaction Question:</p> <ul style="list-style-type: none"> • What is the most important "sin" of memory and why?
<p>Due: Term Paper Topic</p>	

Additional readings:

Personal Insights	Assessment Issues
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- Skinner, B.F. (1983). Intellectual Self-Management in Old Age. American Psychologist, 38, 3, 239-244.

- Moye, J. (1999). Assessment of Competency and Decision Making Capacity. In Lichtenberg, P.A. (Ed.). Handbook of Assessment in Clinical Gerontology. (pp. 488-528). New York, NY: John Wiley & Sons, Inc.
- Hunt, L.A. & Weston, K. (1999). Assessment of Driving Capacity. In Lichtenberg, P.A. (Ed.). Handbook of Assessment in Clinical Gerontology. (pp. 585-605). New York, NY: John Wiley & Sons.

- Schacter, D.L. (2001). The Seven Sins of Memory: How the Mind Forgets and Remembers. NY: Houghton Mifflin.
- Dixon, R.A., de Frias, C.M., & Maitland, S.B. (2001). Memory in Midlife. In Lachman, M. (Ed). Handbook on Midlife Development. (pp. 248-278). New York, NY: John Wiley & Sons.

Web Sites:

- Berlin Aging Study (BASE) (http://www.bbaw.de/iag/ag_altern/ueber_e.html)
- Psychology Research Unit of BASE (<http://www.mpib-berlin.mpg.de/LIP/projects/project-VI.htm>)

February 13 - Intelligence

- Do you get dumber with age?
- Student presentation of longitudinal data set: Seattle Longitudinal Study

Required Readings:

- C & B - chapter 8
- Skinner, B.F. (1983). Intellectual self-management in old age. American Psychologist, 38, 3, 239-244.
- Diehl, M. (1998). Everyday competence in later life: Current status & future directions. Gerontologist, 38, 4, 422-433.

Reaction Question:

- Can you teach an old dog new tricks?

Additional Readings:

- Sternberg, R.J. Grigorenko, E.L. & Oh, S. (2001). The Development of Intelligence at Midlife. In Lachman, M. (Ed). Handbook of Midlife Development. (pp. 217-247). New York, NY: John Wiley & Sons, Inc.

Web Sites:

- Short intro to the Seattle project (<http://geron.psu.edu/research1.htm>)

February 20 - Personality

- What is it? Does it become set at a certain age?
- Student presentation of longitudinal data set: a) Ryff and b) Mills College

Required Readings:

- C & B - 10
- Helson, R.M. (1993) The Mills Classes of 1958 and 1960: College in the fifties, young adulthood in the sixties. In Kathleen Day Hulbert & Diane Tickton Schuster (Eds.) Women's Lives Through Time: Educated Women of the twentieth Century. (pp. 190-210) San Francisco: Jossey-Bass.
- Stewart, A. & Ostrove, J. (1998). Women's Personality in Middle Age. American Psychologist, 53, 11, 1185-1194.

Reaction Question:

- Does personality change with age? why or why not?

Additional Readings:

- Lachman, M.E. & Bertrand, R.M. (2001). Personality and the Self in Midlife. In Lachman, M. (Ed.). Handbook of Midlife Development. (pp. 279-309). New York, NY: John Wiley & Sons, Inc.
- Heckhausen, J. (2001). Adaptation and Resilience in Midlife. In Lachman, M. (Ed.). Handbook of Midlife Development. (pp. 345-394). New York, NY: John Wiley & Sons, Inc.
- Roberts, B.W. & Del Vecchio, W.F. (2000). The Rank-Order Consistency of Personality Traits From Childbirth to Old Age. Psychological Bulletin, 126, 3-25.
- Ryff, C., Kwan, C.M.L. & Singer, B.H. (2001). Personality and Aging: Flourishing Agendas and Future Challenges. In Birren, J.E. & Schaie, K.W. (Eds.) Handbook of the Psychology of Aging. (5th Edition). (pp. 477-499). San Diego: Academic Press.

Web Site:

- Newberger, Eli H. (2001) Treating this Heavy Midlife of Men. American Journal of Orthopsychiatry, 70 (3), 278-280. (http://elinewberger.com/treating_life.html)

February 27 - Family Functioning & Relationships Guest: Rachel Pruchno

Required Readings:

- C & B - chapters 9, 11
- S & B - chapter 18
- Elder, G.H., Modell, J., & Parke, R.D.

- Has the family declined in structure and function?
- Student presentation of longitudinal data set: Bengtson 4 generations study

(1993). Children in Time and Place: Developmental and Historical Insights. New York: Press Syndicate. (Chapter 3 only). (on reserve)

Reaction Question:

- Have families abandoned the elderly?

TAKE-HOME MID-TERM
(<http://www.homeandage.com>)

Additional readings:

Personal Insights	Assessment Issues
-Downs, R. C.S. (2000). <u>Fifth Season: A Novel</u> . Counterpoint Press. -Ernaux, A. (1999). <u>I Remain in Darkness</u> . Seven Stories Press. - Morris, V. (1996). <u>How to Care for Aging Parents</u> . New York: Workman Publishing.	-Blieszner, R. (2001). She'll Be on My Heart: Intimacy Among Friends. <u>Generations</u> , 25, 2, 48-54.

Additional readings:

- Jacobs, R. (1997). Be An Outrageous Older Woman. NY: Harper.
- Bengtson, V., Rosenthal, C. & Burton, L. (1996). Paradoxes of Families and Aging. In Robert H. Binstock & Linda K. George (Eds.). Handbook of Aging and the Social Sciences. (pp 253-282). San Diego, Academic Press.
- Pipher, Mary B. (1999). Another Country: Navigating the Emotional Terrain of Our Elders. New York. Riverhead Books.
- Zarit, S.H., Pearlin, L.I. & Schaie, K.W. (1999). (Eds.), Caregiving Systems: Formal and Informal Helpers. Hillsdale, N.J.: Lawrence Erlbaum Associates.
- Putney, N.M. & Bengtson, V. L. (2001). Families, Intergenerational Relationships, and Kinkeeping in Midlife. In Lachman, M. (Ed). Handbook of Midlife Development. (pp. 528-570). New York, NY: John Wiley & Sons, Inc.
- Krause, N. (2001). Social Support. In Binstock, R. & George, L.K. (Eds.). Handbook of Aging and the Social Sciences. (Fifth Edition). (pp. 272-294). San Diego, Academic Press.

Web Site:

- Web site for Bengtson 4 generations study (<http://www.usc.edu/dept/gero/research/4gen/>)

March 6

NO CLASS--SPRING BREAK

March 13 - Models of mental health & Illness

Required Readings:

- How do we describe mental illness in later life?
- C & B - chapter 4
- S & Q - chapters 3, 4, 5, 6 & Summary of Section 2
- S & B - chapters 1, 2, 3, 4
- Gatz, M. & Smyer, M.A. (2001). Mental Health and Aging at the Outset of the Twenty-First Century. In Birren, J.E. & Schaie, K.W. (Eds.) Handbook of the Psychology of Aging. (Fifth Edition). (pp. 523-544). San Diego: Academic Press. (on reserve)

Reaction Question:

- Is mental illness part of normal aging?

Additional readings:

Personal Insight	Assessment Issues
- Sutherland, S. (1998) <u>Breakdown: A Personal Crisis and a Medical Dilemma</u> . Oxford, U.K.: Oxford University Press.	-Dougherty, L.M. & Chamblin, B. (1999). Assessment as an Adjunct in Psychotherapy. In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u> . (pp. 91-110). New York, NY: John Wiley & Sons, Inc.

- Rabins, P.V. (1992). Prevention of Mental Disorder in the Elderly: Current Perspectives and Future Prospects. Journal of the American Geriatrics Society, 40, 727-733.
- Zarit, S.H. & Zarit, J.M. (1998). Mental Disorders in Older Adults. New York: Guilford Press.
- Surgeon General's Report – Dec 1999 (<http://www.surgeongeneral.gov/library/mentalhealth/home.html>)
- Mental Health & The Elderly: 07/13/01 - Friday's Progress Notes - A Mental Health Newsletter (http://www.athealth.com/Consumer/newsletter/FPN_5_15.html)
- Jeste, D.V. et al., (1999). Consensus Statement on the Upcoming Crisis in Geriatric Mental Health. Archives of General Psychiatry, 56, 848-853. (<http://archpsyc.ama-assn.org/issues/v56n9/full/ynv8355.html>)

Web Sites:

- Geriatrics & Mental Health - The Facts: *American Association for Geriatric Psychiatry* (http://www.aagppa.org/prof/facts_mh.asp)

March 20 - Cognitive Impairments Guest: Joe Tecce

- How do we differentiate normal memory changes from Alzheimer's?

Required Readings:

- S & Q - chapter 7
- S & B - chapter 6
- Epstein D.K. & Connor, J.R. (1999). Dementia in the Elderly: An Overview. Generations, 23, 3, 9-16.
- Killick, J. (1999). 'What are We Like Here?' Eliciting Experiences of People with Dementia. Generations, 23, 3, 47-49.
- Teri, L., Logdson, R.G., & Schindler, R.J. (1999). Treatment of Behavioral and Mood Disturbances in Dementia. Generations, 23, 3, 50-56.
- Riley, K. (1999). Assessment of dementia in the older adult. In P.A. Lichtenberg (Ed.), Handbook of Assessment in Clinical Gerontology. (pp. 134-166). New York: John Wiley & Sons. (on reserve)
- APA Presidential Task Force on the Assessment of Age-Consistent Memory Decline (1998) Guidelines for the Evaluation of Dementia and Age-Related Cognitive Decline. American Psychologist, 53, 12, 1298-1303.

Reaction Question :

- Will we all become demented if we live long enough?



Additional readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none">- Bayley, J. (1999). <u>Elegy for Iris</u>. NY: St. Martin's Press.- Franzen, Jonathan. (2001). My Father's Brain. <u>The New Yorker</u>, 77 (26), 81-91.- Snowdon, D. (2001). <u>Aging With Grace : What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives</u>. NY: Bantam.	<ul style="list-style-type: none">- Perez-Riley, K. (1999). Assessment of Dementia in the Older Adult. In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u>. (pp. 134-166). New York, NY: John Wiley & Sons, Inc.- Broshek, D. K. & Marcopulos, B.A. (1999). Delirium Assessment in Older Adults. In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u>. (pp. 167-204). New York, NY: John Wiley & Sons, Inc.



- Woodruff-Pak, D.S. (1997). The Neuropsychology of Aging. Malden, MA: Blackwell Publishers Inc.

Web Sites:

- ADEAR: Alzh. diseases and related disorders (<http://www.alzheimers.org/>)
- Dementia web (<http://candid.ion.ucl.ac.uk/>)
- Engineering A Cure: from New Scientist magazine (<http://www.newscientist.com/ns/19991225/newsstory12.html>)
- The Alzheimer's Bookshelf (<http://www.nbn.com/people/elder/alzheimer.html>) and (<http://shell10.ba.best.com/~elder/>)
- Dementia Study (<http://www.usc.edu/dept/LAS/psychology/SCRAP/>)
- Info About Swedish Twins Dementia Study (<http://www.usc.edu/dept/LAS/psychology/SCRAP/Harmony%20standard%20overheads.3.ppt>)
- The Nun Study (<http://www.nunstudy.org>)

Video:

- Linda Teri - Series on Cognitive Impairment
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<p>March 27 - Depression</p> <ul style="list-style-type: none">• If you were this old, wouldn't you be depressed?	<p>Required Readings:</p> <ul style="list-style-type: none">• S & Q - chapter 8• S & B - chapter 8• Cole, M. (1996). Major depression in old age: Outcome studies. In K.I. Shulman, M. Tohen, & S.P. Kutcher (Eds.), <u>Mood Disorders Across the Life Span</u>. (pp. 361-397). New York: Wiley-Liss.• Coon, D.W., Rider, K., Gallagher-Thompson, D., & Thompson, L. (1999). Cognitive-behavioral therapy for the treatment of late-life distress. In M. Duffy (Ed.), <u>Handbook of Counseling and Psychotherapy With Older Adults</u>. (pp. 487-510). New York: John Wiley & Sons. (on reserve) <p>Reaction Question:</p> <ul style="list-style-type: none">• What would you recommend for an older person who is depressed? Why?
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Additional Readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none">- Styron, W. (1992) <u>Darkness Visible: A Memoir of Madness</u>. Vintage Books.- Awbrey, D.S. (1999), <u>Finding Hope in the Age of Melancholy</u>. Boston: Little, Brown & Co.	<ul style="list-style-type: none">- Edelstein, B., Kalish, K.D., Drozdick, L.W., & Rettig McKee, D. (1999). Assessment of Depression and Bereavement in Older Adults. In Lichtenberg, P.A. (Ed.). <u>Handbook of Assessment in Clinical Gerontology</u>. (pp. 11-58). New York, NY: John Wiley & Sons, Inc.

Web Site:

- Treating Geriatric Depression: *Clinical Geriatrics* (<http://www.mmhc.com/cg/articles/CG0105/lavretsky.html>)

Video:

- Muffled Pleas for Help
-

April 3 - Other Disorders and Difficulties

- Do anxiety disorders, personality disorders, or marital difficulties get better with age?

Required Readings:

- S & Q - chapter 10
- S & B - chapters 9, 10
- Niederehe, G. & Schneider, L.S. (1998). Treatments for depression and anxiety in the aged. In P.E. Nathan & J.M. Gorman (Eds.), A Guide to Treatments That Work. (pp. 270-287). New York: Oxford University Press.

Additional readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none">- Jamison, K.R. (1995). <u>An Unquiet Mind</u>.	<ul style="list-style-type: none">- Carmin, C.N., Pollard, C.A., & Gillock, K.L. (1999). Assessment of Anxiety Disorders in the Elderly. In Lichtenberg, P.A. (Ed.).

Knopf Publishers.

Handbook of Assessment in Clinical Gerontology. (pp. 59-90). New York, NY: John Wiley & Sons, Inc.

- Segal, D.L., Coolidge, F.L., & Rosowsky, E. (2000). Personality Disorders. In Whitbourne, S.K. (Ed.). Psychopathology in Later Adulthood. (pp. 89-115). New York, NY: John Wiley & Sons, Inc.

April 10 - Serious Mental Illness

Guest: Stephen Bartels

- Does chronic mental illness mellow with age?
- And what should we do with the seriously mentally ill?

Assignment Handout:

- Nursing Home website evaluation instructions

Required Readings:

- S & Q - chapter 9
- S & B - chapter 7

Reaction Question:

- Do schizophrenics "mellow out"?

Additional Readings:

Personal Insights	Assessment Issues
-Trillin, C. (1993). <u>Remembering Denny</u> . NY: Farrar Straus Giroux.	- Edelstein, B.A., Martin, R.R. & McKee, D.R. (2000). Assessment of Older Adult Psychopathology. In Whitbourne, S.K. (Ed.). <u>Psychopathology in Later Adulthood</u> . (pp. 61-87). New York, NY: John Wiley & Sons. (on reserve)

- Bartels: Medicare Mental Health Modernization Act of 2001: *American Association for Geriatric Psychiatry* (http://www.aagppa.org/advocacy/testimony_starkwellstone.asp)
- Meeks, S. (2000). Schizophrenia and Related Disorders. In Whitbourne, S.K. (Ed.). Psychopathology in Later Adulthood. (pp. 189-216). New York, NY: John Wiley & Sons, Inc.

**April 17 -
Nursing Homes
Guest: Erlene
Rosowsky**

Required Readings:

- Is there a nursing home in your future?
- Should there be?
- S & Q - chapter 11
- S & B - chapters 11, 12, 13, 14
- C & B - chapter 5
- Smyer, M.A. & Wilson, M. (1999). Critical Issues and Strategies in Mental Health Consultation in Nursing Homes. In M. Duffy (Ed.), Handbook of Counseling and Psychotherapy with Older Adults. (pp.364-377). New York: John Wiley & Sons. (on reserve)

Assignment Due:

-[MA Nursing Home Survey Tool](#) website evaluation due.

Additional readings:

Personal Insights	Assessment Issues
<ul style="list-style-type: none"> - Kleiner, G. (1997). <u>Where River Turns to Sky</u>. Mass Market Paperback. - Shield, R.R. (1988). <u>Uneasy Endings: Daily Life in an American Nursing Home</u>. Ithaca, NY: Cornell University Press. 	<ul style="list-style-type: none"> - Goodwin, P.E. & Smyer, M.A. (1999). Accuracy of Recognition and Diagnosis of Comorbid Depression in the Nursing Home. <u>Aging & Mental Health</u>, 3, 4, 340-350.

- Lichtenberg, P.A., Smith, M., Frazer, D., Molinari, V., Rosowsky, E., Crose, R., Stillwell, N., Kramer, N., Hartman-Stein, P., Qualls, S., Salamon, M., Duffy, M., Parr, J., & Gallagher-Thompson, D. (1998). Standards for Psychological Services in Long-Term Care Facilities. Gerontologist, 38, 1, 122-127.

Web Sites:

- MA Nursing Home Survey Tool (<http://www.state.ma.us/dph/qtool/qthome.htm>)
 - National Citizens' Coalition for Nursing Home Reform (<http://www.nccnhr.org/>)
 - National Nursing Home Survey (<http://www.cdc.gov/nchswww/about/major/nhhsd/nhhsd.htm>)
 - MEPS data set (<http://www.meps.ahrpr.gov/data.htm>)
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**April 24 -
Social
Policy
Contexts
Guest:
Kevin
Mahoney**

Required Readings:

- S & Q - chapter 12
- S & B - chapters 15, 16, 19
- Cassel, C.K., Rudberg, M.A., & Olshansky, S.J. (1992). The Price of Success: Health Care in an Aging Society. Health Affairs, 11, 2, 87-99.
- Hudson, R. B. (1993) Social Contingencies: The Aged and Public Policy. Milbank Memorial Quarterly, 73, 253-277.
- Wallace, S.P. & Villa, V.M. (1997) . Caught in Hostile Cross-Fire: Public policy and Minority Elderly in the United States. In K.S. Markides & M.R. Miranda (Eds.), Minorities, Aging, and Health. (pp.397-420). Thousand Oaks, CA: Sage Publications. (on reserve)

- How will we pay for all of this?
Social Security and Medicare

Reaction Question:

- Is social security broken? why or why not?

Additional Readings:

- Bartels: Medicare Mental Health Modernization Act of 2001: *American Association for Geriatric Psychiatry* (http://www.aagppa.org/advocacy/testimony_starkwellstone.asp)
- End Medicare's Discrimination Against Patients with Mental Disorders: *American Association for Geriatric Psychiatry* (<http://www.aagppa.org/advocacy/position5.asp>)

Web Sites:

- Kaiser Family Foundation - State Health Facts Online (<http://www.statehealthfacts.kff.org/>)
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**May 1 -
Death &
Dying**

Required Readings:

- C & B - chapter 13, 5
- S & B - chapter 17
- Frank, L. & Smyer, M.A. (1998). Understanding Decisional Capacity of Older Adults. In B. Edelstein (Ed.), Comprehensive Clinical Psychology: Clinical Geropsychology (vol 7.). (pp. 113-131.) Amsterdam: Elsevier Science.

- Who is in charge here?
- Advanced directives in an aging society.

Reaction Question:

- Do you have an advanced directive? Should you?

Due: Term Paper

Additional readings:

Personal Insights	Assessment Issues
<p>- Callanan, M. & Kelley, P. (1997). Final Gifts : Understanding the Special Awareness, Needs, and Communications of the Dying. NY: Bantam.</p> <p>- Albom, M. (1997). Tuesdays With Morrie: An Old Man, A Young Man, And The Last Great Lesson. NY: Doubleday.</p>	<p>- Sabatino, C.P. (1996). Competency: Refining Our Legal Fiction. In M.A. Smyer, K.W. Schaie, & M.B. Kapp (Eds.), Older Adults' Decision-Making and the Law. (pp. 1-28). New York: Springer.</p> <p>- Salthouse, T.A. (1996) A Cognitive Psychologist's Perspective on Assessment of Cognitive Competency. In M.A. Smyer, K.W. Schaie, & M. B. Kapp (Eds.) Older Adults' Decision-Making and the Law. (pp. 29-39). New York: Springer.</p> <p>- Smyer, M.A. (1996). Decision-Making Capacity Among Older Adults: Person, Process and Context. In M.A. Smyer, K.W. Schaie, & M. B. Kapp (Eds.) Older Adults' Decision-Making and the Law. (pp. 283-287). New York: Springer. (on reserve)</p> <p>- Haley, W.E. & Mangum, W.P. (1999). Ethical Issues in Geriatric Assessment. In Lichtenberg, P.A. (Ed.). Handbook of Assessment in Clinical Gerontology. (pp. 606-626)New York, NY: John Wiley & Sons, Inc.</p> <p>- Assessing Decision Making Competency: <i>Merck Manual</i> (http://www.merck.com/pubs/mm_geriatrics/sec1/ch14.htm)</p>

- [Generations - Special Issue: Care at the End of Life: Restoring Balance](http://www.asaging.org/generations/gen-23-1/gen-23-1-toc.html). 23, 1, Spring 1999. (<http://www.asaging.org/generations/gen-23-1/gen-23-1-toc.html>)

Web Sites:

- Report from the APA Working Group on Assisted Suicide and End-of-Life Decisions (<http://www.apa.org/pi/aseolf.html>).
 - "Finding Our Way: Living with Dying in America" is a 15-part series distributed by Knight Ridder/Tribune. (<file:///C:/Documents%20and%20Settings/SMYER/Desktop/oldDesktop/www.findingourway.net>)
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May 8

FINAL EXAM

Additional Web Sites of Interest

- Administration on Aging (AOA): National Aging Information Website(<http://www.aoa.dhhs.gov/naic/>)
- AOA site of topical links (<http://www.aoa.dhhs.gov/NAIC/Notes/default.htm>)
- AOA - Statistical Information on Older Persons (<http://www.aoa.dhhs.gov/aoa/stats/statpage.html>)
- AOA - GAO Reports related to Aging (<http://www.aoa.dhhs.gov/naic/GAO/default.htm>)
- AOA - Directory of Websites on Aging (<http://www.aoa.dhhs.gov/aoa/webres/craig.htm>)
- NIA Behavioral and Social Research Program: Data Resources (<http://www.nih.gov/niaresearch/extramural/behavior/dataresources.htm>)
- NIA National Archive of Computerized Data on Aging (<http://www.icpsr.umich.edu/NA/CDA/index.html>)
- Cultural Context of Aging – Jay Sokolovsky (<http://www.stpt.usf.edu/~jsokolov/>)
- American Society on Aging – Multicultural Aging Network (<http://www.asaging.org/multicultural-aging.html>)
- Michigan Center for Urban African American Research (<http://mcuaaar.iog.wayne.edu/>)
- AOA Diversity and Aging (<http://www.aoa.dhhs.gov/NAIC/Notes/diversityaging.html>)
- AOA International Aging (<http://www.aoa.dhhs.gov/international/default.htm>)
- MA Executive Office of Elder Affairs (<http://www.state.ma.us/elder/>)
- American Society of Aging (<http://www.asaging.org/>)
- American Psychological Association Division 20 (<http://aging.ufl.edu/apadiv20/apadiv20.htm>)
- Gerontological Society of America (<http://www.geron.org/>)
- Managed Care – Generations (Summer 1998) (<http://www.asaging.org/generations/gen-22-2/gen-22-2-toc.html>)
- Assessing Geriatric Health: *American Family Physician* (<http://www.aafp.org/afp/20000215/1089.html>)
- Suicidal Intent in Elderly Patients: *Clinical Geriatrics* (<http://www.mmhc.com/cg/articles/CG0101/blank.html>)
- Elder Abuse: *E-Medicine* (<http://www.emedicine.com/emerg/topic160.htm>)
- Elder Self-Neglect: *Annals of Long Term Care* (<http://www.mmhc.com/nhm/articles/NHM0102/reyesortiz.html>)
- Counseling Ethics: *Journal of Counseling & Development* (http://www.counseling.org/members/journals/jcd_spring00.pdf)
- Science of Aging Knowledge Environment: *Science Magazine* (<http://sageke.sciencemag.org>)
- Friday's Progress Notes - A Mental Health Newsletter (<http://www.athealth.com/Consumer/newsletter>)
 - Other Aging-related Friday's Progress Notes Issues
 - Mental Health & the Elderly - 07/13/01: (http://www.athealth.com/Consumer/newsletter/FPN_5_15.html)
 - Pain Management - 12/29/00: (http://www.athealth.com/Consumer/newsletter/FPN_4_38.html)
 - Aging - 11/17/00: (http://www.athealth.com/Consumer/newsletter/FPN_4_34.html)
 - End-of-Life Care - 08/25/00: (http://www.athealth.com/Consumer/newsletter/FPN_4_25.html)
 - Psychiatric Problems in the Elderly - 02/25/00: (http://www.athealth.com/Consumer/newsletter/FPN_4_6.html)

- Alzheimer's Disease - 11/05/99:
(http://www.athealth.com/Consumer/newsletter/FPN_3_42.html)
- Aging 2 - 11/13/98: (http://www.athealth.com/Consumer/newsletter/FPN_2_39.html)
- Aging 1 - 07/24/98: (http://www.athealth.com/Consumer/newsletter/FPN_2_29.html)
- Alzheimer's Disease - 11/14/97:
(http://www.athealth.com/Consumer/newsletter/FPN_1_10.html)

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