

# Registration Form

Certificate Program in  
Gerontology  
Lifespan/St. John Fisher College

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SOCIAL SECURITY NUMBER \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

EMPLOYER \_\_\_\_\_

Please enroll me in:

PDEV \_\_\_\_\_

PDEV \_\_\_\_\_

PDEV \_\_\_\_\_

PDEV \_\_\_\_\_

PDEV \_\_\_\_\_

PDEV \_\_\_\_\_

ENTIRE PROGRAM \_\_\_\_\_

Courses range from one to three sessions.

Please detach and mail this form to:

Lifespan  
1900 S. Clinton Avenue  
Rochester, NY 14618  
Attn: Education Dept.  
(585) 244-8400



<b>FOR</b>	<input type="checkbox"/> Class List
<b>OFFICE</b>	Tuition \$ _____
<b>USE</b>	Paid _____
<b>ONLY</b>	Acct. # _____

## To Earn A Certificate

To receive a Certificate in Gerontology from St. John Fisher you must successfully complete 120 hours of course work (the entire course).

*Note: One session equals three hours and courses range from one to three sessions.*

## Tuition

Fees vary by course. Please contact us at (585) 244-8400, ext. 160 for information.

## How To Register

Complete the registration form and return by fax or mail to Lifespan. Registration should be completed two weeks prior to the beginning of the course.

**By Mail:** Mail to Lifespan Education Department, 1900 South Clinton Avenue, Rochester, NY 14618.

**By Fax:** (585) 244-9114

**Questions:** Call (585) 244-8400, ext. 160

## Cancellation/Withdrawal

Lifespan reserves the right to cancel a course because of insufficient enrollment. In that case, a full refund will be made. Otherwise, the refund schedule for non-credit courses is:

Withdrawal prior to first class — 100%.

Withdrawal after first class — No refund.



1900 S. Clinton Avenue  
Rochester, New York 14618  
(585) 244-8400



Lifespan of Greater Rochester, Inc.  
1900 S. Clinton Avenue  
Rochester, NY 14618

Certificate Program in Gerontology  
Partners in Improving the Quality of Life for Older Adults

# Gerontology

CERTIFICATE PROGRAM



ST. JOHN  
**FISHER**  
COLLEGE

For more than 30 years, Lifespan has been a comprehensive non-for-profit agency dedicated solely to serving the needs of older adults and their caregivers.

For nearly 20 years, St. John Fisher College has offered a successful Certificate Program in Gerontology on campus, and at locations around the community.

Now, these two experts in the field of aging issues have joined in partnership to offer a comprehensive Certificate in Gerontology Program for individuals who work with and care for older adults.

*Lifespan is a member of  
the Finger Lakes Geriatric Education Center.*

Large numbers of people are living well beyond 80 years. Because aging affects everyone, we need to be better prepared to deal with the issues and problems of aging Americans. Lifespan and St. John Fisher College's Certificate Program in Gerontology will help you develop the knowledge and skills you need to work with this population. Lifespan is Monroe County's only agency whose sole mission is to enhance the quality of the second half of life for older adults and their caregivers.

For more information or to register, return this form to Lifespan Education Department, 1900 S. Clinton Avenue, Rochester, New York 14618, or call (585) 244-8400 ext.160 during business hours.

## Course Offerings

Successfully complete 120 hours to earn the Certificate in Gerontology. Up to six hours of electives are allowed.

### Physiological Aspects of Aging PDEV 760 3 sessions

To understand the process of aging, one must understand the biological changes that occur as humans grow older. This seminar focuses on normal human function and the ways in which it changes as people grow older.

### Emotional Aspects of Aging PDEV 761 2 sessions

Personality development is a lifelong process that has both genetic and environmental components. This process begins at the earliest stages of life and continues. Internal and external demands placed upon the individual require continued psychological responses. This session covers emotional adjustments as an ongoing process that can significantly alter the functioning of an older person.

### Social and Public Policy Aspects of Aging

PDEV 762 2 sessions

Aging is both an individual activity and a phenomenon of groups of people. This seminar addresses social and policy aspects of aging in the youth-centered culture of the United States, the changing roles in this country as a result of an aging population, and the effects of the political process and legislative policy on older people.

### Economic Aspects of Aging PDEV 763 2 sessions

The micro-and macroeconomics theories and principles that affect older people are discussed in this session. Special attention is given to the American health system. There will be an overview of some of the pressing questions of personal finances and planning strategies necessary to successfully live through a secure retirement period.

### Mental Health Assessment PDEV 764 2 sessions

This seminar describes mental health and the ways in which it can be assessed in an older person. Factors that

signal possible problems are presented so that the lay person (as opposed to the professional psychiatrist or psychologist) can recognize changes in mental health and make appropriate suggestions for evaluation.

### Functional Assessment PDEV 765 2 sessions

The philosophy and practice of assessing an individual's capabilities in his/her environment are discussed in this seminar. Models of functional assessment — what it is, what it can do, and why it is superior to using only 'problem lists' and medical diagnoses — are presented. Case studies are used to illustrate the function and value of this process.

### Women and Aging PDEV 766 1 session

Women in the United States generally outlive men and therefore face unique problems as they age into the latter segments of the life cycle. This seminar describes some of the significant issues facing older women: health care, economics and finances, public policy, and housing.

### Medications and the Older Person PDEV 767 3 sessions

The seminar addresses the issues of appropriate medication for older people, including both over-the-counter and prescription medications. Questions answered include: Do older people need the kinds and amounts of medications that are frequently prescribed? What is the role of medication in psychological function and dysfunction in older people? Does medication use do as much harm as it does good? Who decides?

### Loss, Separation, and Grief PDEV 768 1 session

How do families and friends effectively cope with the death of a loved one? The topics of death and dying frequently are not discussed, making it more difficult to cope when death does occur. This seminar focuses on the topics of loss, separation and the grieving process, particularly as they relate to people who are older.

### Communication Skills for Difficult Situations

PDEV 769 2 sessions

Effective communication requires one to understand how intended and unintended communication operate. Communication skills that apply to a wide variety of different people and settings are discussed and illustrated in this session. An overview of interpersonal communication skills needed to deal effectively with difficult situations in work, home, and institutional settings is presented. Also included are case studies and role-playing to practice effective techniques.

### Counseling Older Persons and Their Families

PDEV 770 2 sessions

This seminar emphasizes the special skills needed for active listening and effective communication with people who are older, their families, and their care providers. These skills are discussed and illustrated through case studies. Group

participation and role-playing provide an opportunity to participate in effective communication simulation exercises.

### Cultural Variability in Aging PDEV 771 1 session

This seminar focuses on the ways in which aging and older people are viewed in different cultures. Responses to aging are examined in people from a wide variety of cultures in the United States, including African American, Asian, Hispanic, Jewish, as well as others. The ways that cultural and ethnic views of aging require different approaches and interventions are discussed.

### Stress and Burn-Out PDEV 772 2 sessions

Although stress is a normal part of life, excessive amounts of stress can be debilitating. Service providers must be able to cope with a wide variety of people and their demands and must learn to channel these stresses into constructive outlets. This seminar explores ways to identify individual stresses and examines ways in which these stresses can be effectively managed to prevent burn-out.

### Issues of Sexuality and the Elderly PDEV 773 1 session

This seminar provides an overview of sexuality as it applies to the second half of life. Objectives are to help one understand human sexual anatomy and human sexual response through the life cycle and explore our own feelings, attitudes, and biases about older adults and their sexuality. The course also provides a dialogue on the topic of sexuality in long term care facilities.

### Aging Services Network PDEV 774 1 session

The function of the aging services network at all governmental levels is discussed, including development, operation, and funding of the network as well as interaction with other service networks and changes needed for the future. Also covered are the conceptual and practical frameworks in which extended care is provided to older people.

### Legal Aspects of Aging PDEV 775 2 sessions

Recent changes in laws affecting elderly people are discussed in this session, including the new guardian law (Article 81), changes in Medicaid eligibility, and revisions to the Power of Attorney form. Other topics include wills, trusts and estates, health care proxies, long-term care insurance, Medicaid and resource planning, and home ownership. The seminar focuses on the rights of older people and their families as they negotiate the health care and legal systems. Other topics of interest to participants will be included if time permits.

### Alzheimer's Disease: Understanding and

Management PDEV 776 2 sessions

This seminar is designed for health care professionals, family members, and volunteers who care for people (in any setting) who have Alzheimer's Disease. An overview of the disease, including its definition, description,

epidemiology, processes, research, and proposed treatments, is provided. Practical guides, innovative approaches to providing care, and case studies are presented.

### Elder Abuse Awareness PDEV 778 2 sessions

This seminar discusses the issue of abuse of people who are older, focusing on different types of abuse, extent of abuse, and ways to effectively deal with individuals who are abusing the older person. Current theories and findings are discussed and case studies are presented to illustrate the issues and appropriate responses.

### Physical Fitness and Aging PDEV 779 2 sessions

This seminar presents practical solutions to the challenge of motivating and increasing physical fitness among older adults. Also, the mind-body connection to wellness and unique techniques to prevent falls and reduce the possibility of injuries from falls are presented.

### Nutrition and Aging PDEV 780 1 session

This seminar will explore the range of interrelationships between the aging process and the provision of adequate nutrition for persons who are older. Nutritional status, assessment of status, factors affecting food intake, and relationships between nutrition and health status in later life will be discussed.

### Ethics and End-of-Life PDEV 781 2 sessions

Ethical issues have increasingly been debated as medical technology now has the capacity to prolong life almost indefinitely. In addition, disease control keeps more people alive into advanced ages. This course will debate how paternalistic family members and society should be when dealing with a person who is losing competency, the ethics of nursing home placement and ethical dilemmas in the nursing home, how much self-determination and autonomy is allowed the older person to make decisions and act for himself or herself.

### Substance Abuse and Older Adults

PDEV 782 1 session

Substance abuse among older adults is an increasing health issue. The harm reduction model will be explored along with other techniques for addressing this issue.

### Spirituality and Aging PDEV 783 1 session

The spiritual needs of older adults often are misunderstood or ignored. Models of faith development will be reviewed. Spiritual assessment tools and spiritual care plans will be discussed.