California State University, Sacramento
Graduate Core Classes in Gerontology

Required Courses: 18 units

(3 units) GERO 200 Adaptation to Age Related Changes
(3 units) GERO 221 Models for Successful Longevity
(3 units) GERO 222 Managing Disorders in Elders
(3 units) GERO 295 Internship/Project
(3 units) GERO 101 Elder Care Continuum Services & Strategies
(3 units) GERO 102 Social Policy for an Aging Society

OR
GERO 103 Applied Care Management in Gerontology Practice

(1-6 units) GERO 299* Special Problems

*This course is optional, and is for students interested in advanced, independent study in a particular area.

The Graduate Courses in Gerontology will take approximately 3 to 4 semesters to complete, and students can expect to take 1 to 2 courses at a time. These courses will provide an excellent opportunity for advanced study in Gerontology. They will give students in other disciplines, as well as those already working in Gerontology or a related field, the ability to gain important knowledge and skills to better serve the older adult population.

Eligible students must have a bachelor’s degree, and must have a GPA of at least 3.0. Students already in a graduate program in another discipline can complete the courses as an excellent supplement to their graduate degree.

Interested students should contact the Gerontology Program office for more information and for details about how to apply.

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Course Descriptions

**Gero 200 - Adaptation to Age Related Changes, Illnesses & Caregiving**
Exposure to and analysis of positive and negative functional consequences arising from age related changes and illnesses in elders. Content elucidates changes and their effects on elders’ levels of wellness using interdisciplinary research and holistic, life course frameworks. Screening assessments, interventions, community resources and services, and ethical issues are addressed for each topic. Caregiving issues and solutions are explored within a social network and problem solving frameworks. 3 units

**Gero 221 - Models for Successful Aging**
In depth interdisciplinary, holistic exploration of health promotion and adaptation paradigms that facilitate successful, productive longevity. Hardiness and self-efficacy theories along with expectations and experiences enhancing quality of life are explored. Interactions among such variables such as activity, diet, exercise, work/leisure, attitudes/beliefs, humor, living environments, spirituality, and social networks are investigated within the contexts of gender, economic and cultural perspectives. 3 units

**Gero 222 - Managing Disorders in Elders**
Offers in-depth study/analysis of prevalent pathophysiological-based diseases and psychological disorders commonly experienced by older adults and frail elder populations. Disease/disorder causes and the effects of chronic illness on individuals’ activities of daily living, sexuality, relationships, and coping abilities with changing lifestyles are examined using a life course framework and evidenced-based research. Assessment tools, lab value changes, medication needs, complications/disabilities, traditional/alternative treatments and ethical issues rising from meeting needs are investigated along with implications for caregivers. 3 units

**Gero 295 – Internship/Project**
Supervised fieldwork internship or project that is a culminating experience and applies learned gerontological theories and concepts in a community setting where planning, developing, or delivering services to older adults or their families occurs. Students choose an area of practice and negotiate their learning experiences or project with their faculty advisor and field supervisor. Advanced approval of project goal and objectives by program director are required. 1-6 units.

**Gero 101 – Elder Care Continuum Services and Strategies**
Exploration and analysis of the “elder care service continuum” within the context of changing diverse societal needs, service availability and accessibility, current public policy, and administrative and management issues facing care providers. A multidisciplinary examination of the spectrum of services and programs targeted for older adults and their families includes information and referral processes and agencies, recreational and social options, housing alternatives, in-home, residential and skilled care options, health care eligibility criteria, funding sources, and adult protective services. 3 units

**Gero 102 – Social Policy for an Aging Society**
Explores context and process for policy making by national and California state governments including ethical dimensions. Applications are developed from students’ and instructor’s areas of interest including k-12 and higher education, land-use policy, and aging issues such as elder advocacy, Social Security, and Medicare/Medicaid. Provides background and skills for entry level positions in public or non-profit organizations. 3 units.

**Gero 103 – Applied Care Management in Gerontology Practice**
Analysis of issues, services, methods, and interventions related to “practice” with older adults and application of strategies for identifying and accessing services targeted for older adults and their families. Outcomes include understanding: unique characteristics/needs of elders; relationship of the systems approach to working with elders; issues affecting service delivery to this population (diversity, gender, ethics, special health and mental health needs); basic practice skills for effective service delivery to elders and families/caregivers; student’s attitudes and roles when working with this population. 3 units

**Gero 299 – Special Problems**
Independent research, project, or directed reading. Open to students who are capable of independent work. A maximum of 3 units may count toward elective major requirements. Advanced approval of project goal and objectives by program director. 1-3 units.