



Western University  
Health Studies 4705B-001 (Winter 2021)  
Aging and Community Health  
Instructor Dr. Stephen Lin  
Office Hours: By Appointment  
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### Course Description

Focusing on innovative multi-sectorial collaborative models to support economical, optimal aging at home for older adults with multiple chronic diseases, the objective of this course is to introduce students to the concepts of active aging, consumer engagement in health, community capacity development, and the role of communities in promoting health.

### Prerequisite

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your

### Course Delivery Method

## Evaluation

## Healthy Ageing Community Group Project (35%) – Monday, April 12

At the beginning of this semester, you will be paired up with two other students (3 persons as a group). Throughout the term, your group will develop a community-based project that addresses issues in health and ageing and promotes healthy ageing.

Your main task is to propose a research topic in the area of healthy ageing and develop a clear and thoughtful researchable question. Next, your group will collect information from multiple sources (mostly available online), such as:

- various departments of federal, provincial or municipal governments
- non-governmental organizations
- community centres
- libraries
- local community events
- mass and social media

Then, your group will analyze and evaluate all the information you gather. Specifically, your group will discuss how existing resources address a focal issue of healthy ageing at the community level. You must identify both strengths and weaknesses of the chosen resources through your program evaluation skills. In this project, you must relate your discussion to key concepts and themes covered in this course. Your group will submit one group paper (8 pages max., double-spaced, 12-inch font). Please use the 7<sup>th</sup> edition of the APA



## Week 2 (January 18 -24): Aging and Health in the Community

### Reading

- x Wister, A., Kendig, H., Mitchell, B., Fyffe, I., & Loh, V. (2016). Multimorbidity, health and aging in Canada and Australia: a tale of two countries. *BMC Geriatrics*, 16:163.
- x Dev, R., Zaslavsky, O., Cochrane, B., Eagen, T., & Woods, N.F. (2020). Healthy aging through the lens of community-based practitioners: a focus group study. *BMC Geriatrics*, 20:211.

## Week 3 (January 25 -31): Aging, Health and Ethnicity

### Reading

- x Wang, L., Guruge, S. & Montana, G. (2019). Older Immigrants' Access to Primary Health Care in Canada: A Scoping Review. *Canadian Journal on Aging*, 38(2), 193-209.
- x Baron, M., Riva, M., & Fletcher, C. (2019). The Social Determinants of Healthy Ageing in the Canadian Arctic. *International Journal of Circumpolar Health*, 78(1), 1-10.

## Week 4 (February 1 -7): Aging, Health and Gender

### Reading

- x Tuohy, D., & Cooney, A. (2019). Older Women's Experiences of Aging and Health: An Interpretive Phenomenological Study. *Gerontology & Geriatric Medicine*, 5:1-10.
- x Naud, D., Généreux, M., Bruneau, J-F., Alauzet, A., & Levasseur, M. (2019). Social participation in older women and men: differences in community activities and barriers according to region and population size in Canada.

### Reading

- x Stinchcombe, A., Wilson, K., Kortes-Miller, K., Chambers, L., Weaver, B., (2018). Physical and mental health inequalities among aging lesbian, gay, and bisexual Canadians: cross-sectional results from the Canadian Longitudinal Study on Aging. Canadian Journal of Public Health, 109 (5-6): 833-844.
  
- x Critical Response Assignment Due on Friday, February 12 by 11:55pm.

Week 6 (February 15- 21): Reading Week

- x No Class

Week 7 (February 22- 28): Midterm Exam Week

- x Midterm Exam on Wednesday, February 24

Week 8 (March 1-7): Program Evaluation I

Reading

- x Harris, M.J. (2016). Evaluating Public and Community Health Programs. 2<sup>nd</sup> Edition. San Francisco, CA: Jossey Bass. Chapter 1 & 2 (pp. 1-54)

Week 9 (March 8-14): Program Evaluation II

Reading

- x Harris, M.J. (2016). Evaluating Public and Community Health Programs. 2<sup>nd</sup> Edition. San Francisco, CA: Jossey Bass. Chapter 3 & 4 (pp. 55-110).
  
- x Conceptual Map Assignment Due on Friday, March 12 by 11:55pm.

Week 10 (March 15- 21): Community -based Health Research

Reading

- x Flicker, S., Savan, B., Kolenda, B. & Mildenberger, M. (2008). A snapshot of community-based research in Canada: Who? What? Why? Health Education Research. 23(1): 106-114.

- x Wallerstein, N. & Duran, B. (2006). Using community-based participatory research to address health disparities. *Health Promotion Practice*. 7(3): 312-323.

## Week 11 (March 22-28): Caregiving and Community Caring

### Reading

- x Ward-Griffin, C. & Marshall, V.W. (2003) Reconceptualizing the relationship between “public” and “private” eldercare. *Journal of Aging Studies*, 17 (2), 189–208.
- x Lee, Y., Barken, R., Gonzales, E. (2020). Utilization of Formal and Informal Home Care: How Do Older Canadians’ Experiences Vary by Care Arrangements? *Journal of Applied Gerontology*, 39(2), 129-140.

## Week 12 (March 29- April 4): Aging, Health and Technology

### Reading

- x Wang, J., Coleman, D., Peck, M., Myneni, S., Kang, H., & Gong, Y. (2019). Mobile and Connected Health Technology Needs for Older Adults Aging in Place: Cross-Sectional Survey Study. *JMIR Aging*, 2(1).
- x Choi, Y.K., Thompson, H.J., & Demiris, G. (2020). Use of an Internet-of-Things Smart Home System for Healthy Aging in Older Adults in Residential Settings: Pilot Feasibility Study. *JMIR Aging*, 3(2).

## Week 13 (April 5- 12): Group Presentation Week

- x Recorded Group Presentation Due by Friday April 9, 11:55pm
- x Group Paper Due by Monday, April 12, 11:55pm

## Important Policies

### A Note on Plagiarism:

Students must write their assignments in their own words. Whenever students take an idea from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major scholastic offence (the Scholastic Offence Policy can be viewed in the Western Academic Calendar).

### Plagiarism Checking:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

### Policies on Examinations

You may not use any electronic devices during examinations. Computer marked multiple-choice tests/exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### Academic Consideration for Missed Work

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

### Students seeking academic consideration:

- x Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;



- x Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- x Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- x Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities.

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the absence must be 15 minutes or more, and the student must provide documentation of the absence.

[http://www.registrar.uwo.ca/examinations/accommodated\\_exams.html](http://www.registrar.uwo.ca/examinations/accommodated_exams.html)

### Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following web si