

GERONTOLOGY

Health, Wellness, Physical Education and Athletics Division

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<http://www.cabrillo.edu/programs>

Gerontology Courses

GERON 115

Activity Directors Training for Skilled Nursing Facilities

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100.

A study of the basics of patient activities for the maintenance of psychosocial physical and mental health of older people. It is designed to meet the California State Health Department criteria for certification of Activity Directors in Skilled Nursing Facilities and Intermediate Care Facilities, but is open to any interested student.

GERON 512

Caring for the Caregiver

0 units; 1 hour Lecture

Repeatability: May be repeated.

Exploration of information and techniques that promote the emotional health of the caregiver.

GERON 532

Medicare, Medical, and Medigap Insurance

0 units; 1½ hours Lecture

Repeatability: May be repeated.

Provides consumer information to allow older adults to assess insurance needs, select appropriate insurance coverage and identify resources for dealing with insurance problems and issues.

GERON 533

Issues in Nutrition for Older Adults

0 units; 1½ hours Lecture

Repeatability: May be repeated.

Shows relationship between diet, health and disease; provides tools to evaluate and compare personal food habits and develop strategies for change as needed for older adults.

GERON 534

Aging and Sexuality

0 units; 2 hours Lecture

Repeatability: May be repeated.

Examines the physiology of sexual expression and the changes that occur with aging, sexual myths, and personal and cultural expectations of individuals during and after middle age in the area of human sexuality.

GERON 535

Group Work with the Elderly

0 units; 1½ hours Lecture

Repeatability: May be repeated.

Presents training in adult learning principles, group facilitating and support group operations with emphasis on the special considerations of working with old and very old populations.

GERON 536

Wellness for Seniors

0 units; 1½ hours Lecture

Repeatability: May be repeated.

Provides information and skills to assess current lifestyles and health habits to implement behavior changes.

GERON 537

Health and Aging

0 units; 1½ hours Lecture

Repeatability: May be repeated.

Presents information, tools, and skills to maximize and maintain health in later years and to cope with chronic illness.