

HUMAN SERVICES 110

Course Outline

Ms. Lynch

Fall 2020

The overall aim of Human Services is to increase your awareness of the importance of human service work and to prepare you for the future employment and/or post-secondary education. Due to the increasing elderly population, and the trend toward “at home care” verses “institutional care”, there is a great need for trained human service workers. You will learn practical skills needed to work with and care for an aging population through participation in activities with seniors.

This course will focus on the skills needed to prepare you to work with the elderly and the handicapped, whether they are institutionalized or being cared for in their own home. Many can live active independent lives; others need assistance.

OBJECTIVES

1. To demonstrate an understanding of the needs of the elderly and the handicapped and dispel myths and stereotypes.
2. To explain the effects of aging on wellness—physical, social, emotional, spiritual.
3. To outline the factors that contribute to the aging process and discuss the technology used to “slow” the aging process.
4. To participate in a program suitable for the helping students or the elderly.
5. To demonstrate practical care of the elderly and the disabled.
6. To develop the qualities expected of a good human service employee. **(KINDNESS)**
7. To practice positive coping skills when dealing with the stress of working with aged or disabled persons.

Unit One – The Human Service Worker

Who are Human Service Workers?

What do they do?

Who requires their assistance?

Changing Demographics of Canadian Society – Shifts in Population size of various age groups.

The Family Life Cycle—Developmental Tasks

Read

Tuesdays with Morrie

Unit Two – Special Needs

Myths of those mentally challenged

Down Syndrome

Autism

Fragile X Syndrome

Mental Health Fitness

Unit Three –The Aging Process

What does being “old” mean to you?

The Aging Process—Misconceptions and myths, Attitudes and Stereotyping Discriminations

Needs of the elderly—social, mental, physical, spiritual, emotional

Physical aging process

Physical handicaps and body disorders

Chronic Health Conditions

Developmental tasks of mid and later years

Nutritional needs of the elderly

Mental Aging and Disorders

Dementias / Alzheimer’s

Circumstances that affect quality of life – terminal illness, euthanasia, home care, institutionalization, rehabilitation, abuse, and substance abuse, death of a spouse

Death and Dying – Stages of Grieving

IF TIME PERMITS:

You and the Human Service Profession

Development of personal and interpersonal skills through practical experiences with the elderly and handicapped

HELPFUL HINTS TO DOING WELL IN THIS COURSE:

- **Terms to Learn** – there will be many notes, there is no textbook, it is your responsibility to maintain your notes to study for tests.
- **Reading** – after the teacher has gone over the new material, you should read the information again on your own for retention.
- **Homework** – read notes and study for tests.
- **Assignments** – various types of assignments will be given. Some will be done using the computer for research purposes and others will be done at home or in the classroom (alone or in small groups).

BREAKDOWN OF FINAL MARK:

- Demonstration of Learning 20%
- Tests 30%
- Assignments 30%
- Peer Tutoring 10%
- Class Mark 10%