Course Description

Reviews normal changes related to aging and factors contributing to dysfunction. Analyzes intervention strategies for common problems, including wellness programs and home modifications. Reviews relevant legislation, continuum of care and caregiver issues. Lecture 2 hours per week.

General Course Purpose

This course is intended to help students understand normal changes related to aging and the influence occupational balance has on one’s overall health, well-being, and on quality of life. This course is designed to enable students to gain an awareness of the social and political trends that impact occupational therapy assistants working with adult clientele and to become effective advocates of change.

Course Prerequisites/Co-requisites

Prerequisite: Instructor permission.

Course Objectives

Upon completing the course, the student will be able to:

- Understand the ethical and practical considerations that affect health and wellness needs of those who experience or are at risk for social injustice, occupational deprivation, and disparity and be able to effectively advocate for services accordingly
- Demonstrate an understanding of global social issues and health needs of populations with or at risk for disabilities and chronic health conditions
- Identify the systems and structures that create federal and state legislation and regulations and their effects on current practice with the adult population
- Identify strategies to assist consumers to gain access to occupational therapy services as warranted
- Understand the significance of balancing areas of occupation and the relationship between health and wellness.
- Promote OT by educating service providers, consumers, third-party payers, regulatory bodies, other professionals, and the general public on the impact the occupational performance can have on one’s physical and mental health and on the prevention of injury and disease
- Demonstrate an understanding of health literacy and implications of health literacy on patient and family education
- Understand the impact health literacy can have on areas of occupation, prevention, health maintenance and promotion, and on overall safety
- Understand the process of normal aging and the benefits to grading and adapting environments, tools, occupations and interventions to meet the changing needs of the clients and their sociocultural and temporal contents
- Promote the use of appropriate home and/or community programming to support occupational performance in an adult client’s natural environment and participation to improve overall health and wellness
- Understand Lifestyle Redesign and the promotion of aging in place

Major Topics to be Included

- Impact of occupation and occupational balance on the health, wellness, and prevention of illness and disease
- Promotion and advocacy of the importance of occupational participation to support the physical and mental health of adult clientele and to help in the prevention of disease and illness
- Grading and adapting environments to meet the adult clients’ occupational performance needs
- Lifestyle Redesign and the promotion of aging in place
- Health literacy and its implications on clients’ overall health and well-being
- Current social and legislative global issues impacting adult clientele and their effects on current practice trends