

GERONTOLOGY

Sylvania Campus
Social Science Building (SS), Room 1
971-722-8254 or 971-722-4077

www.pcc.edu/ger/

CAREER AND PROGRAM DESCRIPTION

Careers in gerontology are among the next big things in the 21st century workplace, and PCC's gerontology program is on the cutting edge of this opportunity. This program is designed for individuals who wish to develop careers in the field of aging, those already employed or active in gerontology or related fields who wish to enhance their career paths, and those seeking challenging and meaningful career changes in response to new opportunities created by an aging society. Graduates of this program will develop problem-solving and research skills through interdisciplinary core courses and electives tailored toward their career goals. Internships, mentorships and career coaching will prepare students to create individualized career paths in service industries responding to a longer living and healthier population. Exponential growth is expected in all service-providing industries related to aging, particularly in the health care services continuum, financial and legal services, leisure, life-long learning, hospitality, fitness and wellness areas.

DEGREES AND CERTIFICATES OFFERED

Associate of Applied Science Degree

Gerontology

Less than One-Year: Career Pathway Certificate

Activity Assistant
Activity Consultant
Activity Director
Advanced Behavioral & Cognitive Care
End of Life Care and Support
Gerontology
Horticultural Therapy

PREREQUISITES AND REQUIREMENTS

Candidates should be ready to enter WR 121 and MTH 20 for any certificate and MTH 65 for the degree (demonstrated through placement tests or documented previous college level work.) Those candidates with insufficient background to enter at this level may need to extend the time it takes to complete the program. Faculty advisors will provide information regarding preparatory course work options.

Students may earn a Career Pathway Certificate in Gerontology or an Associate of Applied Science degree in Gerontology at PCC. Students may also earn the degree or certificates in conjunction with a certificate or degree in other PCC programs such as fitness technology, the allied health field, nursing, business, management, or alcohol and drug counseling. The Division of Social Science has signed an articulation agreement with Portland State University to allow graduates of our two-year program in Gerontology to transfer to Portland State University as juniors. Certificates and the degree can be completed through an online option.

Career Pathway Certificate credits count toward the AAS degree requirements. Students earning the AAS degree in Gerontology must meet college graduation requirements including General Education, Math and English competencies. The core courses pro-

vide basic knowledge about aging in several important domains. Students should take GRN 181 Exploring the Field of Aging in their first or second term in the program. Internships (GRN 280A credits) provide a unique opportunity for students to work directly with older adults in their career interest area. Degree and certificate candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.

GERONTOLOGY AAS DEGREE

Minimum 90 credits. Students must also meet Associate Degree Comprehensive Requirements and Associate of Applied Science Requirements. Students must complete a total of sixteen credits of General Education. Some courses specified within the program may be used as General Education. Students should consult with program advisors for course planning.

Gerontology Degree Credit Summary

GRN Program Electives	34
SOC	16
GRN	14
Remaining General Education	8
PHL	4
PSY	4
WR	4
AD	3
GRN CAS Electives	3

Credit Total 90

Gerontology Courses

AD	105	Aging and Addiction	3
GRN	181	Exploring the Field of Aging	2
GRN	280A	CE: Gerontology Internship ¹	10
GRN	280B	CE: Gerontology Professional-Seminar	1
GRN	282	Gerontology Professional Seminar	1
PHL	207	Ethical Issues in Aging*	4
PSY	236	Psychology of Adult Development & Aging*	4
SOC	223	Sociology of Aging*	4
SOC	230	Introduction to Gerontology*	4
SOC	231	Sociology of Health and Aging*	4
SOC	232	Death and Dying: Culture and Issues*	4
WR	121	English Composition	4
Gerontology Program Electives			34
Remaining General Education			8
Gerontology CAS Electives ²			3

**Could be used as general education*

¹*Degree candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.*

Gerontology Program Electives

In order to meet the credit minimum for the degree requirements, some courses may count toward electives or General Education, but not both.

AD	101	Alcohol Use and Addiction	3
AD	102	Drug Use and Addiction	3
AD	154	Client Record Management and Addiction	3
AD	156	Ethical and Professional Issues	3
BA	101	Introduction to Business	4
FT	102	Injury Prevention and Management	3
FT	106	Analysis of Movement	3
FT	131	Structure & Function of the Human Body	4
FT	202	Fitness and Aging	3
GRN	131	Hospice Basics	1

GRN	165	Basic Activity Director Training	2
GRN	170	Resident Assistant I Training	2
GRN	171	Resident Assistant II Training	1
GRN	172	Adult Care Home Training	2
GRN	233	Supporting End of Life	4
GRN	235	Advanced Care Issues	2
GRN	236	Advanced Care Practice	2
GRN	237	End of Life Therapies	1
GRN	238	Guardian Conservator Training	3
GRN	240	Care and Service Coordination	3
GRN	265	Activity Professional Training I	3
GRN	266	Activity Professional Training II	3
GRN	267	Introduction to Professional Therapeutic Horticulture	2
GRN	268	Techniques & Adaptive Strategies in Therapeutic Horticulture	2
GRN	269	Therapeutic Horticulture Skills I	2
GRN	270	Therapeutic Horticulture Programming for Adults & Children	2
GRN	271	Therapeutic Horticulture Skills II	2
GRN	272	Therapeutic Garden Design Maintenance & Programming	3
HE	113	First Aid and Professional CPR	1
HE	212	Women's Health	4
HE	213	Men's Health	4
HE	242	Stress and Human Health	4
HE	250	Personal Health	3
HE	251	Community and Public Health Issues	4
HE	252	First Aid: Basic and Beyond	4
HPE	295	Health and Fitness for Life	3
MP	111	Medical Terminology	4
PSY	101	Psychology and Human Relations*	4
PSY	201	Introduction to Psychology Part I*	4
PSY	202	Introduction to Psychology Part II*	4
PSY	214	Introduction to Personality*	4
PSY	215	Human Development*	4
PSY	222	Family & Intimate Relationships*	4
PSY	231	Human Sexuality*	4
PSY	232	Human Sexuality*	4
SOC	204	Sociology in Everyday Life*	4
SOC	205	Social Change in Societies*	4
SOC	206	Social Problems*	4
SOC	213	Diversity in the United States*	4
SOC	218	Sociology of Gender*	4
SP	111	Public Speaking*	4

Gerontology CAS Electives

CAS	111D	Beginning Web Site Creation: Dreamweaver	3
CAS	111E	Beginning Web Site Creation: Expression Web	3
CAS	133	Basic Computer Skills/Microsoft Office ²	4
CAS	140	Beginning Access ²	3
CAS	170	Beginning Excel ²	3
CAS	216	Beginning Word ²	3
CAS	217	Intermediate Word ²	3
CAS	231	Publisher ²	3
CAS	232	Desktop Publishing: InDesign	3

²This requirement can be met through proof of comparable, work-based computer skills training.

ACTIVITY ASSISTANT: CAREER PATHWAY CERTIFICATE

Minimum 24 credits. The Gerontology Activity Assistant Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree.

GRN	165	Basic Activity Director Training	2
GRN	181	Exploring the Field of Aging	2
GRN	265	Activity Professional Training I	3
GRN	280A	CE: Gerontology Internship ¹	4
GRN	280B	Gerontology Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
HE	250	Personal Health	3
		or	
HPE	295	Health & Fitness for Life	(3)
SOC	223	Sociology of Aging	4
WR	121	English Composition	4

¹Certificate candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.

ACTIVITY CONSULTANT: CAREER PATHWAY CERTIFICATE

Minimum 21 credits. The Gerontology Activity Consultant Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree.

GRN	165	Basic Activity Director Training	2
GRN	265	Activity Professional Training I	3
GRN	266	Activity Professional Training II	3
GRN	280A	CE: Gerontology Internship	4
GRN	282	Gerontology Professional Seminar	1
SOC	223	Sociology of Aging	4
SOC	230	Introduction to Gerontology	4

ACTIVITY DIRECTOR: CAREER PATHWAY CERTIFICATE

Minimum 36 credits. The Gerontology Activity Director Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree.

GRN	165	Basic Activity Director Training	2
GRN	181	Exploring the Field of Aging	2
GRN	265	Activity Professional Training I	3
GRN	266	Activity Professional Training II	3
GRN	280A	CE: Gerontology Internship*	5
GRN	280B	Gerontology Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
HE	250	Personal Health	3
		or	
HPE	295	Health & Fitness for Life	(3)
SOC	223	Sociology of Aging	4
SOC	231	Sociology of Health & Aging	4
SOC	232	Death & Dying: Culture and Issues	4
WR	121	English Composition	4

ADVANCED BEHAVIORAL & COGNITIVE CARE: CAREER PATHWAY CERTIFICATE

Minimum 30 credits. The Gerontology Advanced Behavioral & Cognitive Care Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree.

AD	105	Aging and Addiction	3
GRN	181	Exploring the Field of Aging	2
GRN	235	Advanced Care Issues	2
GRN	236	Advanced Care Practice	2
GRN	240	Care and Service Coordination	3
GRN	280A	CE: Gerontology Internship	4
GRN	280B	Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
SOC	223	Sociology of Aging	4
SOC	231	Sociology of Health and Aging	4
SOC	232	Death and Dying: Culture & Issues	4

END OF LIFE CARE AND SUPPORT: CAREER PATHWAY CERTIFICATE

Minimum 36 credits. The Gerontology End of Life Care and Support Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree.

GRN	131	Hospice Basics	1
GRN	181	Exploring the Field of Aging	2
GRN	233	Supporting End of Life	4
GRN	237	End of Life Therapies	1
GRN	238	Guardian-Conservator Training	3
GRN	240	Care and Service Coordination	3
GRN	280A	Gerontology Internship ¹	4
GRN	280B	Gerontology Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
PHL	207	Ethical Issues in Aging	4
SOC	223	Sociology of Aging	4
SOC	231	Sociology of Health & Aging	4
SOC	232	Death & Dying: Culture & Issues	4

¹Certificate candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.

GERONTOLOGY:CAREER PATHWAY CERTIFICATE

Minimum 43 credit hours. The Gerontology Certificate is a Career Pathway. All courses within the certificate are contained in the Gerontology AAS Degree.

GRN	181	Exploring the Field of Aging	2
GRN	280A	CE: Gerontology Internship ¹	4
GRN	280B	Gerontology Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
PSY	236	Psychology of Adult Development and Aging	4
SOC	223	Sociology of Aging	4
SOC	230	Introduction to Gerontology	4
SOC	231	Sociology of Health and Aging	4
SOC	232	Death & Dying: Culture & Issues	4
WR	121	English Composition	4
Gerontology CAS Electives ²			3
Gerontology Program Electives			8

¹Certificate candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.

²This requirement can be met through proof of comparable, work-based computer skills training.

HORTICULTURAL THERAPY: CAREER PATHWAY CERTIFICATE

Minimum 29 credits. The Horticultural Therapy Certificate is a Career Pathway. All courses are contained in the Gerontology AAS Degree

GRN	165	Basic Activity Director Training	2
GRN	235	Advanced Care Issues	2
GRN	236	Advanced Care Practice	2
GRN	267	Introduction to Professional Therapeutic Horticulture	2
GRN	268	Techniques & Adaptive Strategies in Therapeutic Horticultural	2
GRN	269	Therapeutic Horticultural Skills I	2
GRN	270	Therapeutic Horticultural Programming for Adults and Children	2
GRN	271	Therapeutic Horticultural Skills II	2
GRN	272	Therapeutic Garden Design, Maintenance & Programming	3
GRN	280A	CE: Gerontology Internship ¹	4
GRN	280B	Gerontology Internship Seminar	1
GRN	282	Gerontology Professional Seminar	1
SOC	223	Sociology of Aging	4

¹Certificate candidates who have related work experience with aging adults may petition to waive one credit for every 70 hours worked toward the required internship credits, up to a total of three credits.

COURSE DESCRIPTIONS

GRN 131 Hospice Basics 1.00 Provides an introduction to hospice and hospice care, including the hospice philosophy, palliative care, pain and symptom management, death and the dying process, grief and bereavement. Also addresses hospice eligibility, ethics and confidentiality, interdisciplinary team roles, communication, advanced directives, care-giving issues, self-care, and alternative therapies.

GRN 165 Activity Director Training 2.00 Course prepares students to manage an activity department; do assessments and documentation; design, schedule, and implement appropriately designed activity programs; foster healthy resident and family dynamics; facilitate resident council meetings; and manage personnel and resources. Audit available.

GRN 166 Therapeutic Horticulture in Health and Human Services 1.00 An overview of therapeutic horticulture activity in a wide variety of senior services including senior centers, in-home, day programs, retirement facilities, assisted living, skilled nursing, long-term care nursing, dementia units, hospice, continuing care retirement communities, corrections and more. Audit available.

GRN 170 Resident Assistant I Training 2.00 Provides direct care workers in Assisted Living Facilities the knowledge and skills for both entry and performance levels as a Resident Assistant I, as described by the occupational profiles for that position. The modular, work-based training is designed to establish person-centered care competency levels in the areas of team roles and responsibilities, infection control, service plans, safety, physical effects of aging, and medications. Audit available.

GRN 171 Resident Assistant II Training 1.00 Provides advanced direct care workers in Assisted Living Facilities the knowledge and skills for both entry and performance levels as a Resident Assistant II, as described by the occupational profile for that position. The modular, work-based training is designed to establish person-centered care competency levels in the areas of team roles and responsibilities, infection control, service plans, safety, physical effects of aging, and medications, as well as the medication administration, liaison, supervisory and reporting responsibilities of the Resident Assistant II position. Prerequisite/concurrent: GRN 170. Audit available.

GRN 172 Adult Care Home Training 2.00 Includes the issues prospective operators and resident managers of Adult Care Home (ACH) will face providing care and services to residents who live in adult care homes. The course uses State of Oregon Adult Care Home Program curriculum and includes demonstrations and practice in the social model of care giving. Audit available.

GRN 181 Exploring the Field of Aging 2.00 Introduces the range of emerging professional opportunities in the field of aging, and guides students to explore and identify potential career pathways. Course work includes career and market research, coaching from course instructor, self assessment, reflection, fieldwork, informational interviews and other activities to identify potential internships, entry level positions, and educational and training opportunities fitting the student's goals and trends in the field. Audit available.

GRN 233 Supporting End of Life 4.00 Provides health care workers, caregivers, religious and spiritual counselors, social workers, fiduciaries, and family members the knowledge and skills to support the end of life process with dying persons and their families. Explores the physical, emotional, spiritual, legal, and financial aspects of dying, as well as grief and bereavement. Prerequisite: SOC 232. Audit available.

GRN 235 Advanced Care Issues 2.00 Focuses on issues related to the care of older adults presenting behavioral and cognitive challenges, using a person-centered, person-directed approach. Introduces students to assessment, treatment and care of persons experiencing dementia, problematic mental health conditions, and the dying process. Recommend: WR 115 and RD 115. Audit available.

GRN 236 Advanced Care Practice 2.00 A case study approach to advanced behavioral and cognitive care issues, based on realistic scenarios in a variety of settings. Includes assessing appropriate long term care options for memory care, problem-solving, functional levels and other challenges, managing surveys, responding to deficiencies, problem solving repetitive incident reports, implementing fall prevention programs, and developing family education and support programs. Prerequisite: GRN 235 Audit available.

GRN 237 End of Life Therapies 1.00 Focuses on a specific therapeutic approach appropriate for end of life care and explores a variety of therapeutic strategies and activities designed to augment end of life and palliative care goals and enhance the quality of life for the dying person and their caregivers. Each course offering will focus on one therapeutic approach, such as art, music, pet, horticulture, and massage therapies. May be taken 3 times for credit. Audit available.

GRN 238 Guardian-Conservator Training 3.00 Provides an overview of professional standards, duties and responsibilities for Oregon court-appointed guardians and conservators. Includes overview of relevant Oregon laws; professional practice standards, values, and ethics; abuse and protection laws, the guardianship process and alternatives to guardianship; social service, business and fiduciary information and skills required for a professional guardianship practice; including how to coordinate services and finances, and how to work with physicians, care providers, social service agencies, families and other parties in decision-making on life, property, and care for court-determined incapacitated adults in Oregon. Audit available.

GRN 240 Care and Service Coordination 3.00 Provides an overview of professional standards, responsibilities, and skills required for care managers, information and resource specialists, advocates, and service coordinators working with older adults, persons with disabilities, and their families. Includes the assessment process, care planning, resource management, service provider and financial coordination, documentation and accountability, ethics and confidentiality, advocacy, and evaluation. Introduces strength-based, person-centered, and empowerment models. Audit available.

GRN 265 Activity Professional Training 1 3.00 Provides didactic and experiential learning to prepare for an activity professional career with older adults in long term care facilities, adult daycare and community settings. Includes overview of the activity profession, late-life human development and health, standards of practice, activity planning for quality of life in a person-centered care model, and methods of service delivery for diverse populations. Students must have completed GRN 165 or the 36 CEU state-certification Activity Director Training course. Audit available.

GRN 266 Activity Professional Training 2 3.00 Course provides didactic and experimental learning to prepare management level careers as an activity professional with older adults in long term care facilities, adult daycare and community settings. Includes professional responsibilities of the Activity Director, the system of activity program development in diverse settings, administrative practices in the Activity Profession, communications, leadership, and community relations. Prerequisite: GRN 265 Audit available.

GRN 267 Introduction to Professional Therapeutic Horticulture 2.00 Introductory course for students training for the horticultural therapy profession and for health and human service providers desiring to add therapeutic horticulture to the treatment milieu. Topics include: history and development of the profession; code of ethics; People- Plant Relationship research base; vocational, social wellness and therapeutic program models; overview of basic clinical skills; aspects of interdisciplinary collaboration/integration in healthcare delivery; medical terminology; volunteer program development; professional resources and horticulture skills development for therapy. Audit available.

GRN 268 Techniques & Adaptive Strategies in Therapeutic Horticulture 2.00 Prepares students to design, develop, and maintain wellness activities and therapeutic horticulture gardens and programs incorporating indoor, outdoor and seasonal adaptations, strategies, and techniques. Includes a focus on special needs populations in retirement and long term care communities, vocational and medical rehabilitation facilities, and developmental disabilities settings. Students must have completed GRN 267 or the equivalent course offered through the Legacy Therapeutic Horticulture Program. Prerequisite: GRN 267 Audit available.

GRN 269 Therapeutic Horticulture Skills I 2.00 Introduces therapeutic skills, including therapeutic models, medical terminology, assessment, goal setting, task analysis treatment issues, activity planning, documentation and evaluation, safety and precautions as applied in a therapeutic horticulture milieu. Professional and therapeutic skill topics include learning styles, motivational management, group dynamics, therapeutic use of self, listening skills, public speaking, counseling basics, roles in interdisciplinary team, leadership role of the therapist, writing and communication skills, and ethics. Students must have completed GRN 268 or the equivalent course offered through the Legacy Therapeutic Horticulture Program. Prerequisite: GRN 268 Audit available.

GRN 270 Therapeutic Horticulture Programming for Adults & Children 2.00 Introduces therapeutic horticulture program models; human development models; issues in aging, frailty, dementia, and the continuum of care; intergenerational program models; assessment, documentation, and treatment planning; activity, thematic and seasonal planning; case study writing; marketing and public relations; program evaluation; and general issues in therapeutic garden design, maintenance and programming for children and frail elders. Students must have completed GRN 269 or the equivalent course offered through the Legacy Therapeutic Horticulture Program. Prerequisite: GRN 269. Audit available.

GRN 271 Therapeutic Horticulture Skills II 2.00 Builds therapeutic and professional skills to work in pediatric, geriatric, developmental disabilities, psychiatric and offender programs. Includes advanced skills in designing and evaluating 12 month therapeutic activities and programming for frail elderly, pediatric, developmentally disabled, neurologically impaired and other special needs populations. Focuses on professional skill mastery and continuing education planning. Students must have completed GRN 270 or the equivalent course offered through the Legacy Therapeutic Horticulture Program. Prerequisite: GRN 270. Audit available.

GRN 272 Therapeutic Garden Design, Maintenance & Programming 3.00 Focuses on the design, maintenance and programming of natural and horticultural therapeutic gardens. Includes working with an interdisciplinary team, garden assessment using therapeutic gardening standards, designing restorative settings, planning and conducting group and seasonal sessions, sensory goals programming for dementia clients patio and strolling gardens for assisted living facility programs, and special needs gardens. Students must have completed GRN 271 or the equivalent course offered through the Legacy Therapeutic Horticulture Program. Prerequisite: GRN 271. Audit available.

GRN 280A Cooperative Education: Gerontology Internship Students engage in intentional internships to gain practical experience, skill development and professional direction in achieving their career goals, working under supervision in an approved worksite. Prerequisite: Instructor approval. Audit available.

GRN 280B Gerontology Internship Seminar 1.00 Students prepare for intentional internships appropriate to their career pathway, identify and negotiate worksite placements, and acquire skills essential for successful internships. Course focuses on work-based learning outcomes, working under supervision, effective communication and teamwork in organizations, stress and conflict management, professional ethics, boundary setting, and burnout prevention. Prerequisite: CG 181 or GRN 181. Audit available.

GRN 282 Gerontology Professional Seminar 1.00 Seminar provides gerontology students close to graduation the opportunity to participate in a supportive seminar environment with other gerontology students, prepare and get feedback on portfolios and resumes appropriate to the student's career goals in the field, receive guidance from a gerontology specialist, and participate in other activities to prepare for entry into or path change within the field. Prerequisite: GRN 181 or CG 181. Audit available.