FCS 4230/5230

The Sandwich Generation

Summer - July 6 -7, 2012

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Course Description: This course will examine the middle generation adults who care for younger and older family members. Aspects of personal and family life will be explored, including: middle adult development (characteristics and theories), caregiving concerns and stresses, and support services for eldercare.

Course Objectives: As a result of participation in this course, the student will:

1. become aware of different theories of middle adult development
2. develop an understanding of caregiving concerns and stresses.
3. identify formal and informal support services for older adults and their caregivers.

Course Requirements:

1. Information Sharing – select a topic related to elder caregiving, gather related information from professional sources, and share with the class through a PowerPoint presentation. The presentation will be evaluated on relevance and accuracy of the content and the effectiveness of the presentation. (50 points)
2. Resource List – develop an annotated list of resources available for caregivers and care receivers. Include resources available a). in one specified community and/or its immediate geographical area and b). on the internet. A minimum of five resources in each category with a minimum total of 15 resources. (25 points)
3. Summary paper – identify three major points or topics discussed during the class which are of particular importance or interest; summarize the information concerning each point and provide personal responses or opinions for each. (25 points)

Graduate Credit:

A. Personal Caregiving Case Study – describe an actual or potential family caregiving situation. Analyze the situation based on topics discussed in class, including options for fulfilling care receiver's needs, resources available, impact of caregiving in this particular situation on family members, and guidelines for effective caregiving. (25 points) **OR**
B. Research Abstracts – select a specific topic related to caregiving of older persons. Identify three (3) research or scholarly articles from professional journals published from 2—5 to the present. Write an abstract and personal response to each article. (Personal response includes review of the research and relevant opinion). (25 points)

Assignments must be submitted through WebCT e-mail or in hard copy by 12:00 noon July 23.

Grading Scale: Based on total possible points.

A = 90 – 100%; B = 80 – 89%; C = 70 – 79%; D = 60 – 69%; F = Below 60%

Course Outline

1. Demographic overview of the "sandwich" generation
2. Family caregiving
    a. Who are the caregivers?
    b. Forms/degree of caregiving
3. The middle adult
    a. Theories of development
    b. Characteristics
4. Needs of younger and older family members.
5. Planning for caregiving
6. Areas of concern
    a. health,
    b. housing
    c. finances
    d. legal issues
    e. family relationships
    f. careers/employment
    g. caregiver needs and stresses
7. Positive aspects of caregiving
8. Public policy and caregiving
9. Support services and resources
10. Role of the professional