



Gerontology Workshops
University of Wisconsin-La Crosse
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La Crosse, WI 54601

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Gerontology Certificate

60-hour program

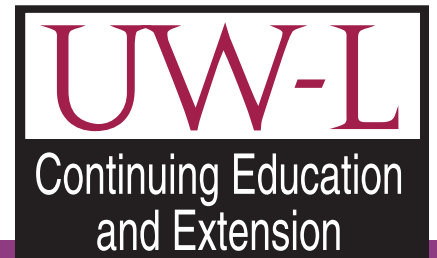
Advanced Gerontology Certificate

120-hour program

"The program has increased my knowledge and competencies, and renewed me as a professional. The flexibility to work at your own pace, the week night or weekend class schedule, and the interactive and practical learning formats were immediately applicable to my job."

— Public Health Nurse,
Houston County Public Health

**Current Workshop
Schedule Enclosed**



www.uwlax.edu/conted/gerontology

PROGRAMS



What is Gerontology?

Gerontology is the multi-disciplinary study of aging which encompasses the biological, psychological, sociological, spiritual and economic aspects of aging.

Gerontology Certificate Options

Gerontology Certificate

60 hours (5 courses)

The Gerontology Certificate Program consists of 60 hours of core workshops providing a breadth of knowledge related to aging. Participants complete the program in approximately one year. Workshop topics include:

- Foundations of Gerontology
- Social Issues of Aging
- Psychology of Aging
- Physiology of Aging
- Drugs and Aging

Advanced Gerontology Certificate

120 hours (4 courses & 52 elective hours)

The Advanced Gerontology Certificate Program allows participants to explore specialized areas of interest such as dementia care, legacy building, nutrition and fitness, and death and dying. The program can be completed in approximately two years and has three components:

- 48 hours of required core workshops
- 52 hours of elective workshops
- 12-20 hours of work practicum

Workshops are offered in the evenings and during weekends to meet the needs of working adults. Costs are reasonable and scholarship assistance is available. Continuing Education Units (CEUs*) are granted for individual workshops and recognized by many employers and licensing agencies. You do not need to be enrolled in one of the Certificate Programs to register for a workshop - workshops can be taken individually.

* CEUs are a means of recognizing and recording satisfactory participation in non-degree programs. One CEU is awarded for each ten contact hours (or equivalent) in an organized continuing education experience. All CEUs earned through UW-L Continuing Education/Extension noncredit programs become a part of your permanent record.

Why study Gerontology?

Gerontology offers excellent and diverse career opportunities for people who thrive on creativity and challenge. By 2020, the population of those over 65 will double. With this dramatic change, the demand for professions with knowledge and skills in gerontology continues to expand. People employed in this growing field report high rates of satisfaction because they know the significance of their work to individuals, families, communities, and society. The knowledge and skills acquired through the study of aging are immediately applicable in one's personal and professional life.

Audience

A gerontology certificate enhances the work of many professionals including:

- **Nurses, nursing assistants and other medical workers** who provide care for the aging population.
- **Occupational, physical and recreation therapists** who work to optimize elders' ability to function well in daily living and working environments.
- **Social workers, chaplains and parish nurses** who work with older adults and their families in long term care, hospitals, clinics and community settings.
- **Business, financial and service professionals** who seek to develop services and design products to better serve the needs of elders in an expanding and diverse market.
- **Adult children of aging parents, caregivers and older adults** who desire increased understanding of the physical, mental, emotional, interpersonal and spiritual aspects of aging.

Benefits

- Builds skills and competencies for individual effectiveness
- Enhances marketability of each professional
- Fulfills continuing education requirements for many professionals
- Develops an interdisciplinary perspective on aging
- Creates a network for sharing of expertise

"I have always been very enthusiastic about my work and love nursing. I feel a great sense of accomplishment completing this program and gained a greater insight into the geriatric population."

— Gerontology graduate

"The information I obtained has provided me with an opportunity to better relate to and understand how older adults feel physically, mentally and emotionally."

— Nurse, Franciscan Skemp Healthcare

CORE WORKSHOPS

Foundations of Gerontology

To understand the aging experience, the complexities of the aging process and the many issues affecting elders must be recognized. The Foundations course presents an overview of the historical and social context of aging to give participants a common backdrop for dialogue. Participants explore the myths and stereotypes of aging and examine the impact of ageism in our contemporary culture. Care giving, with an emphasis on family, is discussed both from a personal and professional perspective. Experiential and interactive learning is the focus of the class.



Social Issues of Aging

An introduction to the social aspects of aging is presented from the societal, community and family perspectives, including those issues addressing legislative reform and economic impacts of an aging society. Major topic areas are work and retirement; health and illness; aging in the family; special care needs; access, advocacy, and ethics; and public policy and aging.

Psychology of Aging

Based on Maslow's hierarchy of needs, the workshop explores how the elderly meet their needs. Basic needs of food and shelter can be a problem for some elders, while the need for touch and social connection may be major issues for others. Safety needs are addressed including coping strategies, elder abuse and fears. Belonging needs, family support, interpersonal intimacy and sexuality as well as self-esteem are discussed. Normal versus pathological cognitive changes are described.

Drugs and Aging

As individuals age, there is an increased likelihood that they will be on one or more medications. This workshop covers the current use of medications, drug interactions, adverse drug reactions and ineffective outcomes. Drugs commonly used for cardiovascular disease, gastrointestinal problems, diabetes and neurological diseases are examined using case studies. Common medications used in pain management and psychotropic drugs are considered. Proper use of medication in the elderly is emphasized.

Physiology of Aging

This workshop provides an overview of the normal physical and physiological changes that occur in an individual with increasing age. The implications of these changes on the day-to-day activities of the elderly are explored. This workshop presents strategies that can be used to assist the elderly in maintaining physical and mental well-being. Examples of physically active older individuals and their physical accomplishments are examined.

Instructors

Core courses and electives are collaboratively planned and taught by UW-L faculty and area professionals. Faculty from health education, psychology, sociology and exercise and sports science lend their expertise. Area professionals from county human services, home health services, nursing homes, hospital based services and Alzheimer care centers join with faculty to create a dynamic, learner-focused experience.

"Having completed the program I feel better about my work, I'm more motivated and have more enthusiasm."

— Gerontology graduate



Program Application & Scholarships Information

Program applications are received throughout the year. Participants may begin taking workshops immediately. No educational requirements exist for admittance into the program. In addition, scholarship assistance is available to assist with program costs. To receive an application packet and scholarship form, call the Program Coordinator at (608)785-6508.

Customized Programming Available

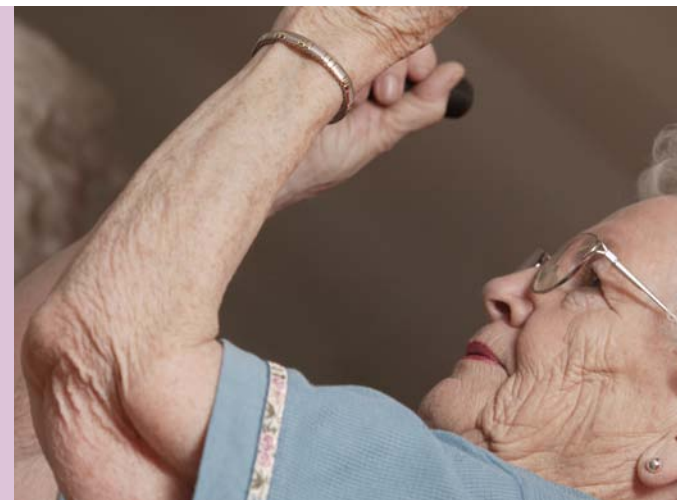
The Gerontology Certificate Program can be delivered at your workplace. Continuing Education and Extension will work with you to provide professional development that builds staff morale, motivation and leadership while improving the quality of elder care. To learn more about this opportunity, contact the Program Manager at (608)785-6509.

"I have been able to share my knowledge with others in the human services field. It has been beneficial both professionally and personally."

— Social Service Specialist, Aging and Disability Resource Center, La Crosse County

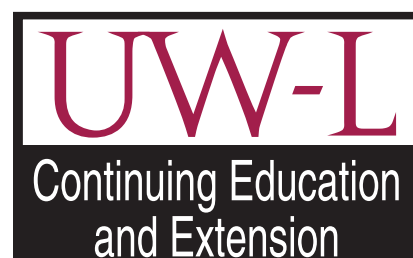
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"I gained new knowledge of age related changes in the physical body which has helped me evaluate and recognize changes more accurately and quickly."

— Gerontology graduate



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