

University of California Berkeley
School of Public Health
Juliet Rothman

PH 130AC
AGING, HEALTH, AND DIVERSITY

Introduction:

Much research in recent years has supported the fact that people of diverse cultures, races, sexual orientations, abilities, ethnicities, and other differences often have higher mortality and morbidity rates than comparable groups in the general population. Higher incidence of specific illness and disorders, coupled with lessened access to medical care have been reported, and programs to address these issues are in need of further development. In addition, the elderly population as a group are highly vulnerable and sometimes quite fragile. Need for medical interventions increase dramatically with age, and multiple medical problems are common in the elderly. Diversity and old age, when combined, can create major health problems such as access to care, compliance with prescribed medications and treatments, financial problems, and higher incidences of specific diseases and conditions.

In attempting to address these special problems, cultural competence as well as knowledge and skills are a necessary precondition to the development and provision of effective services. Vision and creativity, consultation with affected populations, the development of financial and medical resources, communication skills, and knowledge about populations to be served are essential. This course is designed to introduce students to the knowledge and skills they will need to work with diverse populations of elderly persons effectively and to increase these groups' general health and well-being.

Goals:

The goal of this lecture/seminar course is to provide a critical examination of aging and health from a broad, multi-cultural perspective. Life course, person-in-environment, age cohort, and aging itself as a "culture" will be among the key theoretical frameworks which will be used to explore intersections between aging and health and race, ethnicity, class, culture, gender, sexual orientation and ability. The strengths perspective will be used to provide a methodology for optimizing health through the use of cultural supports appropriate to individuals and communities. Students will learn methods of culturally competent communication in the context of health and healthcare, and will be able to recognize, work with, and plan for culturally competent systems of healthcare delivery for the elderly population.

Specific Objectives:

- (1) To utilize life course, person-in-environment, age cohort, and aging "culture" frameworks to understand the experience of aging in America especially in the context of health and wellness.
- (2) To recognize the potential effect of diversity in race, ethnicity, class, culture, gender, sexual orientation, and ability on the aging experiences of individuals and communities.

(3) To explore the effects of policy and the barriers to access to healthcare for diverse aging populations, and to recognize variations in health and healthcare needs which may be related to cultural diversity.

(4) To apply the strengths perspective in assessing the health needs of individuals and communities and in developing model health programs which are culturally sensitive.

(5) To demonstrate and apply specific cultural competencies to communicate with diverse aging populations.

(6) To increase self-awareness through an exploration of personal cultural milieu, worldview, beliefs, and practices and their effect on the understanding of the life experiences of others..

Course Structure:

This course will meet weekly for three hours. Each meeting will include lecture, discussions, and classroom exercises to assist students in developing knowledge and skills for understanding and working with elderly minority populations. Videos and guest speakers will also be included as appropriate. It is recognized that student participation in discussion and exercises contributes to the education and development of each member of the class, and students will be encouraged to engage actively in the work of the class. The course will be open to graduate and undergraduate students with an interest in aging, diversity, and health and wellness.

Required Readings:

Fried, S. & Mehrota, C. (1998) Aging and Diversity Washington DC: Taylor and Francis
Stoller, E.P. & Gibson, R.C. (2001) Worlds of Difference: Inequalities in the Aging

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Course Requirements:

(1) Engaging with Aging

The purpose of this assignment is to encourage you to think about the ways in which your chosen major field might make a contribution to the field of aging. This contribution might be in research, health, quality of life issues, retirement living, longevity, life course theory and concepts, the development of a new health aid or other technology to enhance living, creative activities which can provide socialization, exercise, and/or expression, or any other way in which your field could address some of the issues facing elders today.

In a three-page paper, develop an idea, grounded in the knowledge and concepts of your major field of study and career interests, which would be of significance to the lives of elders.

(2) Group Presentation:

Working in groups of 6-8 students, prepare a 1-hour presentation which focuses on a specific population. You can use library and internet research, direct observation, guest

speaker(s), films, classroom exercises, role plays, and other tools to present your information to your fellow students.

Your presentation should include:

(a) your population's general worldview with specific regard to aging and the role of older people. Caregiving, respectfulness, family roles and relationships, culturally-related roles, etc., should be included.

(b) health issues that are specific to your population, such as higher incidences of specific illnesses, both acute and chronic, genetic predispositions to specific problems, mortality rates from certain conditions, etc.

(c) cultural definitions of health and illness, including causes and treatments, and attitudes of members of your population toward health, use of alternative medicine such as healers, herbalists, and spiritual healers

(d) access to services, including barriers specific to your population

(e) suggestions for improving your population's general health, including access to care

Each group should provide the instructor with a list of resources used in gathering information for their presentation, an outline of the presentation, and the specific responsibilities of each member of your group.

(3) Final Exam

Grading:

Grades will be based on assigned work and attendance and participation as follows:

Engagement with Aging Paper	20%
Group Presentation	35%
Final Examination	35%
Attendance and Participation	10%

Class Schedule:

UNIT I: THEORETICAL FRAMEWORKS AND PERSPECTIVES

January 28

Class One

Introduction to Aging, Health, and Diversity

Theoretical Perspectives on Aging and Ethnicity: Understanding Individuals

Aging, Health, and Diversity as Intersections

The Life Course Perspective

The Strengths Perspective

The Person in Environment Perspective

Family Cultural Assessment Model

Required:

Stoller & Gibson, Introduction: Different Worlds in Aging: Gender, Race and Class, p. 1-15, "The Life Course Perspective: Aging in Individual, Sociocultural, and Historical Contexts, Part I, p. 19-74

Recommended:

Anderson, G.F.(10/1999) "Health and Population Aging: A Multi-Cultural Comparison" The Commonwealth Fund, p. 1-12

Burton, L.M., DilworthAnderson, P., & Bengston, V.L. "Creating Culturally Relevant Ways of Thinking About Diversity in Aging: Theoretical Challenges for the 21st Century". In Stanford & Torres-Gill Generations, Fall/Winter 1991

Carstensen, L.J. "The Second Half of Life: Studying the Strengths of Older Americans" The Chronicle of Higher Education October 4, 1996, p. B3-B4

Minkler, M. (1996) "Critical Perspectives on Aging: New Challenges for Gerontology" Stoller & Gibson

Minkler, M. "Aging and Disability: Behind and Beyond the Stereotypes" Journal of Aging Studies 4(3): 245-260 (1990)

Saleeb, D.(2002) "Introduction: Power to the People" In The Strengths Perspective, 3rd Ed. Boston: Allyn & Bacon, p. 1-18

Williams, D.R. et al (1994) "The Concept of Race and Health Status in America", Public Health Reports 109(1), p. 26-41

February 4:

Class Two

Race, Class and Culture in Diverse Communities: Understanding Communities

Concepts of Health in Diverse Communities

Cultural Differences in Perceptions of Health and Illness

Poverty and Health

The Effects of Oppression and Discrimination on Health

Guest Speaker: Fusheng Wang, MD Staff physician

On Lok SeniorHealth

Assistant Professor of Dept of Medicine, UCSF

"Asian-American and Chinese Medicine"

Required:

Stoller & Gibson, "Social and Psychological Contexts of Aging", Part II, p. 75-122
Fried & Mehrota, Chapter 1 "An Introduction to Aging and Diversity", p. 1-20

Recommended:

Oppenheimer, D.B. & Schultz, M.M.(2001) "Gender and Race Bias in Medical Treatment" In Lee, P.R. & Estes, C.L. Eds. The Nation's Health Boston, MA: Jones & Bartlett, p. 483-489

UNIT TWO: AGING, HEALTH AND DIVERSITY IN AMERICA

February 11:

Class Three

U.S. Health and Social Policies for the Elderly in the Context of Diversity

Age, Race, and Ethnicity Demographics

**Caregiving Patterns, Living Arrangements, Illness Demographics in Aging
Related to Ethnicity**

Guest Speaker: Eliseo Perez-Stable, MD

UCSF School of Medicine

Required:

Stoller & Gibson, "Health and Mortality", Part V, p. 269-312

Recommended:

Rowland, D. The Challenge of Meeting the Diverse Needs of Medicare's Beneficiaries
The Kaiser Commission on the Uninsured, May 5, 1999

Wallace, S. & Villa, V. (1998) "Caught in the Crossfire: Public Policy and Minority Elders in the U.S.. In Minkler, M. & Estes, C.L. Eds. Critical Gerontology: Perspectives from Political and Moral Economy Amityville, NY: Baywood Publishing

February 18 - PRESIDENT'S DAY - NO CLASSES

February 25

Class Four

**Aging and Diversity in American Families: Social Support and Caregiving
Family Responsibility**

**Intergenerational Caregiving: The New National Family Caregivers' Support
Act**

Caregiving and Health Status in Aging

**Guest Speakers: Elders from the Network for Elders
San Francisco**

Group Presentation: African American Elderly

Required:

Stoller & Gibson, Variations of the American Family, p. 203-260

Fried & Mehrota, "Caregiving" p. 93-116

Recommended:

National Family Caregivers' Support Act

Power, P.W. "Understanding Intergenerational Issues in Aging Families" (1995) In Smith, G., Tobin, S. Robertson-Tchabo, E.A., & Power, P., Strengthening Aging Families Thousand Oaks, CA: Sage Publications, p. 123-142

March 3:

Class Five

**Long-Term Care in a Multi-Cultural Society: Nursing Homes and Lifecare
Communities**

Nursing Home Utilization among Diverse Populations

Cultural Issues in Nursing Homes: Care Givers and Care Receivers

Managed Care

Guest Speaker: Sharon Waller, PhD. M. Div.

**Affiliated Core Faculty, Stanford Geriatric Education Center
Spiritual Counselor, Kaiser Hospice, Oakland**

Group Presentation: Homeless Elders or Elders with no Family Support

Required:

Stoller & Gibson, Re-read #38, p. 289-294

*Besdine, R. "Managed Care and Older Americans: Opportunities and Risks" _____
Generations, Winter 1996-97, p. 64-68

*Harrington, S.(1999) "The Nursing Home Industry: The Failure of Reform Efforts. In
Minkler, M. & Estes, C.L. Eds. Critical Gerontology: Perspectives from Political
and Moral Economy NY: Baywood Publishing

*Schneider, E, Zaslavsky, A.M., Epstein, A. . "Racial Disparities in Quality of Care for
Enrollees in Medicare Managed Care" JAMA 287(10): 1288-1294 March 13, 2002

Recommended:

SEIU: Caring Til It Hurts: How Nursing Home Work is Becoming the Most Dangerous Job in America(1997) Washington DC: SEIU, p. 1-18

March 10

Class Six

**Ethnogerontology and Cross-Cultural Practice with Elders
Ethnographic Interviewing
Health Assessment in the Context of Diversity**

**Guest Speakers: Chinese Elders from On Lok Senior Health
San Francisco**

Group Presentation: Asian and Asian-American Elderly

Required:

Fried & Mehrota, Chapter 3 “Issues in Health and Sexuality”, p. 57-87

Recommended:

Bodebeheimer, T. “Long Term Care for Frail Elderly People: The On Lok Model” New England Journal of Medicine October 1999: 1324-1328

Newcomer, R. & Maynard, R. “Residential Care for Older Californians” CPRC Brief #10 UC Berkeley: California Policy Research Center, May 2001

Tanjarasiri, S., Wallace, S.P., & Shibata, K. “Picture Imperfect: Hidden Problems Among Asian-Pacific-Islander Elderly” The Gerontologist 35(6): 753-760 (1995)

.P. & Lew Ting, C. “Getting By at Home: Community Based Long Term Care of Latino Elders” Western Journal of Medicine 157(3): 337-344 (1992)

ENGAGING WITH AGING PAPER DUE

March 17

Class Seven

Home and Community Based Care

**Perceptions of Disability in Elderly Populations
Disability Models of Community Based Care
Developing Culturally Competent Healthcare**

**Guest Speaker: Grace Li, Director of Operations
Jackie Wong, Social Worker
On Lok Senior Health**

Group Presentation: Elders with Major Physical Impairment

Required:

Stoller & Gibson, Health and Mortality: Inequalities, p. 299-311

Fried & Mehrota, Chapter 5, "Work and Retirement", p. 119-153

Recommended:

Artiega, R.G. & Michell, B.M. "Building Bridges to Address the Needs of Undocumented Minorities" In Archstone Foundation: Understanding and Combating Abuse in Minority Communities (1998) Long Beach, CA: Archstone Foundation, p. 189-193

Cuellar, J. "Cultural Traditions, Beliefs and Values" and "Ethical and Legal Issues". Excerpted from "Hispanic American Aging". In USDHHS Minority Aging. (1990) Washington DC: USGPO, p. 35-38

Kitano, H. "Values, Beliefs and Practices of the Asian-American Elderly: Implications for Geriatric Education" In Minority Aging (1990) Washington, DC USDHHS: 341-348

Richardson, J. "Health Beliefs and Practices" In Aging and Health: Black American Elders Stanford, CA: Stanford Geriatric Education Center SGEN Working Paper Series #4 (1990), p. 35-38

Yeo, G. "Ethnogeriatrics: Cross-Cultural Care of Older Adults" -Generations Winter 1996-97, p. 72-77

March 24 SPRING BREAK - NO CLASSES

March 31:

Class Eight

Productivity in the Aging Experience: The Search for Meaningful Activity

The Alone Years:

Beyond Menopause: Poverty, Health, Widowhood, and Dependence

Guest Speakers: Elders from the 30th Street Senior Center

San Francisco

Group Presentation: Latino Elderly from the 30th Street Senior Center

San Francisco

Required:

Stollner & Gibson, "Productive Activity: Paid and Unpaid" Part III, p. 123-202

Recommended:

Estes, C. & Weitz, T.A.(2001) "Aging and Gender: A New Voice on the Women's Health Agenda". In Lee, P.R. & Estes, C/L/ The Nation's Health Boston, MA: Jones & Bartlett

Hopper, S. "The Influence of Ethnicity on the Health of Older Women" Clinics of Geriatric Medicine 9(1): 231-259 (Feb 1993)

Overbo, B. & Minkler, M. "The Lives of Older Women: Perspectives from Political Economy and the Humanities". In Cole, T.R. et al Eds. Voices and Visions: Toward a Critical Gerontology (1993) NY: Springer p. 289-308

April 7:

Class Nine

Mental Health and Illness

Mental Illness in the Elderly Community

Alzheimer's Disease and Cognitive Losses

Guest Speaker: Heidi Li, MSW

Institute on Aging
San Francisco

Group Presentation: Elders with Mental, Cognitive, or Developmental Disability

Required:

Fried & Mehrota, Chapter 2, "Psychological Aging", p. 21-56

Recommended:

Anderson, P. & Gibson, B.E. "Ethnic Minority Perspectives on Dementia, Family Caregiving, and Interventions" Generation Fall, 1999, p. 46-49

Estes, C.L. "Mental Health Services for the Elderly: Key Policy Elements" In Gatz, M. Ed. Emerging Health Issues in Mental Health and Aging Washington DC: American Psychological Association (1995) p. 303-324

Killick, J. "What Are We Like Here?" Eliciting Experiences with Dementia" _____ Generations, Fall 1999, p. 46-49

“Mental Health: Issues of Access and Quality of Life” In Herr, S.S. & Weber,
Rights, and Quality of Life (1999) Baltimore, MD: Paul Brookes, p.

G. Aging,
167-188

April 14
Class Ten

The Elderly in the Gay, Lesbian, Bisexual, and Transgendered Community

Guest Speaker: Larry Brinkin, Co-Manager, LGBT & HIV Division
Senior Compliance Officer, Human Rights Commission
San Francisco

Group Presentation: Gay, Lesbian, Bi-Sexual or Transgendered Elderly

Required:

Stoller & Gibson, Gay/Lesbian couples, p. 229-237

Please select any two of the Recommended Readings, which will be on Reserve in the Reader in the Public Health Library

Recommended:

Claes, J.A. and Moore, W. “Issues Concerning Lesbian and Gay Elders: The Challenge for Health and Human Service Providers” JHHA Fall, 2000, p. 181-202

Dunker, B. “Aging Lesbians: Observations and Speculations” In Boston Lesbian Psychologies Collective, Lesbian Psychologies ((1987) Chicago: University of Illinois Press, p. 72-82

Friend, R.A. “Older Lesbians and Gay People: A Theory of Successful Aging” Journal of Homosexuality 20(3-4): 99-105 (1990)

Jacobson S. & Grossman, A.H “Older Lesbians and Gay Men: Old Myths, New Images and Future Directions” In Savin-Williams, R.C. & Cohen, K.M.(1996) The Lives of Gays, Lesbians, and Bisexuals Belmont, CA: Thomson Learning, p. 345-367

Nelson, M. “Flowersong” In Adelman, M. Ed. (1986) Long Time Passing: The Lives of Older Lesbians. Boston: Alyson Publishing, p. 122-130

Reboin, F. “Lesbian Grandmother” In Adelman, M. Ed. Long Time Passing: The Lives

of OI

April 21
Class Eleven

Death, Dying, and Bereavement
Cultural and Religious Perspectives

**Guest Speaker: Rev. Ven Heng Sure, Buddhist Priest
Graduate Theological Union, Berkeley**

Group Presentation: Jewish, Muslim, Buddhist, or Hindu Elderly

Required:

Stoller & Gibson, p. 288-293

Fried & Mehriota, Chapter 7, "Death, Dying, and Grieving" p. 185-209

Recommended:

ς, K. "Decisions at the End of Life: Cultural Considerations Beyond Medical Ethics"
Generations 23(1ss): 24-29 (Spring 1999)

Kalish R. & Reynolds, D. Chapters 6-8, Black Americans, Japanese Americans, Mexican Americans, Death and Ethnicity: A Psychocultural Study: Perspectives on Death and Dying Series, p. 94-184

ζ. (1988) "The Three Faces of Death" In The Sacred Art of Dying (1988). NY: Paulist Press, p. 11-25

April 28

Class Twelve

Religious and Spiritual Issues in Healthcare Delivery for Elders

**Guest Speaker: Cindy Bircher, Adult Protective Services
San Francisco**

Group Presentation: Native American Elders

Required:

Fried & Mehrota, Chapter 6, "Religion and Spirituality", p. 155-184

Recommended:

Betancourt, J.R., Green, A.R., & Carrillo, J.E. Cultural Competence in Healthcare: Emerging Frameworks and Practical Approaches: Field Report October 2002, The Commonwealth Fund

Cultural Competencies Writing Group, Curricular Framework: Core Competencies in Multicultural Geriatric Care UC Academic Geriatric Resource Program and Ethnogeriatrics Committee of the American Geriatric Society, November 2002

May 5

Class Thirteen

Hidden Health and Social Problems of the Elderly

AIDS

Elder Abuse

Course Summary, Evaluation, Exam Review

Required:

Please select two recommended readings which will be in the reader in the Public Health Library

Recommended:

- Allen, M.J. et al “Lesbian, Gay, Bisexual and/or Transgendered Elder Abuse Victims”. In Archstone Foundation: Understanding and Combating Abuse in Minority Communities (1998) Long Beach, CA Archstone Foundation, p. 168-177
- Cosio-Franco, A. “Maltreatment of Mexican-American Elders in Texas: An Overview”. In Archstone Foundation: Understanding and Combating Abuse in Minority Communities (1998) Long Beach, CA Archstone Foundation, p. 131-135
- Clouse, J., et al “Elder Abuse in Indian Country - Where Are We?” In Archstone Foundation: Understanding and Combating Abuse in Minority Communities (1998) Long Beach, CA Archstone Foundation, p. 31-44
- Gordon, S. M. & Thompson, S. “The Changing Epidemiology of Human Immunodeficiency Virus Infection in Older Persons” Journal of the American Geriatrics Society 43: 7-9 (January 1995)
- Le, Q.K. “Assessment of Relationships between Vietnamese Elders and their Families” In Archstone Foundation: Understanding and Combating Abuse in Minority Communities (1998) Long Beach, CA Archstone Foundation, p. **57-62**
- Moon, A. “Perceptions of Elder Abuse Among Various Cultural Groups: Similarities and Differences” Generations Summer 2000: 75-80
- Stall, R. & Catania, J. “AIDS Risk Behaviors Among Late Middle-Aged and Elderly Americans: The National AIDS Behavioral Surveys” Archives of Internal Medicine, 154: 57-63 (January 10, 1994)
- Wolf, R. “The Nature and Scope of Elder Abuse” Generations p. 6-12, (Summer 2000)

May 12

Class Fourteen:

FINAL EXAM

