About this Book

The course explores care coordination and navigation for the Older Adults. An overview of the aging process will be discussed, including psychosocial and biological theories of aging. Topics include individual and family centered service coordination, communication and health literacy with the older adult population, chronic diseases and preventative care, working with an interdisciplinary team, and resource and referral.

Course Content

1. An overview of the psychosocial and biological theories of aging.
2. Aging issues in a statewide and U.S. aging policy context, and the impact on programs and services for older adults.
3. Specialized coordination and navigation skills in working with older adults.
4. Negotiating family relationships with older adults.
5. Chronic illness: The impact on physical and emotional well-being.
6. Depression, chemical dependency and other behavioral health issues commonly experienced by older adults.
7. Wellness and prevention strategies for older adults: Disease and accident prevention; emotional, nutritional, dental and physical wellness strategies.
8. Communication: How to listen, speak, and dialogue with older adults.
9. Health literacy for older adults: Redesigning literature and media to meet the needs of older adults.
10. Transitioning from one care setting to another—from home to hospital/skilled nursing facility, etc. and back.
11. End of life transitions, options, and referrals. The role of the coordinator/navigator at the end of life.

Course Outcomes

- Describe the psychosocial and biological theories of aging.
• Identify unique characteristics of coordination and navigation with older adults and their families
• Examine chronic diseases common to older adults.
• Examine wellness and prevention strategies for older adults.
• Develop culturally appropriate health literacy and communication skills in working with older adults.
• Plan successful transitions for patient/clients throughout the continuum of care.
• Practice effective community-based referrals for older adults.
• Identify end of life needs and issues for older adults and their families.