

Course Name: REC115 Disabilities and Aging
Credit Value: 5
Prerequisite Course: None

Course Description

Recreation Therapists must understand the aging process and the effect disabling conditions have on an individual's quality of life.

This course will examine the characteristics and theoretical aspects of aging. In addition, students will study the limitations imposed by impairments as they relate to recreation and lifestyle.

Other course topics include: identifying disabling conditions, demographics, assessment tools, program development and delivery, and risk management and quality assurance.

PLAR Information

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Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1. Identify the diverse consequences disease and disabling conditions can have on all individuals and their families.**
 - 1.1 Exhibit a thorough knowledge of a variety of diseases and disabling conditions, as they affect the affective, cognitive, social and/or physical domains.
 - 1.2 Identify presenting behaviours of various diseases and the barriers these behaviours present to leisure participation.
 - 1.3 Identify how leisure programming can drastically improve functional ability and quality of life.
 - 1.4 Understand how impairments can be devastating on a family or support system and how these pressures can be alleviated
- 2. Explain how aging and changing demographics impact leisure lifestyle.**
 - 2.1 Discuss the biological theories of aging.
 - 2.2 Understand the three main psychological theories on aging.
- 2.3** Develop a profile of the aging population within Canada.
- 2.4** Understand how changing demographics directly affect the therapeutic recreation field.
- 3. Identify the purpose and application of specific assessment tools for populations faced with disease, disabling conditions, and aging.**
 - 3.1 Recognize assessment tools suitable for populations faced with disease, impairments and/or aging.
 - 3.2 Understand and apply two types of the Minimum Data Set.
 - 3.3 Understand the development of the Resident Assessment Protocols.
 - 3.4 Recognize assessment tools suitable for populations faced with disease, impairments and/or aging.
 - 3.5 Use practical application and scoring of various assessment tools appropriate for these populations (Leisurescope Plus, STILAP, etc.).
- 4. Develop an individual therapeutic recreation treatment plan.**
 - 4.1 Describe the steps involved in developing a therapeutic recreation treatment plan.
 - 4.2 Relate the process to apply the assessed information into the development of an individualized treatment plan.
 - 4.3 Develop a specific therapeutic treatment plan.
- 5. Determine appropriate programs and activities.**
 - 5.1 Appreciate various methods of adapting and modifying activities and programs to accommodate special needs.
 - 5.2 Differentiate between recreation participation activities, leisure and therapeutic activities.
 - 5.3 Determine programming needs, including supplies, equipment and resources.
 - 5.4 Identify and implement programming for the low functioning population.

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| <p>5.5 Identify and implement programming for the moderately function impaired.</p> <p>5.6 Identify and implement rehabilitation-focused groups.</p> <p>6. Explain quality assurance methods and risk management practices for working with disabled or aging individuals.</p> <p>6.1 Discuss the roles of councils and community groups.</p> | <p>6.2 Assist volunteer groups in the delivery of a therapeutic recreation program or activity.</p> <p>6.3 Demonstrate knowledge of quality assurance, infection control, risk management, and immediate jeopardy.</p> <p>6.4 Understand policies, procedures, and government regulations relating to therapeutic recreation settings.</p> |
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Evaluation Strategy

Grading System

A+ Honours	90-100%							
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R Repeat U Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S Successful I Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

Student Success

(Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

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