

**OAM Certification Course Four**  
***Physical and Mental Changes in Aging***

**October 15, 2010: 1:00-9:00 PM**

**October 16, 2010: 8:00-6:00 PM**

**International Palms Resort and Conference Center**  
**6515 International Drive, Orlando FL 32819**  
**800-354-8332**

**Course Syllabus**  
**Instructor: Rev La Donna Scruggs**

- Introduction
  - What is gerontology? What is geriatrics?
  - Theories of Aging
- Developmental Tasks of Aging
  - Uniqueness of Individuals
  - Erickson – Final Stage of Development
  - Lessened Reserve Capacity
- The Musculoskeletal System
  - Normal Age Related Changes vs. Disease; Interventions
  - Exercise
- Nutrition & The Digestive System
  - Normal Age Related Changes vs. Disease; Interventions
- Reproductive System and Sex in the Elderly
- Urinary System
  - Normal Age Related Changes vs. Disease; Interventions
- Endocrine System
  - Normal Age Related Changes vs. Disease; Interventions
- Respiratory System
  - Normal Age Related Changes vs. Disease; Interventions
- Alcoholism, Medications and Foot Care
- Dementia, Delirium, Depression
  - Diagnoses and Interventions

- Nervous System and Brain  
Normal Age Related Changes vs. Disease; Interventions
- Sensory System  
Normal Age Related Changes vs. Disease; Interventions  
Isolation of Older Adults due to changes in Sensory System
- Cardiovascular System  
Normal Age Related Changes vs. Disease; Interventions
- Immune System

Participants will be asked to interview two people before seminar begins.

Participants will be asked to research a topic and present it to a group in their church or to “teach” this class to a group in their church.

Topics for research include but are not limited to:

- Older Adults and Medications
- The Differences in Dementia, Delirium and Depression
- Suicide in the Elderly
- Future Needs of the Elderly in our Society
- Elder Abuse and Neglect
- Myths of Aging