ENVIRONMENTS FOR ELDERS
Housing & Design for an Aging Population

DEA 4720 http://courses.cit.cornell.edu/dea472/
Spring 2010
Mon & Wed 8:40 – 9:55 a.m.
Caldwell Hall Room 250
Nancy M. Wells 254-6330 MVR 3M13A nmw2@cornell.edu

OBJECTIVES
• Challenge your own stereotypes of “the elderly”
• Understand linkages between physical and sensory changes that occur with age; the perceptions & experiences of the older person; and the implications for design
• Learn about the various housing options for late life
• Apply theory + other course content to real world contexts
• Communicate effectively, both orally and in writing on topics related to older adults

OVERVIEW This course is rooted in environmental psychology, human factors/ergonomics, and gerontology. Through discussion, lecture, readings, site visits, guest speakers, and contact with elders, students learn about social, cognitive, and physiological needs of older adults, as well as the design implications of those needs. You will gain knowledge about housing types available to older adults and begin to envision the future – your future. Service learning is an important component of the course. Twenty (20) hours of elder-related service learning required.

READINGS Reserve readings are available on blackboard: www.blackboard.cornell.edu

REQUIREMENTS

Discussion Leadership, Class Participation & Mini Assignments throughout semester 15%
In addition to preparing for class, students will periodically be asked to summarize articles or lead discussion. Participation is critical. Classes will be a combination of seminar-style discussion and lecture. To foster engagement with the material, a series of mini assignments will be given. Several “mini’s” are noted on syllabus; others TBA.

Quizzes There will be occasional (approximately 2 – 3 total) pre-announced quizzes 15%

Service Learning - thru semester log & reflective journal due Feb 15, Mar 15, Apr 15, May 14 20%
20 service learning hours with elders is required. You may choose to join weekly trips though Cornell’s Elderly Partnership (CEP) or avail yourself of another opportunity (see next page). Keep a journal of your activities and reflections and insights throughout the semester. On specified dates, hand-in your log and journal for feedback. We will meet one-on-one to discuss. Finally, (for May 12 due date), summarize + reflect on experiences. Hand-in both your log and journal (including summary).

Elder-Friendly Design Evaluation Report & Presentation 20%

CHOOSE: A) Restaurant Evaluation OR
B) Grocery Store Evaluation
Written Report due Tues March 30 @ 12:00 noon
In-Class Presentation Wed March 31

Evaluate either TWO restaurants or TWO grocery stores in terms of design for older adults. Both options allow you to interact with elders and apply knowledge of sensory and physiological changes and human factors / ergonomics to an environment.

Final Project TBA due Friday April 30 @ 5:00 pm 30%
In-Class Presentations Mon May 3 & Wed May 5

NOTE: We will be going on two site visits to several local housing facilities for older adults.

HOLD THE DATES: Friday April 2 12:00 – 4:00 AND Friday April 16 12:00 – 4:00 (new time, originally was 11 – 3:00)
Contacts / Ideas for Service Learning Hours

Through the Tompkins County Office for the Aging, you can be matched with an elder in the community to visit weekly, provide respite for a caregiver, help with light housekeeping, or assist with errands. Typically, a visitor commits to 1-2 hours per week. Contact Trina Schickel for more information. You will need to meet with her and provide one reference.

Bridges of Cornell Heights, Elizabeth Demise, 257-5777
http://www.bridgesofmendon.com/basics.html
Bridges is an innovative, upscale, relatively small scale facility in a residential setting. Located at 403 Wyckoff Road, Bridges is very walkable from the Cornell Campus. Contact Elizabeth to identify ways that you can contribute to the quality of life of Bridges’ residents by visiting during meals, reading to residents, joining group outings, etc.

Cornell Elderly Partnership (CEP), Public Service Center (PSC)
pscelderly@cornell.edu
The CEP typically coordinates weekly trips to visit elders in local nursing homes. The CEP often (~weekly) visits residents of Lakeside Nursing Home where they chat, read, garden, or create crafts and projects.

Cayuga Ridge (formerly Lakeside Nursing Home), Suzanne Bakert, 273-8072. In addition to visiting Lakeside Nursing Home residents with the Cornell Elderly Partnership, you may choose to independently make arrangements to visit residents. Contact Suzanne Bakert to identify roles you might fill. Lakeside is at 1229 Trumansburg Road (follow signs to the hospital) on the West side of the Lake. TCAT bus #21 goes to Lakeside.

Beechtree Care Center (formerly The Reconstruction Home), Beth Coveney, 273-4166
Beechtree is another local nursing home that welcomes volunteers. Located at 318 S. Albany Street, Beechtree is an easy walk from the Ithaca Commons.
### READINGS & SCHEDULE DETAILS

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<tr>
<th>Date</th>
<th>Week</th>
<th>READINGS &amp; SCHEDULE DETAILS</th>
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<tr>
<td>Mon Jan 25</td>
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| Wed Jan 27 | Week 1 | OLDER ADULTS – demographics, stereotypes + stigma  
MINI due (Aging IQ)  
- Seperson, SB (2002). Demographics about Aging Chapter 4 In: Seperson and Hegeman (Eds.)  
| Mon Feb 1  | Week 2 | CHALLENGING STEREOTYPES  
Guest Speaker: Dr. Anthony Ong - What good are positive emotions in late life?  
| Wed Feb 3  | Week 2 | SENSORY CHANGE + DESIGN – Vision  
- Brawley (2006). Chapter 4 Aging Vision and Health  
- Brawley (2006). Chapter 5 Lighting and Daylighting  
http://www.homemods.org/resources/life-span/sensory.shtml |
| Mon Feb 8  | Week 3 | ENVIRONMENTAL GERIATRICS  
| Wed Feb 10 | Week 3 | SENSORY CHANGE + DESIGN - Hearing  
- Brawley (2006) Chapter 6 Hearing loss and sound solutions  
| Mon Feb 15 | Week 4 | PHYSIOLOGICAL CHANGE – Anthropometrics and Ergonomics  
- Enviro. Geriatrics http://environmentalgeriatrics.org/# module 1: Aging, Env. & Excess Disability |
| Wed Feb 17 | Week 4 | ACCESS, USABILITY AND UNIVERSAL DESIGN  
| Mon Feb 22 | Week 5 | NO CLASS. Mandatory one-on-one meetings re: service learning progress  
| Wed Feb 24 | Week 5 | ACCESSIBILITY – Guest Speaker, Finger Lakes Independence Center  
### ENVIRONMENTAL GERONTOLOGY THEORY

### WHAT’S OLD AGE FOR? Guest: Dr. Bill Thomas

### THE MEANING OF HOME

### HOUSING TRANSITIONS

### DUE Monday March 15 @ 10:00 a.m. SERVICE LEARNING LOG

### Week 8
- **DUE Monday March 15 @ 10:00 a.m. SERVICE LEARNING LOG**
- **MOON THUR Mar 1**
- **NO CLASS Mandatory one-on-one meetings re: service learning progress.**

### Week 11
- **DUE Tuesday March30 @ 12:00 noon ELDER-FRIENDLY DESIGN EVALUATION**
- **MON Apr 5**
- **INNOVATIONS: Adult Day Care and other trends**
- Brawley (2006) Chapter 16: Adult Day Care
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<tr>
<th>Week 12</th>
<th>Wed Apr 7</th>
<th>ALZHEIMER’S DISEASE + DEMENTIA</th>
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<td>• Brawley (2006) Chapter 2: Alzheimer’s Disease</td>
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<tr>
<th>Mon Apr 12</th>
<th>DESIGN FOR DEMENTIA</th>
<th>MINI due (site visit 1)</th>
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<td>• Brawley (2006) Chapter 3: Environment as Treatment</td>
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<th>Wed Apr 14</th>
<th>OUTDOOR SPACES + RESTORATION – Theory + Design</th>
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<td>• Brawley (2006). Chapter 19: Creating Gardens and Outside Environments</td>
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<th>DUE Thursday April 15 @ 5:00 p.m. SERVICE LEARNING LOG</th>
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<tr>
<th>Fri Apr 16</th>
<th>FRIDAY SITE VISITS –11:00 a.m. – 3:00 p.m. save the date!</th>
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| Mon Apr 19 | IN-CLASS Student Progress Reports & Discussion |

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<th>Week 13</th>
<th>Wed Apr 21</th>
<th>GENDER AND HOUSING</th>
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<tr>
<th>Mon Apr 26</th>
<th>CULTURAL ROLES IN HOUSING ARRANGEMENTS</th>
<th>MINI due (site visit 2)</th>
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<th>Wed Apr 28</th>
<th>NO CLASS Mandatory one-on-one meetings.</th>
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<td>Fri Apr 30</td>
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<th>Week 15</th>
<th>Mon May 3</th>
<th>In-Class STUDENT PRESENTATIONS of FINAL PROJECTS</th>
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<td>Wed May 5</td>
<td>In-Class STUDENT PRESENTATIONS of FINAL PROJECTS</td>
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| Fri May 14 | DUE Friday May 14 @ 5:00 p.m. FINAL SERVICE LEARNING LOG & REFLECTION |

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