

## **SOC203 SOCIAL GERONTOLOGY (Sept. 2008)**

**Professor David R Phillips**

### **OUTLINE**

This course introduces you to social gerontology as a subject area and its concerns with the impact of human ageing on all aspects of society. Gerontology is a multi-disciplinary field which studies the interrelated biological, psychological and social aspects of human ageing. It examines contemporary social issues and policy aspects of ageing and to encourage students to think about, analyse and project the effects of population ageing on political, economic, social welfare, cultural and recreational policies. The course examines individual, family and societal issues, measures of ageing and health (physical and mental), the environment and older persons' quality of life.

### **COURSE AIMS**

SOC203 aims to demonstrate how many societies are growing older and what happened when this occurs. It shows how older persons and their families are viewed in society and that older people can be regarded as a resource and ageing should be viewed positively - *productive ageing, successful ageing* and the current WHO policy framework *Active Ageing*. When individuals age, biological changes may be accompanied by changes in behaviour, social and economic social status, which can lead to changes in social relations and attitudes towards life in general, with which some people cope better than others ("successful ageing"). Sometimes older people experience stereotyping and may be presented in a negative light.

### **WHAT YOU WILL LEARN FROM THIS COURSE**

You will learn about what is happening to population s (sometimes called "demographic ageing") in many countries worldwide and especially in Asia-Pacific region. You will then learn the implications of population ageing which necessitates a thorough examination of present and future political, social, welfare, health and economic policies. You will need to think about the impacts on all sectors: accommodation, employment, transport, environmental design, education, health and social welfare, leisure and tourism and on the future of families and family relations. Older persons and ageing will be regarded as part of the normal lifecourse.

Term 1, September. 2008: Students can follow this course via Tutorial Mode or Service Learning (subject to quota)

**PLEASE BE SURE TO READ and PRINT Pages 1-3 at a minimum, as these contain essential information for the course and assessment.**

**Pages 4-8 contain course reading suggestions, websites and valuable resources you can read.**

## **SOC203 SOCIAL GERONTOLOGY: COURSE OUTLINE**

### **I Introduction to social gerontology; ageing in the Asia-Pacific region**

- a) Gerontology and social gerontology: definitions, multidisciplinary perspectives
- b) What is human ageing? Chronological, biological, psychological and social ageing. Key concepts to be followed in later sections: *Successful/resilient ageing*; *Active Ageing*; *Productive Ageing*; *Healthy Ageing*
- c) The demography of ageing: key population and health measures (ELB, TFR, etc); demographic transition; global ageing
- d) Ageing trends in the world, Asia-Pacific region, Hong Kong and China
- e) Demographic ageing in the Asia-Pacific region – an introduction (WebCT powerpoint)
- f) Factors ('determinants' of) affecting population ageing – decline in fertility and mortality - increasing life expectancy; reducing family sizes; epidemiological (health-related) change (examples from HK and the Asia-Pacific)

### **II Social perspectives and social policy issues in ageing**

- a) Social theories of ageing
- b) Ageing, individuals, families and society: social support, changing (reducing) family size and structures, employment patterns, migration
- c) The concept of dependency: physical, economic, active life expectancy.
- d) Respect for old age in the East and West; *filial piety*
- e) Is old age as a social problem? ageism and the 'moral panic'
- f) What is social policy? Aspects of social policy of special relevance to ageing:
- g) *Active Ageing* – a WHO Policy Framework (see also IVd below)

### **III Biological and psychological contexts of ageing**

- a) Biological theories of ageing and physiological (physical bodily) changes with age
- b) Introduction to psychological ageing (mind and behaviour) and cognitive changes with ageing: intelligence, learning and memory; life-span development
- c) Ageing and some disorders; depression, dementias/Alzheimer's disease
- d) *Successful ageing*, *Resilient ageing*; Adjustment in later life; attitudes to past, present; death, dying and bereavement; stress, coping and adaptation

### **IV Economic perspectives; Productive Ageing and Active Ageing**

- a) Economic implications of population ageing and demographic patterns - moral panic (see also IIe); macro-economic features
- b) Work and retirement; paid and non-paid roles and activities; economic status of older persons and the risk of elderly poverty
- c) *Productive ageing*; continued work and employment; older volunteers; older persons - a new 'market segment' – *the silver market?* *Active Ageing*: WHO Policy Framework (see IIIf above)
- d) Ageing in the People's republic of China case study – population policy, population ageing and national policy

### **V Ageing and health**

- a) Ageing and health changes: Epidemiological concepts: morbidity, mortality; infectious and chronic diseases; biological ageing; health status, disability

- b) Epidemiological (health) transition; general concept, uses of ET
- c) Healthy life expectancy; Activities of Daily Living (ADLs) and Instrumental ADLs (IADLs)
- d) Implications of ageing trends for health and health care policy and practices

## **VI Living arrangements of older persons: housing and accommodation**

- a) Housing and living arrangements of elderly people, what factors need to be taken into account; choices in accommodation and the housing continuum
- b) Long-term care (LTC); Care in the community and institutional care; home care; deinstitutionalization; *Ageing in place*
- c) Sources of care and support: family, friends, social supports: social care; formal and informal sources of care
- d) Environment and ageing: what makes a good environment for older persons? *Ageing in place* or '*in situ*'; Quality of life issues; environmental issues. *Global Age-Friendly Cities: a Guide* – WHO 2007

**ASSESSMENT:** Learning outcomes will be assessed by

(i) *Continuous assessment* (coursework) comprising:

**Tutorial presentation and participation plus term paper/essay** (tutorial mode only)  
**service learning performance, essay and group reports** (for service learning mode only)

(ii) *a final examination* (for all students)

(i) *Continuous assessment* (50%):

### **A. TUTORIAL MODE STUDENTS**

The continuous assessment involves tutorial participation, a group presentation and an individual essay (term paper), assessed:

- a. Group presentation in the tutorial class; your participation in tutorials (25%)
- b. **INDIVIDUAL TERM PAPER** (essay) (25%)

Essays must be written by **each** student and should make reference to appropriate concepts/theories in social gerontology and contain a proper reference list. Maximum word length of text **2,000 words**.

### **FINAL DATE FOR SUBMISSION OF TERM PAPER/ESSAY:**

**Friday 12 December 2008** (earlier submission is welcome)

### **B. SERVICE LEARNING STUDENTS**

You will be briefed on the specific requirements, to be assessed as follows:

- a. Individual reflective essay (15 %)
- b. Group report (15 %)
- c. Report - back seminar presentation (10%)
- d. Performance Rating/Agency evaluation score (10%)

(ii) *Final Examination Paper* (50%)

**Tuesday 2 December 2008 10.30am-12.30pm (NAB 319)**

ALL students will sit the same final examination paper (2 hours)

## COURSE READINGS:

### a. ESSENTIAL READINGS

1. Phillips, D.R. (ed.) (2000) *Ageing in the Asia-Pacific Region*. London: Routledge (Chapter 1 and selected countries only as required)
  2. Kinsella, Kevin and Phillips, David R. (2005) Global aging: the challenge of success. *Population Bulletin*, Vol. 60, no.1, March, pp. 1-40 (Whole issue). This is available on WebCT and can also be downloaded free from [www.prb.org](http://www.prb.org) (Population Bulletin)
  3. **Either:** Hooyman, Nancy R and Kiyak, H Asuman, *Social gerontology: a multidisciplinary perspective*. Boston: Allyn and Bacon. (Several editions: 1988, 1991, 1993, 1996, 1999, 2002, 2005, 2008)
- Or:** Novak, Mark *Issues in aging*. Boston: Allyn and Bacon, 2006, 2<sup>nd</sup> ed (1<sup>st</sup>. edition 1997)

### b. SUPPLEMENTARY READINGS

*These are alternatives, you should select only a few (suggestions will be made in lectures):*

Andrews, G J and Phillips, D R (eds.) (2005) *Ageing and place*. London: Routledge. Various chapters depending on topic.

Bond, J, Peace, S., Dittmann-Kohli, F., and Westerhof, G. (2007) *Ageing in society*. 3<sup>rd</sup> Ed. London: Sage.

Chi, I, Chappell, N L and Lubben, J. (2001) (eds.) *Elderly Chinese in Pacific Rim countries: social support and integration*. Hong Kong: Hong Kong University Press.

Cockerham, W C (1997) *This ageing society*. 2<sup>nd</sup> Ed. Prentice-Hall, Upper Saddle River.

Foos, P.W. and Clark, M.C. (2003) *Human aging*. Boston: Allyn and Bacon.

Harper, Sarah (2006) *Ageing societies: myths, challenges and opportunities*. London: Hodder Arnold. (on Short Loan, Library)

Johnson, Malcolm M. (ed) (2005) *The Cambridge handbook of age and ageing*. Cambridge: Cambridge University Press. *You can view the contents on:*  
<http://www.cambridge.org/catalogue/catalogue.asp?isbn=0521533708&ss=cop>

Kart, C S and Kinney, J M (2001) *The realities of aging: an introduction to gerontology*. 6<sup>th</sup> Ed. Boston: Allyn and Bacon.

Phillips, D R (ed) (1992) *Ageing in East and South-east Asia*. London: Edward Arnold.

Phillips, D R (ed) (2000) *Ageing in the Asia-Pacific region*. London: Routledge.

Phillips, D R and Chan, A C M (eds) (2002) *Ageing and long-term care: national policies in the Asia-Pacific*. Singapore: Institute of Southeast Asian Studies.

United Nations (2007) *World Economic and Social Survey 2007: Development in an Ageing World*. New York: UN.  
<http://www.un.org/esa/policy/wess/wess2007files/wess2007.pdf>

Yoon, Hyunsook and Hendricks, Jon (2006) *Handbook of Asian Aging*, Baywood Publishing Company, Amityville, New York.

關銳煊、陳章明、梁萬福合編。(2004).*護老者綜合服務論叢*，天地圖書出版

**JOURNALS in which you can find useful papers (there are also others):**

*Ageing and Society*; *Hong Kong Journal of Gerontology* (now called *Asian Journal of Gerontology and Geriatrics*); *International Journal of Aging and Human Development*; *Journal of Aging Studies*; *Journal of Aging and Health*; *Journal of Cross-Cultural Gerontology*; *Journal of Gerontology*; *The Gerontologist*; *Psychology and Ageing*; *Social Science and Medicine*; *Ageing International*; *Asia-Pacific Population Journal (UNESCAP)*

**International Organization Websites on ageing:**

WHO (World Health Organization) (2002) *Active ageing: a policy framework*. Geneva: WHO. This framework is available on:

[http://whqlibdoc.who.int/hq/2002/WHO\\_NMH\\_NPH\\_02.8.pdf](http://whqlibdoc.who.int/hq/2002/WHO_NMH_NPH_02.8.pdf)

WHO (World Health Organization) (2007) *Global age-friendly cities: a guide*. Geneva: WHO. This framework is available on:

[http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

WHO (2007) *Age-friendly primary health care centres toolkit*

[http://www.who.int/ageing/publications/AF\\_PHC\\_Centretoolkit.pdf](http://www.who.int/ageing/publications/AF_PHC_Centretoolkit.pdf)

United Nations (2002) (UN) Madrid International Plan of Action on Ageing, 2002

<http://www.un.org/esa/socdev/ageing/waa/a-conf-197-9b.htm>

UN ESCAP (1998) The Macau Plan of Action on Ageing for Asia and the Pacific

<http://www.unescap.org/ageing/macau.htm>

*UNESCAP (2002) Shanghai Implementation Strategy: regional implementation strategy for the Madrid International Plan of Action on Ageing 2002 and the Macao Plan of Action on Ageing for Asia and the Pacific 1999*

<http://www.unescap.org/esid/psis/ageing/strategy/index.asp>

Mujahid, G. (2006) *Population Ageing in East and South-east Asia*. Papers in Population Ageing, 1. Bangkok: UNFPA. Available online at:

[http://cst.bangkok.unfpa.org/docs/bkageing\\_asia.pdf](http://cst.bangkok.unfpa.org/docs/bkageing_asia.pdf)

Population Reference Bureau, USA: <http://www.prb.org>

World Population Data Sheet 2008:

<http://www.prb.org/Publications/Datasheets/2008/2008wpds.aspx>

United Nations Resources on Ageing: <http://www.un.org/issues/m-age.html>

Global Action on Aging Newsletter (United Nations, New York) <http://www.globalaging.org/>

United Nations (2008) *Regional Dimensions of the Ageing Situation*. New York: UN.

<http://www.un.org/esa/socdev/ageing/documents/publications/cp-regional-dimension.pdf>

## READINGS FOR SPECIFIC PARTS OF THE COURSE

Reading suggestions will be given during the lectures. Some items are on WebCT or Library short loan. Note: these are *alternatives* - you are **NOT** expected to read them all

### I SOCIAL GERONTOLOGY AND AGEING IN THE ASIA-PACIFIC REGION

The above introductory texts will be used for this section, especially:

\*Hooyman, N R and Kiyak, H A (2005) Ch. 1 and 2

\*Novak (2006) (Chapters 1,4) and/or:

\*Kinsella and Phillips (2005) pp. 1-16

Also: general background and examples on “Demographic ageing”:

Kinsella, K and Velkoff, V.A. (2001) *An Aging World: 2001*. US Census Bureau, Series P95/01-1. Washington DC: US Government Printing Office.

HelpAge International (2002) *State of the world's older people 2002*. London: HAI.

Martin, L G and Preston, S H (1994) *Demography of Aging*. Washington DC: National Academy Press.

#### Perspectives on ageing in the Asia-Pacific region (esp. HK and China)

\*Phillips, D.R. (ed.) (2000) *Ageing in the Asia-Pacific Region*. London: Routledge.

\*ESCAP (2002) *National policies and programmes on ageing in Asia and the Pacific: an overview and lessons learned*. New York: United Nations

Mujahaid, G. (2006) *Population Ageing in East and South-east Asia*. Papers in Population Ageing, 1. Bangkok: UNFPA. Available online at:

[http://cst.bangkok.unfpa.org/docs/bkageing\\_asia.pdf](http://cst.bangkok.unfpa.org/docs/bkageing_asia.pdf)

United Nations (2008) *Regional Dimensions of the Ageing Situation*. New York: UN. See chapter III Ageing trends in Asia and the Pacific, S T Cheng, A C M Chan and D R Phillips (pp. 53-69). Available online at:

<http://www.un.org/esa/socdev/ageing/documents/publications/cp-regional-dimension.pdf>

Bengtson, V L et al (2000) *Aging in East and West*, New York: Springer. Various chapters.

Bartlett, H and Phillips, D R (1997) Ageing and aged care in the People's Republic of China: national and local issues and perspectives. *Health and Place*, 3,3, pp. 149-159.

Bartlett, H and Phillips, D R (1995) Ageing trends - Hong Kong. *Journal of Cross-Cultural Gerontology*, 10, 257-265.

ESCAP (1996) *Added years of life in Asia: current situation and future challenges*. Asian Population Studies Series no 141. New York: UN. (some chapters on short loan)

ESCAP (1996) *Population ageing in Asia and the Pacific*. Bangkok, UN ESCAP.

Joseph A E and Phillips, D R (1999) Ageing in rural China. *Journal of Cross-Cultural Gerontology* (see Short Loan)

Phillips, D R and Bartlett, H (1995) Ageing trends - Singapore. *Journal of Cross-Cultural Gerontology*, 10, 349-356.

Teo, Peggy, Mehta, Kalyani, Thang, Leng Leng and Chan, Angelique (2006) *Ageing in Singapore: service needs and the state*. London: Routledge.

#### Special issues of some Journals:

*Southeast Asia Journal of Social Science*, 1999, Volume 27, Part 2.

*Asia-Pacific Population Journal*, 1997, Vol. 12, Part 4; 1999, Vol. 14, Part 4.

*Asia-Pacific Population Journal*, 2006, Vol. 21, Part 3 (several papers on demographic ageing, workforce and living arrangements in Asia).

*Asia-Pacific Population Journal*, 2007, Vol. 22, Part 2 on low fertility in Asia.

## II SOCIAL PERSPECTIVES AND SOCIAL POLICY ISSUES

**\*Hooyman, N. and Kiyak, H.A. (2005) Chapter 3 and 8 (social theories of ageing), Ch. 16 (USA-oriented)**

\*Novak M. (2006) Chapters 2,13

\*Kinsella and Phillips (2005) pp. 21-26

Baltes, M.M. (1996) The concept of dependency. Chs. 1,2,9, 10.

Bernard, M. and Phillips, J. (eds) (1998) *The social policy of old age*. Centre for Policy on Ageing, London. Various chapters on aspects of social policy and old age.

Kart and Kinney (2001) Ch. 9 (Social theories of ageing)

ESCAP (1996) *Some problems and issues of older persons in Asia and the Pacific*. Asian Population Studies Series No 144. New York: UN.

ESCAP (1997) *Implications of Asia's population future for older people and in family*. Asian Population Studies Series No 145. New York: UN.

Ng, A C Y, Phillips, D R and Lee, W K M (2002) 'Persistence and challenges to filial piety and informal support of older persons in a modern Chinese society: a case study in Tuen Mun, Hong Kong', *Journal of Aging Studies*, 2002, 16, 1-20.

## III BIOLOGICAL AND PSYCHOLOGICAL CONTEXTS OF AGEING

**\*Hooyman, N. and Kiyak, H.A. (2005) Chapters 3, 5, 6**

\*Novak M. (2006) Chapter 6 (Life Span Development)

\*Kinsella and Phillips (2005) pp. 18-21

Bond J, et al (2007) Various chapters

Brown, AS (1996) Chapter 4

Foos and Clark (2003) Ch. 3, 5-8, 11

## IV ECONOMIC PERSPECTIVES: PRODUCTIVE AGEING AND ACTIVE AGEING

\*Hooyman and Kiyak (2005) Ch. 12 on Productive ageing

\*Novak (2006) Ch. 9 and Ch. 10

\*Kinsella and Phillips (2005) pp. 28-32, 34-37

Binstock and George (1996) Ch 5.

Kart and Kinney (2001) Ch. 11.

WHO (2002) – see above policy framework on active ageing.

ESCAP (1996) *Annotated bibliography on Productive Ageing in Asia and the Pacific*. Bangkok: ESCAP, UN.

Johnson, P and Falkingham, J (1992) *Ageing and economic welfare*. London: Sage.

Schulz, J H, Borowski, A and Crown, W H (1991) *Economics of population aging: the graying of Australia, Japan and the United States*. NY: Auburn House.

Teo, P. et al (2006) *Ageing in Singapore*. Ch. 4.(Employment, ageism and work)

Watson Wyatt (Specialists in human capital/financial management, with interests in ageing and employment/pensions etc)

[www.watsonwyatt.com](http://www.watsonwyatt.com)

See their *Ageing Workforce 2006 Report: Asia Pacific*

<http://www.globalaging.org/elderrights/world/2006/ageingworkforceap.pdf>

## V AGEING AND HEALTH

\*Hooyman and Kiyak (2005) Ch. 4, Ch. 13.

\*Kinsella and Phillips (2005) pp. 16-21

see especially McCracken, K. and Phillips, D.R. (2005) International demographic transitions, in Andrews, G.J. and Phillips, D.R. (eds.) *Ageing and Place*, Ch. 4 (Chapter is on WebCT)

Bernard and Phillips (1998) Ch.. 14

Bond, J et al (1993) Chapter 1,3,7

Ebrahim, S. and Kalache, A. eds. (1996) *Epidemiology in Old Age*. London: British Medical Association Publishing Group.

Foos and Clark (2003) Ch. 4

Caselli, G and Lopes, A (eds) (1996) *Health and mortality among elderly populations*. Oxford: Clarendon Press.

Chi, I and Leung, E M F (1995) *Towards healthy ageing in Hong Kong*. Hong Kong: St James' Settlement.

Kinsella and Velkoff (2001) Parts 3 and 4.

Lam, S.K. (ed) (1997) *The health of the elderly in Hong Kong*. HKU Press. Chs. 3, 13.

Novak, M. (2006) Ch. 8

Phillips, D R (1988) *The epidemiological transition in Hong Kong*. University of Hong Kong: Centre of Asian Studies.

Phillips, D R and Verhasselt, Y (eds) (1994) *Health and development*. London: Routledge. Various chapters.

Timaues, I, Chackiel, J and Ruzicka, L. (eds) (1996) *Adult mortality in Latin America*. Oxford: Clarendon Press. Various chapters.

## VI LIVING ARRANGEMENTS: HOUSING AND ACCOMMODATION

\*Hooyman and Kiyak (2005) Ch. 9, 10, 11

\*Novak (2006) Ch. 11, 13.

\*Kinsella and Phillips (2005) pp. 26-28

Andrews, G.J. and Phillips, D.R. (eds.) (2005) *Ageing and Place*. Various chapters.

*Ageing International* (1997) Special issue, Winter/Spring 1997.

*Asia-Pacific Population Journal*. Special issue, Dec. 1997, Vol. 12, 4.

Bengtson, V L and Harootyan, R A (1994) *Intergenerational linkages: hidden connections in American society*. NY: Springer.

Hutten, J.B.F. and Kerkstra, A. (1996) *Home care in Europe*. Arena, London. A series of country examples from Europe.

Foos and Clark (2003) Ch. 12 (environments)

Lam, T.P. et al (1998) Community attitudes towards living arrangements between the elderly and their adult children in Hong Kong. *Journal of Cross-Cultural Gerontology*, 13, 3, 215-228.

Ngan, R M H et al (1996) *A study of the long-term care needs, patterns and impact of the elderly in Hong Kong*. HK: City University.

Ngan, R. et al (1997) *Long term care needs, patterns and impact of the elderly in Hong Kong*. Hong Kong Journal of Gerontology, 11,2, 22-27.

Phillips, D R (ed) (2000) Various chapters.

Phillips, D R and Yeh, A G O (1999) *Environment and ageing*. HKU: CUPEM. Phillips, D R

(2000) Long term care. In *Encyclopedia of Sociology*, 2<sup>nd</sup> ed. Edited E F Borgatta and R J V Montgomery. Vol 3, pp. 1652-1663.

WHO (World Health Organization) (2007) *Global age-friendly cities: a guide*. Geneva: WHO. Available on:

[http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

