

## **SOC203 SOCIAL GERONTOLOGY (January – April 2010)**

**Professor David R Phillips and Ms Sharon Chan**

### **Brief Course Description**

This course introduces students to social gerontology 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 socio-economic issues, measures of ageing and health (physical and mental), the environment, accommodation and older persons' quality of life. Older persons and ageing are regarded as just one aspect of the life course.

### **Aims**

This course aims to demonstrate how and why many societies in East and West are growing older (sometimes called “demographic ageing”) and what tends to happen when this occurs. The course explores how older persons and their families are viewed in society and emphasises a positive approach to ageing, that older people can be regarded as a resource. Major social theories of ageing and concepts such as *Productive ageing*, *Successful ageing* and the current WHO policy framework *Active Ageing* are studied. 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. Occasionally, scapegoating (blame of older people) or a moral panic approach to large numbers of older people is to be seen in the media and among some policymakers and even academic disciplines.

### **Learning Outcomes**

Upon completion of this course, you

1. will be able to identify what is happening to populations in terms of ageing in many countries worldwide and especially in Hong Kong and the Asia-Pacific region, and be able to explain the main reasons for population ageing.
2. will be able to identify the major implications of population ageing, and explain the extent to which it necessitates re-examination of current and future political, social, welfare, health and economic policies and you will be aware of the risks of a ‘moral panic’ approach.
3. will be able to discuss the impacts of population ageing on all sectors including accommodation, employment, transport, environmental design, education, health care, social welfare, leisure and tourism, and on the future of families and family relations.
4. will be able to explain and apply the main social theories of ageing.
5. will be able to explain the main physical and psychological changes associated with ageing and realise which are abnormal changes, and explain the consequences of

- health related changes (such as in ADLs) for people's ability to live independently if they choose.
6. will be able to explain concepts such as *Successful ageing*, *Productive ageing* and *Active ageing*, and a *Life-course perspective* and assess if they help understand the situation of older persons in Hong Kong and other countries you may have studied.
  7. will be able to summarise and evaluate the major debates on older persons in society and how ageing should be regarded as part of the normal lifecourse.

## **COURSE STRUCTURE**

### **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 – the challenges of success (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, Active Ageing; Ageing in China**

- 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?*
- d. *Active Ageing*; WHO Policy Framework (see II f above)
- e. 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. Brief introduction to 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

## Teaching Methods and Assessment

Weekly lectures, tutorials, seminar presentations and discussions; or service learning mode

### Assessment and Measurement of Learning Outcomes (LO)

(i) *a final examination 50%* (for all students) (LO 1-7)

**Date of exam** – in final week of teaching: Tuesday 20 April, 10.30am-12.30pm

(ii) *Continuous assessment 50%* (coursework) comprising:

**Tutorial presentation and participation plus individual term paper/essay** (tutorial mode only)

**Participation, individual reflective essay, group report, SLRS agency assessment** (Service Learning students only)

Continuous Assessment for TUTORIAL MODE (50%):

Tutorial participation	10% (LO 2-7)
Tutorial presentation (small groups)	15% (LO 3, 4, 5, 6)
Individual written term paper/essay	25% (Depending on topic, LO 1, 2, 3-6, 7)

Requirement for your term paper/essay:

No more than 2,000 words of text. The essay will be assessed on the basis of its overall quality, but it should generally include:

- a. A concise statement about the issues/topic and why it is important in the study of social gerontology (LO 1, 2, 3, 7)
- b. References to appropriate concepts/theories (LO 2, 4, 6)
- c. Empirical examples from HK, other Asian countries or internationally, as appropriate (LO 1, 2, 3, 5)
- d. A Bibliography/List of References of all sources consulted and of all works/authors mentioned in the text. This is essential. Without such a list of reference (in proper academic style), the essay will be reduced by at least one grade. The reference list may be in numerical style or Harvard style (alphabetic list of authors' names and date of publication cited in text), e.g. Wong (1998); Smith (1996). See examples on WebCT.

Continuous assessment for SERVICE LEARNING MODE (50%):

SL participation	10% (LO 1, 2, 3, 5,6,7,0)
Individual reflective essay	15% (LO 1-7)
Group project/presentation	15% (LO 2, 3, 4, 5, 6)
Performance rating/Agency evaluation	10% (LO 1, 2, 3, 7)

(please note that only few students can be accepted into the SL Scheme). For the nature of the Scheme, please visit the SLRS website <http://www.ln.edu.hk/osl/>

## Required/Essential Readings

Kinsella, Kevin and Phillips, David R. "Global Aging: the Challenge of Success". *Population Bulletin*, Vol. 60, no.1, March, pp. 1-40 (whole issue). 2005. This is available on WebCT and can also be downloaded free from <http://www.prb.org/pdf05/60.1GlobalAging.pdf>

**Either:** Hooyman, Nancy R and Kiyak, H Asuman, *Social Gerontology: a Multidisciplinary Perspective*. Boston: Allyn and Bacon. (Several recent editions: 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)

## Reference-type books

Cheng, Sheung-Tak, Chan, Alfred C.M., and Phillips, David R. "Ageing trends in Asia and the Pacific", in *Regional Dimensions of the Ageing Situation*, UN Department of Economic and Social Affairs. New York: United Nations, pp. 35-69, 2008. <http://www.globalaging.org/agingwatch/desa/aging/mipaa/regionaldimensions.pdf>

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

Palmore, Erdman B., Whittington, Frank, and Kunkel, Suzanne (eds.) *The International Handbook on Aging*. 3<sup>rd</sup> Edition. Santa Barbara, Ca: Praeger, 2009.

Phillips, David R., Chan, Alfred C.M., and Cheng, Sheung-Tak "Ageing in a global context: the Asia-Pacific region", in Chris Phillipson and Dale Dennerfer (eds) *The Handbook of Gerontology*. Sage: London and NY, 2010 (in press).

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

## Supplementary Readings

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

Andrews, Gavin and Phillips, David R (eds.) *Ageing and Place*, London, Routledge, 2005, pbk. 2008.

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

Chi, I, Chappell, N L and Lubben, J. *Elderly Chinese in Pacific Rim Countries: Social Support and Integration*, Hong Kong: Hong Kong University Press, 2001.

ESCAP. *National Policies and Programmes on Ageing in Asia and the Pacific: an Overview and Lessons Learned*. New York: United Nations (mainly drafted by Prof. D R Phillips and A C M Chan), 2002.

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

Fu, T.H. and R. Hughes (eds.) *Ageing in East Asia: Challenges and Policies for the Twenty-first Century*. London: Routledge, 2009.

Harper, Sarah *Ageing Societies: Myths, Challenges and Opportunities*. London: Hodder Arnold, 2006.

HelpAge International, *State of the World's Older People 2002*. London: HelpAge International, 2002.

Kinsella, Kevin and He, Wan *An Aging World: 2008*. US Census Bureau, Series P95/09-1. Washington DC: US Government Printing Office, 2009.

<http://www.census.gov/prod/2009pubs/p95-09-1.pdf>

McCracken, Kevin and Phillips, David R.. “International demographic transitions”, in Andrews, G and Phillips D. R. (eds.) *Ageing and Place*. London, Routledge, 36-60, 2005.

Mujahid, Ghazy *Population Ageing in East and Southeast Asia: Current Situation and Emerging Challenges*. UNFPA Papers on Population Ageing No 1, UNFPA, Bangkok, 2006. [http://asiapacific.unfpa.org/webdav/site/asiapacific/shared/Publications/2006/papers%20in%20pop%20ageing%20no.%201%20\(2006\).pdf](http://asiapacific.unfpa.org/webdav/site/asiapacific/shared/Publications/2006/papers%20in%20pop%20ageing%20no.%201%20(2006).pdf)

Ng, Anita C. Y., Phillips, David R. and Lee, William K. M. “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*, Vol 16:1-20, 2002.

Ong, Fon-Sim, Phillips, David R. and Tengku Aizan Hamid “Ageing in Malaysia: progress and prospects”, in *Ageing in East Asia: Challenges and Policies for the Twenty-first Century*, ed. T.H. Fu and R. Hughes, Routledge: London, pp. 138-160, 2009.

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

Phillips, David R. (ed.) *Ageing in the Asia-Pacific Region*. London: Routledge. (has chapters on most Asia-Pacific countries), 2000.

Phillips, David R. and Chan, Alfred C M (eds.), *Ageing and Long-term Care: National Policies in the Asia-Pacific*, Singapore: Institute of Southeast Asian Studies, 2002.

Phillips, David R. and Yeh. Anthony G O. (eds.) *Environment and Ageing*. HKU: CUPEM, 1999.

Reisman, David. *Social Policy in an Ageing Society: Age and Health in Singapore*. Cheltenham: Edward Elgar, 2009.

Sanderson, W and Scherbov, S. "Rethinking age and aging", *Population Bulletin* 63, 4, Dec., 1-16 (whole issue), 2008. [www.prb.org](http://www.prb.org)

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

WHO (World Health Organization) *Active Ageing: a Policy Framework*. Geneva: World Health Organization, 2002.  
(available on [www.who.int/hpr/ageing/index.htm](http://www.who.int/hpr/ageing/index.htm))

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

*Ageing and Society; Asian Journal of Gerontology and Geriatrics* (previously called *Hong Kong Journal of Gerontology*); *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 Journal of Ageing and Later Life*  
(<http://www.ep.liu.se/ej/ijal/>)

**International Organizations and other Websites on ageing:**

WHO (World Health Organization) (2002) *Active ageing: a policy framework*. Geneva: WHO. This framework is available on:  
<http://www.who.int/hpr/ageing/index.htm>

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>

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

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>