



## **Insights into Healthy Aging *for Caregivers and Professionals***

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Fully Online Certificate Program  
*developed and delivered by*  
Psychology Department, University of Arizona

Curriculum Guide

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## ➤ Overview

Whether you are a caregiver, a professional, or someone who is interested in learning more about healthy aging, our fully online certificate is for you! Understanding how we age and the impact that aging has on the quality of our lives is critical as individuals live longer and the 65+ age group continues to grow, constituting the world's largest demographic shift in the last century.

The University of Arizona is at the forefront of change in our understanding of aging. We are dedicated to shifting society's focus to an emphasis on healthy aging – how we maintain our physical, cognitive, and social well-being throughout our lifespan.

*Insights into Healthy Aging* will provide you with the opportunity to learn from, and interact with, researchers at the University of Arizona with extensive expertise in healthy aging. This self-paced, interactive certificate will help you view the aging process from multiple perspectives, including a biological, social, and psychological lens.

### Details

- 100% online
- Flexible learning schedules to meet your individual needs
- Ongoing, monthly enrollments
- Interactive discussions with peers and experts in the field
- Certificate completion within 2 to 6 months

### Benefits

- Gain an interdisciplinary perspective on aging
- Network with individuals who are passionate about the field
- Exposure to growing career paths in aging
- Enhanced professional marketability
- Become part of the *Insights into Healthy Aging* community
- Continuing education credit opportunities for professionals

### Topics Covered

- Healthy aging
- Relationships as we age
- Caregiving for older adults
- Self-care for caregivers
- Alzheimer's disease and related dementias
- Ethical and legal issues related to aging
- Social and cultural aspects of aging

## ➤ Learner Profiles – Who should take this certificate?

### Caregivers

Whether you are a caregiver working in a home-based or facility-based agency, or caring for a loved one in your home, you will learn practical information for optimizing direct care of older adults, as well as how to maintain your own health and well-being! Through *Insights into Healthy Aging*, you will also gain a support network of peers and professionals.

### Professionals

A growing number of older adults are choosing to remain in the workforce well beyond the typical “retirement age”. You will learn the benefits that supporting healthy aging can bring to business and industry, regardless of the specific field.

### Lifelong Learners

One of the most important ways that we can maintain brain health as we age is by being “lifelong learners”. The *Insights into Healthy Aging* certificate fosters new knowledge and provides skills that can promote personal fulfillment and well-being as we age.

### Career Enhancers

Whether you are considering a career change or looking for ways to advance your current career, this certificate will complement your professional marketability in many fields including business, social services, healthcare, government agencies, and education, among others.

## ➤ Time Commitment & Flexible Options

### Option 1

You can choose to complete the Fundamentals in Aging Module (10 hrs). This module will provide an overview of all the critical topics related to healthy aging. You will receive a *Fundamentals in Aging* badge upon completion.

<b>1</b>	<b>10</b>	<b>2</b>	<b>0</b>
Module	Hours of learning	Months for completion	Hours of live, virtual discussions

### Option 2 (Best Value)

In addition to the Fundamentals in Aging Module, complete five additional modules to earn your certificate in *Insights into Healthy Aging*. This option will provide more in-depth content and opportunities for engagement in specific topics related to healthy aging.

<b>6</b>	<b>35</b>	<b>2-6</b>	<b>5</b>
Modules	Hours of learning	Months for completion	Hours of live, virtual discussions

➤ Modules

Modules	Topics Covered
Fundamentals in Aging (10 hrs)*	<ul style="list-style-type: none"> <li>• General aging terminology</li> <li>• Ageism and combatting ageism</li> <li>• Life-expectancy and demographics</li> <li>• Healthy aging vs pathological aging</li> <li>• Attitudes, perceptions, and treatment of older adults</li> <li>• Introduction of the Certificate Modules</li> </ul>
Cognitive and Psychological Aspects of Aging (4 hrs)	<ul style="list-style-type: none"> <li>• Personality traits</li> <li>• Reducing disease and disorder risk</li> <li>• Mental health disorders</li> <li>• Healthy Aging</li> </ul>
Relationships and Aging (4 hrs)	<ul style="list-style-type: none"> <li>• Relationships in older adulthood</li> <li>• Relationship quality and transition</li> <li>• Effects of chronic isolation</li> <li>• Psychological well-being related to love and loss</li> </ul>
Alzheimer’s Disease and Related Dementias (4 hrs)	<ul style="list-style-type: none"> <li>• Causes of dementia</li> <li>• Dementia and age-related medical conditions</li> <li>• Assessment and treatment of cognitive impairments</li> <li>• Pharmacological and non-pharmacological treatments for dementia</li> </ul>
Caring for Older Adults and Self-Care for the Caregiver (4 hrs)	<ul style="list-style-type: none"> <li>• Types of caregivers across the US</li> <li>• Caregiving Stressors</li> <li>• Self-care and stress management techniques</li> <li>• Caregiving advocacy</li> </ul>
Ethical Issues in the Care of Older Adults: Psychology, Policy, and Law (4 hrs)	<ul style="list-style-type: none"> <li>• Older adults and the justice system</li> <li>• Elder care laws</li> <li>• Guardianship and testamentary capacity</li> <li>• Advanced directives and options for end-of-life care</li> </ul>
Virtual Discussions	Topics Covered
Online discussions with peers and experts in the field of aging. (5 hrs)	<ul style="list-style-type: none"> <li>• Various topics for each discussion</li> <li>• Opportunity to share insights, ideas, personal and professional experiences</li> <li>• Opportunity to learn from one another</li> <li>• Networking</li> </ul>

\* Fundamentals in Aging can be taken alone, but learners are encouraged to enroll as part of the certificate for the best value.

## ➤ Virtual Discussions

Engage in real-time conversations with peers, mentors, and industry experts. Learners will participate in 5 virtual discussions. The discussion sessions will be held on different dates and at varying times, and will focus on a variety of topics. Participants will have the opportunity to share insights, ideas, personal and professional experiences, and brainstorm solutions. This is a great opportunity to learn from one another and network with families and professionals in the field. These sessions are hosted by a University of Arizona Professor specializing in the field of aging, yet the content is driven by the participants' interests, questions, and discussions. Guest speakers from the community and the University of Arizona will take part in the discussions. After completing the certificate, you are invited to continue attending the virtual discussions and contribute to ongoing conversations.

## ➤ Capstone Option

**Are you interested in learning more about the field of aging?** The Psychology Department at the University of Arizona has developed a 12-unit, undergraduate for-credit certificate entitled *Insights into Healthy Aging: Promoting Healthy Minds, Brains, and Lives*. The certificate covers similar topics with a deeper dive into the science behind each topic.

Upon successful completion of all modules, learners have an option to complete a Capstone project. After successful completion of the 35-hour certificate and the Capstone project, learners are eligible to receive UArizona credit equivalent to one 3-unit undergraduate course that counts towards the for-credit certificate – *Insights into Healthy Aging: Promoting Healthy Mind, Brains and Lives*.

## ➤ What You'll Earn

### **Fundamentals in Aging Badge**

Upon completion of the Fundamentals in Aging module, you will receive a digital badge from Continuing and Professional Education at the University of Arizona that can be displayed on resumes and shared on LinkedIn or other social media.

### **Insights into Healthy Aging for Caregivers and Professionals**

Learners who complete all six modules will receive a certificate of completion from Continuing and Professional Education at the University of Arizona.

### **Virtual Celebration**

Completing the certificate is an accomplishment! The Psychology Department will hold virtual celebrations 3 times per year to honor the learners who have completed the *Insights into Healthy Aging* certificate.

## ➤ Career Connections

The aging industry continues to expand, and this trend will likely accelerate as the number of adults over the age of 65 continues to increase. In fact, by 2034, it is expected that adults, ages 65 and older, will outnumber individuals under the age of 18 for the first time in history. Learners who complete the certificate will be exposed to invaluable information and knowledge that is relevant to a variety of career paths. Careers recognized in the field of aging include, but are not limited to:

- Federal, state, and local governments
- Business, banking, marketing
- Healthcare
- Advocacy
- Community-based services
- Non-profit organizations
- Management
- Teaching and research

## ➤ Frequently Asked Questions

### **Who can complete the certificate?**

This certificate is open to ANYONE! Whether you are an older adult, caregiver, professional in the field, or anyone interested in learning more about healthy aging, you will gain valuable information.

### **Do I need to take the Fundamentals in Aging module?**

Yes, this is the first module to complete the certificate. The Fundamentals in Aging module can be taken as a stand-alone module. Upon successful completion of the module, you will receive a Fundamentals in Aging badge.

### **What is the cost of the certificate program?**

The base cost for the certificate is \$1,499.99. For a limited time, we are offering an introductory 20% discount reducing the cost to only \$1,199.99.

### **What is the cost to complete the Fundamentals in Aging module?**

If you choose to complete only the Fundamentals in Aging module, the cost is \$499.99. For a limited time, we are offering an introductory 10% discount reducing the cost to \$449.00.

### **What happens if I register for the Fundamentals in Aging module and then change my mind and want to complete the certificate?**

You may transition to the certificate program at any time by paying the additional fees within 30 days of completing the Fundamentals in Aging module.



**What is the refund policy?**

No refunds or transfers will be issued after the course start date or once course material has been accessed in any manner, except as described in the Hardship Withdrawal section of the [Continuing & Professional Education refund policy](#). The **deadline** to request a refund or transfer is ten business days before the course starts.

**When can I start the course, after registration?**

Upon registration, the first course opens on the first Wednesday of each month.

**Are Continuing Education Units (CEUs) offered?**

Yes, 3.5 CEUs are available for learners with a payment of \$25.00 upon completion of the certificate. Once your completion has been verified, you may request a CEU transcript from the University of Arizona Continuing & Professional Education. Please note that CEUs are not academic credits.

**Do I have to take the modules in a certain order?**

You must complete the Fundamentals in Aging Module first then all other modules can be taken in any order.

**Are the Virtual Discussions required if I only take the Fundamentals in Aging Module?**

No, the virtual discussions link to the certificate program only. When you register for the full certificate, you will have access to the virtual discussions.

**What does it mean to be part of the Insights into Healthy Aging “Alumni”?**

After you receive your certificate of completion, you will have continued access to virtual discussions, remain on the email distribution, be informed of current events in the field, and receive information about additional educational opportunities.

**How long will it take me to complete the certificate?**

You will have up to 6 months to complete 35 hours of learning. You can complete the certificate in as few as 2 months. The Fundamentals in Aging module must be completed first. After successful completion, all other modules will become available online.

**Where does the course take place?**

The certificate is offered fully-online. You’ll access on-demand content and assignments through our learning platform D2L, and join the live, online mentor-led discussions by Zoom.

**Does this certificate convert to University of Arizona course credit?**

Upon successful completion of all modules, learners have an option to complete a Capstone project. After successful completion of the 35-hour certificate program and the Capstone project, learners are eligible to receive UArizona credit equivalent to one 3-unit undergraduate course towards the undergraduate certificate – Insights into Healthy Aging: *Promoting Healthy Mind, Brains and Lives*.

**How can I find out more information about the courses or how to register?**

Enroll today: <https://ce-ua.configio.com/page/insights-healthy-aging>

For questions related to registration, please contact:

**Dr. Patricia Cook, Program Manager**

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Continuing & Professional Education, The University of Arizona

For questions related to the certificate and courses, please contact:

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