



# Course Syllabus

**Course title:** Cognitive and Mental Health Challenges

**Class section:** HCA - 154 - X24F2

**Term:** 2025W

**Course credits:** 3

**Total hours:** 60

**Delivery method:** In-Person

## Territorial Acknowledgement

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Łək̓ʷəŋən (Songhees and Kosapsun) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

## Instructor Details

**Name:** Heather Frame

**Email:** frameh@camosun.ca

## Instructor Statement

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## Instructor Office Hours

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| Office:   | Hours:                                                                                                                 |
|-----------|------------------------------------------------------------------------------------------------------------------------|
| Room #317 | Hours: Available for 40 minutes after each HCA 154 class. Also available by appointment. Please email for appointment. |

## Course Description

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### Course Description:

This course builds on content from other courses to assist students to explore concepts and caregiving approaches that will allow them to work effectively with individuals experiencing cognitive and/or mental health challenges. The emphasis in this course is on supporting clients with dementia, recognizing responsive behaviours, and identifying person-centred intervention strategies.

## Course Learning Outcomes / Objectives

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Upon successful completion of this course, the learner will be able to

1. Describe ways to organize, provide, and evaluate person-centred care and assistance for clients experiencing cognitive challenges
  - a. Explain the difference between confusion, delirium, and dementia
  - b. Identify causes of reversible and irreversible dementia and describe the primary forms, causes, symptoms, and treatments, as well as the stages of dementia
  - c. Discuss principles of person-and family-centred care used to care for individuals living with dementia
  - d. Use effective communication strategies for interacting with persons with dementia
  - e. Describe the behaviours and psychological symptoms of dementia, including factors influencing behaviours and strategies for preventing and responding to behaviours
  - f. Describe appropriate techniques for assisting with personal care and dietary intake for persons with dementia
  - g. Describe appropriate activities for individuals experiencing different levels of dementia
  - h. Identify the needs of the families and professional caregivers and describe ways to support them
2. Describe ways to organize, provide, and evaluate person-centred care and assistance for clients experiencing mental health challenges

- a. Explain the mental health continuum and identify factors that influence the mental health and well-being of individuals
  - b. Describe the causes, symptoms, treatments, and prevalence of common mental health disorders and conditions
  - c. Discuss stigma associated with mental health challenges and stigmatizing language
  - d. Discuss how perceptions of mental health challenges may differ between diverse groups
  - e. Describe the principles and approaches for person-centred care of the client and family
  - f. Identify implications of involuntary admission under the Mental Health Act
3. Describe effective approaches for responding to responsive and reactive behaviours
- a. Identify behavioural indicators that an individual or group is becoming reactive or exhibiting behaviours that could impact safety
  - b. Describe appropriate verbal and non-verbal techniques to promote a calming atmosphere and de-escalate responsive behaviours
  - c. Identify when and how to exit a potentially unsafe situation
4. Describe effective approaches for recognizing, responding to, and preventing elder abuse
- a. Identify types of elder abuse
  - b. Describe signs and symptoms of elder abuse
  - c. Discuss risk factors and underlying causes of elder abuse
  - d. Discuss strategies for preventing and responding to elder abuse

## Course Materials - Required

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Integrating a Palliative Approach: Essentials for Personal Support Workers, Second Edition (2020) by Murray. Life & Death Matters.

Sorrentino's Canadian Textbook for the Support Worker, Fifth Edition (2022) by Sorrentino's, Remmert & Wilk. Elsevier.

## Course Delivery Hours

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| ACTIVITY | HOURS / WEEK | # OF WEEKS          | ACTIVITY HOURS |
|----------|--------------|---------------------|----------------|
| Lecture  |              |                     | 60             |
|          |              |                     |                |
|          |              | <b>TOTAL HOURS:</b> | 60             |

## Course Schedule, Topics, and Associated Preparation / Activity

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**The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.**

| Week or Date Range   | Activity or Topic                                            | Other Notes |
|----------------------|--------------------------------------------------------------|-------------|
| Week 14, 16, 17 & 19 | Unit 1: Neurocognitive Changes                               |             |
| Week 19 & 21 - 22    | Unit 2: Person & Family Centered Care                        |             |
| Week 23 & 24         | Unit 3: Caring for Individuals with Dementia                 |             |
| Week 27 - 29         | Unit 4: Effective Communication and Responding to Behaviours |             |
| Week 30 - 35         | Unit 5: Mental Health                                        |             |
| Week 36 - 37         | Unit 6: Abuse                                                |             |
|                      |                                                              |             |
|                      |                                                              |             |
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## Evaluation of Learning: Weighted

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| DESCRIPTION                                                                                                             | WEIGHTING   |
|-------------------------------------------------------------------------------------------------------------------------|-------------|
| Exam 1                                                                                                                  | 35%         |
| Exam 2                                                                                                                  | 15%         |
| Exam 3                                                                                                                  | 20%         |
| Assignment – In Class Critical Thinking discussion and written responses relating to dementia behaviour (from clinical) | 10%         |
| Assignment - In Class Role Play scenario                                                                                | 5%          |
| Assignment - Behavioural Case Studies                                                                                   | 10%         |
| Assignment - Common Mental Health Challenge                                                                             | 5%          |
| <b>TOTAL:</b>                                                                                                           | <b>100%</b> |

| DESCRIPTION   | WEIGHTING   |
|---------------|-------------|
|               |             |
| <b>TOTAL:</b> | <b>100%</b> |

**NOTE: Students must achieve a minimum of 70% ("B-") in all academic courses to graduate from the program.**

### **Grade Reviews and Appeals**

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the **Grade Review and Appeals policy** for more information.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

**The Centre for Accessible Learning (CAL)** is part of Camosun's Student Affairs unit. CAL coordinates academic accommodations and provides related programs and services to students with documented disabilities.

Students who require academic accommodations are expected to request and arrange accommodations through CAL in a timely fashion. While we understand that not all accommodation needs are known to students at the beginning of a course, accommodations cannot be provided unless the proper process is followed through CAL and an accommodation letter has been released to the instructor. Students are responsible for providing CAL with the proper documentation prior to the beginning of a course.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required.

**Deadlines can be reviewed on the CAL exams page**

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

**Please consult the CAL webpage for more information:**

<https://camosun.ca/services/academic-supports/accessible-learning>

## **Artificial Intelligence: A Guide for Students**

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**Generative Artificial Intelligence (GenAI)** is an evolving technology that brings potential benefits but also substantial risks. While GenAI tools have the ability to transform how we work and learn, it is essential for the college community to adapt to these changes in a thoughtful and secure way.

**When using GenAI tools, students should ensure proper citation and attribution guidelines are followed.** This includes acknowledging AI assistance in reports ,presentations, or any external communications. Clear citation helps build trust, ensures ethical use, and reduces the risk of misinformation or copyright issues.

**For citation support visit the college's citation style guide.**

<https://camosun.libguides.com/cite>

### **Artificial Intelligence: A Guide for Students**

Visit the following website to learn about AI use in academic settings.

<https://camosun.libguides.com/artificialintelligence/home>

## Course Guidelines & Expectations

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### **Test and Examination Procedures**

There are policies regarding written tests and examination procedures including late arrivals and missed tests. Please see the **Health and Human Services Student Manual (Section 5.4)** for Test and Examination Procedures: <https://legacy.camosun.ca/learn/school/health-human-services/student-info/index.html>

### **Written Assignments**

Students requiring an extension for the due date of an assignment must negotiate with the instructor, at least 48 hours before the due date. Assignments submitted late without an approved extension will result in a 5% deduction in mark for each day late. Assignments submitted more than 3 days late may not be accepted without prior approval by instructor.

## School or Departmental Information

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**Students are required to read and are accountable for the College policies (outlined below) and practicum guidelines as described in the School of Health and Human Services (HHS) and program handbooks.**

[HCA Program Handbook](#)

### **Clinical and Practice Placements in HHS**

<https://camosun.ca/programs-courses/school-health-and-human-services/hhs-programs/practicums>

### **School of Health and Human Services (HHS)**

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#top>

## **HHS Program Handbooks**

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#program>

## **Student Responsibility**

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## **College Policies**

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### **Academic Integrity**

Students are expected to follow the college's [Academic Integrity policy](#), and be honest and ethical in all aspects of their studies. To help you understand these responsibilities review the online [Academic Integrity guide](#).

The college's [Academic Integrity policy and supporting documents](#) detail the process for addressing and resolving matters of academic misconduct.

### **Academic Accommodations for Students with Disabilities**

If you have a documented disability and need accommodations contact the Centre for Accessible Learning (CAL). CAL will arrange the appropriate academic accommodations so you can participate in all academic activities. Visit the [CAL website](#) for more information

### **Academic Progress**

The [Academic Progress policy](#) details how the college monitors students' academic progress and what steps are taken if a student is at risk of not meeting the college's academic progress standards.

### **Acceptable Technology Use**

The [Acceptable Technology Use](#) policy outlines how students are expected to use college technology resources, this includes using your own devices on the college's network. The use of

the college resources in a way that violates a person's right to study in an environment free of discrimination, harassment or sexual violation is prohibited.

### **Course Withdrawals Policy**

For details about course withdrawal see the [Course Withdrawals policy](#). Be aware of the [deadlines for fees, course drop dates, and tuition refunds](#).

### **Grading Policy**

To learn more about grading see the [Grading Policy](#).

### **Grade Review and Appeals**

The process to request a review of grades is outlined in the [Grade Review and Appeals policy](#).

### **Medical / Compassionate Withdrawals**

If you have experienced a serious health or personal issue, you may be eligible for a [medical/compassionate withdrawal](#). The [Medical / Compassionate Withdrawal Request form](#) outlines what is required.

### **Sexual Violence**

If you have experienced sexual violence on or off campus, you can get support from the Office of Student Support. The Office of Student Support is a safe and private place to talk about what supports are available and your options for next steps. Visit the [sexual violence support and education site](#) to learn more or email [oss@camosun.ca](mailto:oss@camosun.ca) or phone: 250-370-3046 or 250-370-3841.

### **Student Misconduct (Non-Academic)**

Camosun expects students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Review the [Student Misconduct Policy](#) to understand the college's expectations of conduct.

Looking for other policies? See [Camosun College Policies and Directives](#)

## **Services and Supports**

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Services are free and available to all students.

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Academic Supports</b></p> <p><a href="#">Centre for Accessible Learning</a></p> <p><a href="#">English, Math and Science Help Centres</a></p> <p><a href="#">Library</a></p> <p><a href="#">Writing Centre &amp; Learning Skills</a></p> | <p><b>Enrollment Supports</b></p> <p><a href="#">Academic Advising</a></p> <p><a href="#">Financial Aid and Awards</a></p> <p><a href="#">Registration</a></p> <p><a href="#">Tuition and Fees</a></p> |
| <p><b>Health and Wellness</b></p> <p><a href="#">Counseling</a></p> <p><a href="#">Fitness and Recreation</a></p> <p><a href="#">Office of Student Support</a></p>                                                                             | <p><b>Applied learning</b></p> <p><a href="#">Co-operative Education and Career Services</a></p> <p><a href="#">Makerspace</a></p>                                                                     |

The [Centre for Indigenous Education Centre and Community Connections](#) provides cultural and academic supports for Indigenous students.

[Camosun International](#) provides supports to international students.

[The Ombudsperson](#) provides an impartial, independent service to ensure students are treated fairly. The service is a safe place for students to voice and clarify concerns and complaints.

If you have a mental health concern, contact Counselling. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## Changes to this Syllabus

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Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change the course content or schedule. When changes are necessary the instructor will give clear and timely notice.