



# Caregiving, Chronic Illness and Community Health

HCISR\_HSCI360\_01012026

HEALTH SCIENCES • PUBLIC HEALTH • COMMUNITY HEALTH



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Credits

3

Contact Hours

40

Term

Summer

# Course Description

Caregiving and community health systems play a central role in supporting individuals living with chronic illness, particularly in ageing societies. This interdisciplinary course explores how long-term illness is managed across families, communities, and health services. Students examine conditions such as dementia, mobility limitations, and other non-communicable diseases, considering their impact on individuals, caregivers, and health systems.

The course combines seminar discussion, case-based learning, and selected guest lectures from healthcare and social care professionals including neurologists, psychiatrists, and social workers. It is delivered by a faculty team with expertise in rehabilitation medicine and clinical nutrition.

Experiential learning is a central component. Through visits to dementia support initiatives, residential care environments, and community health organizations in Athens and nearby areas, students gain direct insight into caregiving practices and the real-world challenges of long-term illness management.

# Course Requirements

## Required Text

Digital access and/or copies will be provided at no cost to students.

## Additional Readings and Resources

Course readings will consist of selected academic articles and instructor-provided materials addressing caregiving practices, chronic illness management, ageing populations, and long-term care in community health settings. All materials will be distributed digitally at no cost to students.

# Assignments

| Course Requirements               | Percentages |
|-----------------------------------|-------------|
| Participation and Engagement      | 20%         |
| Case Study Analysis               | 30%         |
| Reflective Field-Based Assignment | 25%         |
| Final Case Analysis               | 25%         |
| Total                             | 100%        |

# Assignment Descriptions

1

## Participation & Engagement

Students are expected to actively participate in seminar discussions, guest lectures, and field-based learning activities. Participation includes preparation for assigned readings, contributions to class discussions, and engagement during site visits to community health and care organizations.

2

## Case Study Analysis

Students complete a short written analysis of a case involving chronic illness and caregiving. The assignment asks students to identify key care needs presented in the case and analyze the roles of caregivers, healthcare professionals, and community health services in supporting individuals living with chronic illness.

3

## Reflective Field-Based Assignment

Following field visits to community care initiatives and long-term care environments, students submit a short reflection connecting classroom concepts with caregiving practices and community health structures observed during the visits.

4

## Final Case Analysis

Students complete a short written case analysis related to chronic illness and caregiving. The assignment asks students to apply course concepts in order to identify caregiving challenges and examine the roles of family support, healthcare professionals, and community health services.

# Grading Scale

| Grade | Percentage |
|-------|------------|
| A+    | 98-100     |
| A     | 94-97      |
| A-    | 91-93      |
| B+    | 88-90      |
| B     | 84-87      |
| B-    | 81-83      |

| Grade | Percentage |
|-------|------------|
| C+    | 78-80      |
| C     | 74-77      |
| C-    | 71-73      |
| D     | 60-70      |
| F     | Below 60   |

# Learning Outcomes and Assessment Measures

On completion of the course, students should be able to:

| Learning Outcomes                                                                                                                               | Course Requirement(s) used to assess achievement                |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Analyze the social and health system challenges associated with chronic illness and ageing populations.                                         | Case Study Analysis; Final Case Analysis                        |
| Examine the roles of caregivers, healthcare professionals, and community health services in supporting individuals living with chronic illness. | Case Study Analysis; Reflective Field-Based Assignment          |
| Interpret caregiving practices and long-term care structures observed during field-based learning activities.                                   | Reflective Field-Based Assignment; Participation and Engagement |
| Apply course concepts to analyze caregiving situations and identify key care needs in community health contexts.                                | Final Case Analysis                                             |

# Course Outline

| Session    | Topic                                           | Planned Activities & Field Components                                          |
|------------|-------------------------------------------------|--------------------------------------------------------------------------------|
| Module 1   | Ageing and Chronic Disease                      |                                                                                |
| Session 1  | Introduction to ageing populations              | Course overview; demographic trends and public health perspectives             |
| Session 2  | Chronic illness and long-term health conditions | Seminar discussion; chronic disease management; Guest lecture: neurologist     |
| Session 3  | Dementia overview                               | Lecture; discussion of neurodegenerative disease; Guest lecture: psychiatrist  |
| Session 4  | Caregiver burden and caregiving challenges      | Seminar discussion; applied caregiving scenarios                               |
| Session 5  | Community dementia support initiatives          | Field Visit: Chalkida – dementia care and community support program            |
| Module 2   | Care Systems and Community Support              |                                                                                |
| Session 6  | Residential care environments                   | Field Visit: Megara – long-term care facility                                  |
| Session 7  | Long-term care models                           | Seminar discussion; analysis of care systems                                   |
| Session 8  | Family caregiving and support networks          | Seminar discussion; reflection on care practices; Guest lecture: social worker |
| Session 9  | Ethics of care and health systems               | Discussion of ethical challenges in long-term care                             |
| Module 3   | Applied Learning                                |                                                                                |
| Session 10 | Rehabilitation and mobility in ageing           | Seminar discussion                                                             |
| Session 11 | Nutrition, lifestyle, and healthy ageing        | Field Visit: Aegina – Mediterranean diet and community lifestyle context       |
| Session 12 | Course synthesis and final case discussion      | Final Case Analysis discussion; student reflections and course wrap-up         |



# Other Policies

## Expectations

The HCISR academic community encourages civility, respect for the rights and opinions of others, and academic integrity. Students are required to comply with principles of academic integrity and bear responsibility for their academic work. All submitted academic work must represent the student's original work and appropriately cite all sources used. Any act of academic misconduct, including fabrication, forgery, plagiarism, cheating, or facilitating academic dishonesty, will result in disciplinary action.

## Attendance/Participation

The academic program is organized around classroom instruction and structured experiential learning. Attendance is therefore crucial to academic success. Prompt attendance, full preparation, and active participation in all class sessions, applied workshops, and supervised site visits are required. There are no unexcused absences. Repeated absences will negatively affect the student's grade.

In the case of illness, students must notify the course coordinator by SMS or WhatsApp at +30 697 483 1229 at least 30 minutes prior to the start of class.

## Course Policies

For official course communications, students must use their Arcadia University email account. Students are responsible for any information provided by email or through the designated learning management system. This syllabus is subject to change, and any updates will be communicated through official course channels.

# Academic Integrity & Student Policies

## Plagiarism

Representation of another's work or ideas as one's own in academic submissions is plagiarism, and is cause for disciplinary action. Cheating is actual or attempted use of resources not authorized by the instructor(s) for academic submissions. Students caught cheating in this course will receive a failing grade. Fabrication is the falsification or creation of data, research or resources to support academic submissions, and cause for disciplinary action.

## Late or Missed Assignments

Late or missed assignments will not be accepted for grading unless prior arrangements have been approved by the instructor due to documented extenuating circumstances.

## Students with Disabilities

Persons with documented disabilities requiring accommodations to meet the expectations of this course should disclose this information during program enrollment and prior to the start of term so that appropriate academic arrangements may be made.

## Incident Reporting and Compliance with Sexual Harassment and Misconduct Policies

The Hellenic Center for Interdisciplinary Studies and Research (HCISR) serves as the on-site academic and operational provider for this course. Students experiencing any incident impacting their safety, well-being, or academic participation—including, but not limited to, reports of possible crime, behavioral issues, discrimination or harassment, sexual misconduct, hospitalization, other health concerns, or issues prompting early program departure ("Incidents")—are encouraged to immediately contact HCISR staff for local support and guidance.

Arcadia University, as the School of Record, is committed to supporting students abroad who are affected by such incidents. This may include academic and classroom supportive measures. While Title IX does not extend to classes off U.S. soil, Arcadia University complies, where applicable, with its [University's Policy Prohibiting Discrimination and Harassment](#) and relevant laws for all programs operating under its auspices. Information regarding formal reporting procedures and available student support resources is provided in the [Arcadia Student Handbook](#).

# Prerequisites

No specific prerequisites are required. The course is suitable for undergraduate students from fields such as public health, health sciences, psychology, social sciences, or related fields.

# Country and Program Connection

This course is delivered within the **Ascle+ Athens Experience**, an interdisciplinary academic program based in Athens, Greece, offered by the **Hellenic Center for Interdisciplinary Studies and Research (HCISR)**. The program integrates health sciences, prevention, and community-based learning through structured academic coursework and experiential field activities.

Using Greece as a contemporary public health and social care context, the course explores caregiving and chronic illness management in ageing societies. Greece is among the European countries experiencing significant population ageing, accompanied by increasing rates of chronic illness and neurodegenerative conditions such as dementia. This demographic context provides an important setting for examining the role of family caregiving, community support structures, and health services in the management of long-term health conditions.

Students engage with site-based learning through visits to community care initiatives, long-term care environments, and organizations supporting individuals living with chronic illness in Athens and nearby regions of Greece. These field-based activities connect course concepts with real-world caregiving practices and community health systems.

The course complements the program's broader interdisciplinary focus on health, prevention, and applied health sciences within the Athens-based curriculum.

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HCISR | ASCLE+ ATHENS EXPERIENCE — SUMMER 2027

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