

Introduction to Geriatric Care: A Pacing Guide

A semester-long roadmap for integrating Realityworks' geriatric training into your classroom.



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Why this Guide?

The geriatric training tools featured in this guide offer more than 23 hours of rich content and hands-on learning experiences. With so much material to explore, planning a clear and effective path through the curriculum can feel overwhelming. This pacing guide is designed to simplify that process — helping you confidently structure your course while ensuring students get the most out of every lesson, activity, and hands-on experience.

What's Inside?

This guide provides a recommended sequence for delivering a semester-long Introduction to Geriatric Care course. Inside, you'll find:

- A week-by-week breakdown of lessons, curriculum components, and Realityworks products
- Estimated instructional time to support planning and pacing
- Standards alignment to help ensure you meet your course requirements
- A thoughtful progression from foundational knowledge to hands-on skill development

How to Use This Guide:

This pacing guide is meant to be a flexible planning tool that you can adapt to fit your classroom needs. Use it as:

- A starting point for structuring your semester
- A reference for sequencing lessons and activities
- A framework you can adjust based on your schedule, student needs, and instructional priorities
- Feel free to modify the pacing, incorporate additional discussions or projects, and tailor activities to align with your teaching style.

Planning Tips:

Keep the following in mind as you plan your course:

- **Instructional time is approximate:** The hours listed reflect estimated class time needed to complete lessons.
- **Built for flexibility:** Weekly pacing allows time for instruction, student practice, projects, and hands-on learning.
- **Adjust for your calendar:** This guide does not account for holidays, testing schedules, or school events—be sure to adapt as needed.

With this guide, you'll be well equipped to bring geriatric care concepts to life — helping students build the knowledge, empathy, and real-world skills needed for success in caregiving fields.

1st Quarter	National FCS and Health Education Standards	Lesson Focus: Career Exploration Employability Skills Physical and Cognitive Effects of Aging	Hands-On Resource	Sample Activities Included
Week 1	National FCS 1.0, 6.0, 14.0	Exploring Geriatrics and Gerontology	Geriatric Simulator	- Define geriatrics and gerontology - Identify several professions in the healthcare field related to geriatrics and gerontology - Consider if any of the occupations covered in class are appropriate for students
Week 2	National Health Science 4	Personal Care Services Careers – Personal and Home Care Aides	Free Human Services Career Exploration Curriculum	- Identify careers as personal care services professionals - Identify the typical roles and requirements of personal care services professionals - Discuss the impact of personal care services on the lives of their clients
Week 3	National FCS 1.0, 6.0, 8.0 National Health Science 4	- Family and Community Services - Adult Childcare Coordinators - Geriatric Service Workers		- Identify careers related to family and community services - Compare the roles and requirements of careers in family and community services - Discuss the impact of family and community services professionals
Week 4	National FCS 6.0, 8.0, 14.0 National Health Science 1, 2, 6, 8, 9	Visual Impairment	Geriatric Simulator	- Define and recognize a series of common age-related visual impairments and conditions - Experience six age-related visual impairments and conditions - Increase sensitivity to the feelings engendered when vision is impaired and independence may be compromised
Week 5	National FCS 6.0, 8.0, 14.0 National Health Science 1, 2, 6, 7, 8, 9	Declining Mobility Due to Aging		- Understand how the aging process impacts mobility - Experience declining mobility in a simulation exercise - Have increased sensitivity as to how a decline in mobility can impact older adults physically, socially, cognitively, and emotionally - Learn ways to slow down the decline of mobility
Week 6	National FCS 6.0, 8.0, 14.0 National Health Science 1, 2, 6, 8, 9	Understanding Tremor in the Elderly	Tremor Simulator	- Define what a tremor is and identify different types of tremors - Experience the physical sensation of essential tremor on activities of daily living - Discern essential tremor from Parkinson's disease - Understand how tremor conditions make daily tasks challenging for older adults

1st Quarter	National FCS and Health Education Standards	Lesson Focus: Career Exploration Employability Skills Physical and Cognitive Effects of Aging	Hands-On Resource	Sample Activities Included
Week 7	National FCS 6.0, 14.0 National Health Science 1, 2, 6, 8, 9	Impact of Aging on Bones and Joints	Arthritis Simulator	- Understand how the aging process impacts flexibility and range of motion - Experience decreased range of motion and flexibility in a simulation exercise - Have increased sensitivity as to how decreased range of motion and flexibility can impact older adults - Learn ways to slow down stiffness and decreased range of motion
Week 8	National FCS 1.0, 6.0, 14.0 National Health Science 1, 2, 6, 7, 8, 9	Geriatric Medication Management	Geriatric Medication Management Simulation Kit	- Understand the definition of polypharmacy - Understand risks associated with polypharmacy - Experience what it is like to live with visual impairment and poor manual dexterity while managing multiple medications - Learn ways to help geriatric patients successfully manage multiple medication
Week 9	National FCS 1.0, 8.0 National Health Science 2, 4, 6, 8	Employability Skills Working with the Aging Adult – Communication	Nursing Career: Geriatric Patients Scenario Cards (sample card)	- Help students better understand the nuances of older adult patient care - Cultivate essential soft skills such as communication, empathy, and teamwork — critical components in nursing practice - Use the power of scenario-based learning to practically apply skills in a communication scenario
Total Hours	9-10 hours			

2nd Quarter	National FCS and Health Education Standards	Lesson Focus:	Hands-On Resource	Sample Activities Included
Week 1	National FCS 1.0, 7.0, 13.0 National Health Science 2, 4, 8	Career as a Mental Health Counselor	Free Careers in Behavioral and Mental Health Curriculum	- Identify what a mental health counselor is and does - Compare the roles and requirements of a variety of counselor-related careers - Discuss the impact and job outlook of counselor-related jobs
Week 2	National FCS 6.0, 12.0, 13.0 National Health Science National Health Science 1, 2, 6, 8, 9	Age-Related Hearing Impairment	Hearing Impairment Simulator	- Experience several common age-related hearing loss conditions - Increase sensitivity to the feelings engendered when hearing is impaired and independence may be compromised
Week 3	National FCS 6.0, 7.0, 12.0, 13.0 National Health Science 1, 2, 6, 7, 8, 9	- Cognitive Changes with Aging - Introduction to Dementia	Geriatric Simulator Dementia Simulation Experience	- Define what dementia is - Compare the five types of dementia conditions - Identify common signs and symptoms of each dementia condition - Provide examples of behaviors that dementia patients experience - Offer interventions that are effective to use with dementia patients
Week 4	National FCS 6.0, 7.0, 12.0, 13.0 National Health Science 1, 2, 6, 7, 8, 9	Dementia - Alzheimer's disease	Dementia Simulation Experience	- Define Alzheimer's dementia - Identify common signs and symptoms of Alzheimer's dementia - Provide examples of behaviors that patients with Alzheimer's dementia experience - Offer interventions that are effective to use with patients who have Alzheimer's dementia - Role-play as Alzheimer's dementia patients, and caregivers or family members in various scenarios
Week 5	National FCS 6.0, 7.0, 12.0, 13.0 National Health Science 1, 2, 6, 7, 8, 9	Dementia – Lewy Body and Frontotemporal		- Define Lewy body and frontotemporal dementia - Identify common signs and symptoms of Lewy body and frontotemporal dementia - Provide examples of behaviors that Lewy body and frontotemporal dementia patients experience - Offer interventions that are effective to use with Lewy body and frontotemporal dementia patients - Role-play as patients with Lewy body or frontotemporal dementia and caregivers or family members in various scenarios

2nd Quarter	National FCS and Health Education Standards	Lesson Focus:	Hands-On Resource	Sample Activities Included
Week 6	National FCS 6.0, 7.0, 12.0, 13.0 National Health Science 1, 2, 6, 7, 8, 9	Dementia – Vascular and Mixed	Dementia Simulation Experience	- Define vascular and mixed dementia - Identify common signs and symptoms of vascular and mixed dementia - Provide examples of behaviors that vascular and mixed dementia patients experience - Offer interventions that are effective to use with vascular and mixed dementia patients - Role-play as patients with vascular or mixed dementia and caregivers or family members in various scenarios
Week 7	National FCS 6.0, 12.0, 13.0 National Health Science 1, 2, 6, 7, 8, 9	The Geriatric Experience	Geriatric Simulator	- Get a fully immersive experience of physical changes due to aging - Understand what it means to be empathetic - Increase empathy and understanding of what it’s like to age and the impact it has on daily life
Week 8	National FCS 6.0, 12.0, 14.0 National Health Science 1, 9	Amazing Aging		- Understand that not everyone ages the same way - Understand that aging adults can do amazing things later in life - Learn about the achievements of some amazing older adults - Identify tips for leading a longer, healthier life
Week 9	National FCS 1.0, 6.0, 13.0 National Health Science 1, 9	Geriatric Experience Debrief		- Assess student understanding of information presented throughout the course - Discuss the geriatric simulation experience and highlight things learned by walking in the shoes of an aging adult
Total Hours	13 hours			

Bringing It All Together

By following this pacing guide, you now have a clear path for delivering a structured, engaging Introduction to Geriatric Care course. Through a blend of instruction, discussion, and hands-on learning, your students are building not only foundational knowledge — but also the empathy and practical skills essential for working with older adults.

As you implement this guide, remember that the most impactful learning often comes from immersive, real-world experiences that help students truly understand the aging process.

Suggested Next Steps:

Deepen Learning with Immersive Experiences

Take your program to the next level with Realityworks' Empathy Boot Camp Package. This fully immersive, in-class simulation allows students to step into the shoes of older adults — helping them experience firsthand the physical and sensory challenges associated with aging. By incorporating this experience into your course, you can:

- **Strengthen** students' empathy and awareness
- **Reinforce** classroom concepts through lived experience
- **Spark** meaningful discussion and reflection
- **Build** lasting understanding that extends beyond the classroom

Expand Your Geriatric Tool Kit

- Looking to grow your program even further? Explore the full range of Realityworks geriatric training tools to enhance instruction, increase engagement, and provide additional opportunities for hands-on skill development.
- From simulation tools to comprehensive curriculum resources, these solutions are designed to help you create a dynamic and impactful learning environment.

www.realityworks.com/product-category/health-science/geriatrictraining/

Continue the Journey

Whether you're just getting started or expanding an established program, Realityworks is here to support you every step of the way. Keep building on what you've started — because **preparing students to care for an aging population begins with meaningful, hands-on education.**