

**APA Paper: “Alive Inside”**  
**Professor Galvanized – Human Services 1**  
**Value: 100 Points**

**INTRODUCTION AND INSTRUCTIONS**

This assignment required you to watch *Alive Inside* (2014), a documentary that addresses the systemic issues within our country’s healthcare system and nursing homes. *Alive Inside* also shines light on current treatment methods for Alzheimer’s and dementia patients who live in residential facilities. Finally, it highlights how Social Worker Dan Cohen was able to turn his passion into a movement.

Your paper will be a combination of what you learned from both viewing *Alive Inside* and engaging in the online discussion group. Then, you will narrow down your research topic to focus on an area that you find most important or interesting. This assignment is not solely an opinion piece, or a review of a video, it is a research paper. Focusing on the facts and details are crucial. How you are able to express your thoughts and integrate them with research is very important for this assignment. You will weave the research in with your own thoughts and you will use in-paper citations and a reference page to validate your work.

By completing the DLA assignment and Research Project from class, you have the information and tools to complete this APA paper. It is important for you to know that a traditional APA paper has multiple sections and is used by both students at universities and professionals who are conducting or publishing research. Learning APA formatting and how to research will be an amazing asset that will allow you to succeed in your future education goals and gain confidence. This course is aimed to set you up for success for today and tomorrow!

**TOPICS**

As you reflect on the documentary *Alive Inside* and the comments from your peers in the discussion forum, ask yourself “what interests me most?” Choose one topic to focus on. Write your own thoughts about it then use research to validate or substantiate your paper.

Here are some examples of topics you may want to explore in your paper. You are not limited to the items on this list. You are free to explore any topic that ties in with the content of *Alive Inside*.

- Over-use of psychotropic medication in residential facilities for dementia patients
- Funding support for alternative treatment such as music therapy versus funding and support for medication treatments and hospitalization
- The history of nursing homes. How did they develop into medicalized institutions?
- Projected demographic shifts in elderly population. By 2050, the senior population will outnumber the population of youth. How will this impact society? Human Services careers?

- Music Therapy as a treatment for Alzheimer’s and dementia
- The role of Social Workers in changing the treatment of those in our care
- The impact of illness on family and society
- The organization Music and Memory (musicandmemory.org) that helps the use of Music Therapy to grow in nursing homes across the U.S.

## GRADES

This paper needs to have all of the APA formatting requirements. Here is an overview of some of these and where to refer in your DLA for guidance:

- Paper must have between 1500-2000 words (Refer to DLA pages 1 and 3 for overall advice for APA formatting)
- Use of Font “Times New Roman”, Size 12
- Double Spacing
- Applying Headers to all pages
- Running Headers
- Creating a Title Page (Refer to DLA page 2)
- Creating an Abstract (Refer to DLA page 4)
- Main Body/Content (Refer to DLA page 4-5)
- Applying in-text citations (from your references) throughout your paper (Refer to DLA page 6)
- Creating a Summary
- Creating a “Reference Page” that includes at least 3 references (Refer to DLA pages 6-8)

You will not be required to use Methods or Discussion in this APA paper.

Also follow the rubric for the APA paper posted in Canvas. These instructions guide you step by step on how you will be graded and will help you get the grade you want.

### SUCCESS TIPS:

Start as soon as you possibly can.

Chose to research something that interests you.

Follow the instructions line by line.

Get help from tutors.

Plan to make multiple revisions.

Do not procrastinate.

Focus on your long-term goal of becoming a social worker and enjoy learning and challenges.