



2022 Trainings



**Available Trainings to Interested
Agencies, Organizations and
Communities**

****Some trainings program lengths may be able to be shortened or lengthened depending on need.**

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Advocacy: How to Use Your Voice!**

Description: This session will define advocacy and explain effective ways to utilize the skills necessary to achieve the desired outcomes. Advocacy uses key skills derived from effective communication and you will see connections within developing Advocacy skills. We will share examples of how to use your voice for yourself, your family or for others.

Objectives:

- Defining Advocacy
- How to speak up for others
- The importance of arming yourself with needed information

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Advocacy: How to Use Your Voice as a Professional** *(More Information Coming Soon)*

Age My Way

Description: This training will focus on four key areas of health in aging: physical wellness, social wellness, cognitive wellness, and emotional wellness. We will look at changes that come with older adulthood and ways to maintain health in these areas or start and develop new lifestyle habits to support them. We will discuss the impact of ageism in our culture and dispel some myths of aging that it brings, opening the door for confidence to Age My Way!

Objectives:

- Identify four key areas of health in aging and ways to start or maintain health habits.
- Discuss social barriers to engaging health as we age, and ways to reduce their impacts

Program Length: 1 hour

Ageless Grace

Description: Timeless Fitness for the Body & Mind - The program consists of **twenty-one simple exercise tools** designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. **The 21 Tools** have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

Target Audience: CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, Recreational Therapists, Fitness Professionals, Caregivers, and Family Members who work with seniors

Program Length: Usually 45 mins - 1 hour

Bullying (For the Parents)

Description: Many of us understand that bullying and mean behaviors are not something we want our children and students to have to deal with; unfortunately, in recent years bullying trends have continued to rise over the past decade and continue to do so. This presentation will serve to educate parents on how to define bullying behavior and differentiate it from mean behavior, how to recognize the different types of bullying behavior and how to handle it if their child is bullied.

Target Audience: parents of children, teens, and young adults; educators

Program Length: 1 hour

Bullying and Hoarding in a Senior Setting

Description: This session will review the growing body of literature on bullying and hoarding in older adult residential settings: peer-to-peer relational aggression and hoarding in senior residential settings. This is beginning to be recognized as problematic and having a negative impact on the psychological and emotional health of seniors. The training will focus on strategies that staff and administration can use to identify bullying and decrease resident victimization on an individual level as well as community level. In addition, this session will provide an overview of hoarding as a mental health and social issue explaining the complexity of treatment for people who have hoarding behaviors.

Objectives:

- Participants will be able to identify signs and symptoms of bullying in a senior setting.
- Participants will learn interventions that can help decrease bullying. Interventions will be reviewed that address the victim and address the perpetrator of bullying, and interventions that can impact bullying in a setting from an administrative level to direct staff level.
- Participants will identify symptoms of hoarding, beyond just accumulation of objects.
- Participants will learn interventions and treatments that address hoarding behaviors, and how they are applied effectively with older adults.

Target Audience: staff working in residential housing, assisted living, independent living, and nursing homes where older adults reside

Program Length: Up to 3 hours

Care for the Caregiver: Using Selfcare to Combat Compassion Fatigue

Description: Compassion Fatigue is characterized by a gradual lessening of compassion over time, resulting from a combination of burnout and secondary traumatic stress related to vicarious traumatization from repeated exposure to traumatic material.

Are you burnt out? Is the day to day stress of the job impacting your daily life? Sometimes the struggle is real, and that is okay. Participants will learn how to identify and prevent burn out. During this session, participants will create an emotional first aid kit and learn different techniques and tips to deal with compassion fatigue. A focus will be on self-care and how it relates to the role as a caregiver.

Objectives:

- Learn to recognize symptoms of compassion fatigue, burn out and stress and how to combat these symptoms in a role as a caregiver.
- Identify effective treatment for combating compassion fatigue.
- Identify and create a positive self-care plan to combat the problems of compassion fatigue.

Target Audience: This training is for professionals who provide care to anyone, such as nurses, social workers, case managers, housing service coordinators, nursing home administrators, personal care home administrators, aging and mental health workers.

Program Length: up to 2 hours

Caring for the Caregiver: Let's Battle Addiction (More Information Coming in Fall of 2022)

Communication and Behavioral Challenges of Dementia

Description: With dementia, communication challenges and behavioral challenges are often two sides of the same coin. This interactive workshop will initially focus on how individuals with dementia communicate their needs and wants at the various stages of their disease process. Professional caregivers, family, and friends will learn how to effectively interpret and respond to their needs and wants in ways that are caring and dignified.

With behavioral challenges, participants will learn that: all behavior has meaning, and that behavior is communication. Understanding the difference between typical behaviors for individuals with dementia and those that may present challenges will be emphasized. Effective responses to behavioral challenges will include real life examples and will emphasize the importance of safety for everyone.

Objectives:

- To understand both communication challenges and behavioral challenges of dementia patients.
- To discuss the common communication challenges that are related to condition and illnesses of dementia.
- To learn how individuals with dementia communicate their needs and wants at the various stages of their disease process.
- To discuss the Dos and Don'ts of communication
- To understand the challenging behaviors of dementia patients.
- To learn the possible causes of challenging behaviors.
- To problem solve challenging behaviors.

Target Audience: professionals, family caregivers, and family and friends of individuals with dementia. Also, those professionals who may have contact with dementia patients on a daily or weekly basis.

Program Length: 2 hours

Compassion Fatigue

Description: Compassion fatigue is characterized by a gradual lessening of compassion over time, resulting from a combination of burnout and secondary traumatic stress related to vicarious traumatization from repeated exposure to traumatic material.

Objectives:

- Define and understand burnout, vicarious/secondary trauma, and compassion fatigue.
- Differentiate burnout vs. compassion fatigue.
- Utilize assessment tools to understand personal levels of compassion satisfaction as well as compassion fatigue.
- Understand protective factors and develop a plan of self-care.

The training will use a mix of lecture, individual and small group activities, and video.

Target Audience: This training is for professionals who provide care to anyone, such as nurses, social workers, case managers, housing service coordinators, nursing home administrators, personal care home administrators, aging and mental health workers.

Program Length: up to 3 hours

Compassion Fatigue: Resiliency in Substance Abuse

(More Information Coming in Fall of 2022)

Compassionate Touch

Description: This training is a holistic approach that combines skilled touch with compassionate presence to enhance quality of life for those in the later stages of life. Designed to ease physical, behavioral, and emotional distress, the approach provides symptom relief and comfort resulting in greater well-being and quality of life. And with a focus on empowering care-partners, it

emphasizes giving both professional and family caregivers a way to connect with, calm and comfort.

Compassionate Touch combines specialized techniques - focused - gentle skilled touch of the hands, back and feet - with the qualities of compassionate presence, the art of being - with the person, rather than the disease or condition.

Our Compassionate Touch program brings together the world of medical technology and treatment with the human side of care.

Objectives:

- Articulating what Compassionate Touch (CT) is as it relates to person-centered dementia care.
- Relate why touch matters in senior care today.
- Perform CT skilled touch techniques, demonstrate application of guidelines.
- Determine how to engage the care-team and family care-partners.
- Understand how certain items of one's past plays a key role in memory.

Target Audience: This training is for caregivers, nurses, social workers and any other professionals who work with the older population.

Program Length: 3 hours or for Certified Providers - 6 hours

Coping with a Loved One Battling Addiction
(More Information Coming in Summer of 2022)

Coping with Change and Loss: Impacts of COVID-19 Focusing on Social Isolation in Older Adults

Description: As aging seniors go through landmark ages, 60, 70, 80, change and loss is inevitable. Those experiences can bring about feelings of fear, anxiety, and anger. It is imperative that support staff are able to help bring balance between the losses and joy.

This training will discuss support an understanding of Dementia and Alzheimer's. The below objectives will be covered in through supportive information and a video. The 5 Stages of Grief is a process that helps aging adults to acknowledge, process and express their experiences of loss. The 5 Stages of Grief will be examined through a common loss of mobility. Families and staff will be provided with strategies to help aging adults cope with loss and during the COVID-19 pandemic.

Objectives:

- Understanding Dementia and Alzheimer's and defining communications
- Exploring Change and Loss in Aging Patients
- Exploring grief: Grieving Loss and the five stages of grief
- Impact of COVID Pandemic and quarantine isolation
- Coping Strategies for change during the pandemic, including assisting older adults with isolation

Target Audience: CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, Recreational Therapists, Fitness Professionals, Administrators, Case Managers, Housing Service Coordinators, Caregivers, and Family Members who work with seniors.

Program Length: 2 hours

Coping with Change and Loss: Regaining Normalcy from the Impacts of COVID-19

Description: As aging seniors go through landmark ages, 60 70, 80, change and loss is inevitable. Those experiences can bring about feelings of fear, anxiety, and anger. It is imperative that support staff are able to help bring balance between the losses and joy.

This training will discuss support an understanding of Dementia and Alzheimer's. The below objectives will be covered in through supportive information and a video. The 5 Stages of Grief is a process that helps aging adults to acknowledge, process and express their experiences of loss. The 5 Stages of Grief will be examined through a common loss of mobility. Families and staff will be provided with strategies to help aging adults cope with loss and during the COVID-19 pandemic.

Objectives:

- Understanding Dementia and Alzheimer's and defining communications
- Exploring Change and Loss in Aging Patients
- Exploring grief: Grieving Loss and the five stages of grief
- Impact of COVID Pandemic and quarantine isolation
- Coping Strategies for change during the pandemic, including assisting older adults with isolation
- Identify the increased adverse effects with communication and the influence of Social Determinants of Health to persons with motor impairments, as a result of Covid-19
- Review ways to create a disability-inclusive response during the pandemic

Target Audience: CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, Recreational Therapists, Fitness Professionals, Administrators, Case Managers, Housing Service Coordinators, Caregivers, and Family Members who work with seniors.

Program Length: 2 hours

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Cultural & Linguistic Competency**

Description: Do you want to know if your personal experiences impact outcomes for families? Do you work with diverse children and families? Do you serve older adults who are raising children/grandchildren? Is language a barrier to successful outcomes for your families? Do families from different environments struggle with services? Do you desire to be more culturally sensitive to the needs of families? Do you wonder how families view the systems, such as child

welfare, mental health, education, juvenile justice, law enforcement, aging, veterans, physical health in which may be relevant to their family situation?

The Cultural and Linguistic Competency training will aid in providing an opportunity to understand culture through the use of self-reflection tools and activities. We will take a look at how who we are affects our ability to serve families. Together, we will review some family data to learn the ways which stakeholders desire to be seen within systems. Participants will learn how their personal values and traditions interact within their daily work experience and how, through this lens, to ensure the outcomes for families are seen as benefits.

Objectives:

- Identify personal cultural experiences to learn how to use them as assets.
- Discussing stakeholders, (such as families, youth, providers, agencies, case managers, physicians, therapists, treatment teams) and their various systems, (such as child welfare, mental health, education, juvenile justice, law enforcement, aging, veterans, physical health) to better understand the culture of systems.
- Identify strategies to engage diverse families.

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Dealing with Professional Grief

Description: Grief is a natural response to loss. How is grief of the professional different? Does it affect our work? Does it affect the professional personally? What do you do with the feelings and effects it produces? This workshop is aimed at addressing the grief of the professional and techniques for coping. If you work in a field that results in multiple client losses due to death this can be an invaluable opportunity to learn and grow personally and professionally.

Objectives:

- Review basic information related to grief and loss including models and theories.
- Define disenfranchised grief and review how this type of grief relates to children and families.
- Discuss the difference between depression and grief.
- Review several tools social workers can utilize to assist clients with grief and loss issues.
- Participate in two activities to further relate to and understand the grief and loss process.

Target Audience: This training is for caregivers, nurses, social workers and any other professionals who work with many populations

Program Length: up to 2 hours

Death & Dying

Description: This training covers core issues related to dying, death, and grieving. It includes discussion of ethical issues in end-of-life care and training in the communication of difficult news; community building around dying persons and relationship-centered care. We also cover capacity building, and resilience training as well as approaches to psychological and spiritual care of the dying; the relationship between pain and suffering; peri-death phenomena; and care of the

caregiver.

Objectives:

- Discuss types of loss
- Learn the stages of grief
- Address fears related to the loss of others
- Learn the impact of grief and loss in different cultures

Target Audience: This training is for caregivers, nurses, social workers, care managers, and any other professionals who care with individuals who are terminally ill.

Program Length: 2 hours

Dementia Live Experience!

Description: In this high- impact experience, you will be immersed into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. You will be empowered to build new bridges of communication. Dementia Live is an inside-out catalyst to change for those who live, work, and visit in your community. Dementia Live™ is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Through the hands-on learning experience participants gain greater awareness and understanding of the constant struggles affecting persons with dementia as they go about their daily lives. Greater understanding leads to more sensitive care partnering.

Objectives:

- Recognize the importance of viewing a person with dementia as a unique individual.
- Participants will gain knowledge, skills, and attitudes for those working in health and care settings. This includes key staff working with people living with dementia designed to support them to play leadership roles.
- Participants will understand dementia symptoms by going through the experience of living with dementia by the experience.
- Communicate effectively and compassionately with individuals who have dementia, and promote health, well-being, and independence.
- Understand the key reasons why a person with dementia may exhibit signs of distress and how behaviors seen in people with dementia may be a means for communicating unmet needs.

Target Audience: All professionals working in the aging, mental health, substance abuse or long-term care systems, or a shorter version can be utilized for older adults, family members or community- based groups and Alzheimer's Support Groups.

Program Length: varies (depending on size of group)

Dementia Live Wheels Plus

Same description and objectives as Dementia Live Experience (See Above)

Variation Description: Dementia Live Wheels Plus is an hour with rotations of 5-10 attendees per hour and will incorporate the use of two wheelchairs in the Experience Room permitting two participants the opportunity to experience what it may be like to be physically impaired while going through the dementia simulation experience.

After the Experience, participants will go through a group debriefing/empowerment session in which discussion will include the groups perceptions, emotions, physical limitations, and what they discovered going through this simulation. Focus will be on improving care processes, understanding visual and perceptual deficits, creating a dementia friendly environment, understanding caregiver burnout, enhanced nutrition and dining experiences, engaging activities and life enrichment, and successful family visits.

Additional interactive activities and videos will complete the hour long session.

Target Audience: All professionals working in the aging, mental health, substance abuse or long-term care systems, or a shorter version can be utilized for older adults, family members or community-based groups and Alzheimer's Support Groups.

Program Length: 1 hour with up to 4 hour long sessions in one day

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Education – Classroom & Beyond**

Description: This session will discuss the educational journey particularly for students with special educational needs. We will discuss briefly how to effectively use your IEP and 504 Plan to develop goals to be implemented by the team in a school setting. The session will discuss the value of planning for the future, now. We will briefly discuss the importance of specially designed instruction.

Objectives:

- How to navigate the educational system
- Preparing for the future
- How to use goals to drive your plan

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Effective Communications: How to Make Your Voice Count!**

Description: Are you a grandparent raising grandchildren or a staff person supporting families faced with challenging needs? Then you understand the importance of communication. Everyone uses various forms of communication to get through everyday but are you being heard? Are your needs being met? Consider this training on Effective Communication. This session will discuss three key points (two-way conversations, meaningful conversations, and on-going conversations) to consider in effectively communicating with others and learning the importance of active

listening and thoughtful responses with others. Learning to understand your personal power in your story; your voice will be encouraged through the work in this session. Some examples of communication that will be discussed are how to share your voice and be heard; how to disagree without being disagreeable; and the impact of hearing, but not listening.

Objectives:

- Learning how to speak so that others listen.
- Learning to listen so that others will act.
- Empowering yourself to own your voice.

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

End of Life Conversations

Description: As aging seniors approach the end of life care needs and discussions change. Needed care and conversations may be difficult and frightening for everyone involved. Avoiding the topic does not negate the need for discussion and planning. This training will review the importance of end of life conversations and planning. The below objectives will be covered in through supportive information and case study interaction. Various tools for active listening and emotionally intelligent interactions will be reviewed. Families and staff will be provided with conversation tools to help aging adults navigate end of life and end of life planning.

Objectives:

- To provide understanding about why end of life conversations is frequently avoided.
- To provide an understanding of the importance of these conversations in caring for a client holistically
- Review how and when to have end of life conversations with clients.

Target Audience: professionals working with older adults in hospitals, hospice care, and nursing homes.

Program Length: 1.5 hours

Family Dynamics in Dementia Care

Description: When it becomes apparent that someone has a dementia-related condition, this impacts not only that individual with the diagnosis, but also family members and others close to this person. This is not a stand-alone situation.

The purpose of this presentation/discussion is to highlight some of the relationship changes that may occur within the family. In addition, it is also to give both family members and professionals some understanding of the respective challenges faced when dealing with dementia-related illnesses. It is hoped that through identification and discussion of the changes in the family's dynamics that everyone can benefit: the person with the diagnosis, family members, friends, and professionals. This presentation will include the sharing of real-life situations, participant activities, as well as ways to promote problem solving through improved communication with one another.

Objectives:

- To help professionals and family members understand the impact that family dynamics has on the care and treatment of individuals with dementia.
- To help professionals and family members positively deal with the inevitable changes that occur when caring for someone with dementia.
- To work together to generate positive suggestions for the professionals and family members as they move through dementia's challenging journey.

Target Audience: family members and professional caregivers

Program Length: 2 hours

Family Roadmap Sessions

(This is a 3-session training. Must attend all sessions to receive materials and Certificate of Attendance)

Description: The RoadMap Resource is the guiding star which will provide some meaningful direction and guidance to support families and help them navigate through systems in a five step process to include learning to highlight needs, identifying strengths, understanding professional/medical needs, and gaining some tools to become an effective support for others and/or advocating for yourself. Participants will learn how to set achievable goals and understand the basics of several systems. The sessions are interactive with shared resources, useable information with simple, accessible tools. Participants will complete the three sessions with a hearty sense of establishing purposeful goals, tips to seeking support and learn basic tips on how to build a toolkit of resources as your guide. Supplies will accompany these sessions and will be mailed to each participant upon completion of the series of trainings.

Program Length: Each session is 2 hours

Fetal Alcohol Spectrum Disorders

Description: Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. This presentation lays out the dangerous consequences of this issue, how to recognize these effects in an individual and how to prevent it from happening.

Target Audience: medical professionals, social workers, professionals working with substance abuse cases, etc.

Program Length: 1 hour

Fluctuations in Working with Families of Individuals with Dementia

Description: When it becomes apparent that someone has a dementia-related condition, this impacts not only the individual with the diagnosis but also family members and others close to this person. This is not a stand-alone situation. The purpose of this program is to highlight some of the relationship changes that may occur within the family. In addition, it is also to give both family members and professionals some understanding of the respective challenges faced when

dealing with dementia-related illnesses. It is hoped that through identification and discussion of the changes in the family's dynamics that everyone can benefit: the person with the diagnosis, family members, friends, and professionals. This presentation will include the sharing of real-life situations, participant activities, as well as ways to promote problem solving through improved communication with one another.

Objectives:

- Help professionals and family members understand the impact that family dynamics has on the care and treatment of individuals with dementia.
- Help professionals and family members positively deal with the inevitable changes that occur when caring for someone with dementia.
- Work together to generate positive suggestions for the professionals and family members as they move through dementia's challenging journey.

Target Audience: Family members, Professional caregivers

Length of Program: 2 hours

**Gaining an Awareness of the Culture & Sexuality
in Working with Individuals with Dementia**
(More information Coming in Summer 2022)

Grief & Loss

Description: Grief is a natural response to loss. How is grief of the professional different? Does it affect our work? Does it affect the professional personally? What do you do with the feelings and effects it produces? This workshop is aimed at addressing the grief of the professional and techniques for coping. If you work in a field that results in multiple client losses due to death this can be an invaluable opportunity to learn and grow personally and professionally.

Objectives:

- Review basic information related to grief and loss including models and theories.
- Define disenfranchised grief and review how this type of grief relates to children and families.
- Discuss the difference between depression and grief.
- Review several tools social workers can utilize to assist clients with grief and loss issues.
- Participate in two activities to further relate to and understand the grief and loss process.

Target Audience: This training is for caregivers, nurses, social workers and any other professionals who work with many populations

Program Length: up to 2 hours

Hands on Approaches to Hoarding: Clearing a Path to Treatment

Description: Hoarding disorder is an increasing problem and is especially visible in the older adult population. It can produce several significant health risks and lead to increased interpersonal problems and isolation for older adults. This training will review the diagnostic criteria for hoarding disorder, as well as other common behaviors and cognitions observed in the disorder.

Prevalence and special considerations in the older adult population will be discussed. The training will also review assessments commonly used to identify and treat hoarding disorder. Specific treatment interventions that have shown to be effective with the general population and the older adult population specifically will be discussed in detail and practical application.

This training will also focus on the symptoms and behavior of hoarding, reasons for hoarding, diminished quality of life, and co-morbid anxiety disorders which often present with compulsive hoarding diagnoses. The training will review therapeutic interventions used to treat hoarding and how support personnel can assist with treatment goals.

Objectives:

- Participants will learn how hoarding is defined, diagnosed and common features in the disorder.
- Participants will learn how hoarding disorder presents in older adults, and its prevalence.
- Participants will learn what types of interventions work best for treating hoarding disorder, across older adult populations and other populations.
- Participants will identify symptoms of hoarding, beyond just accumulation of objects.

Target Audience: professional caregivers and family members

Program Length: 2 hours

Healthy Aging: Keep the Golden Years Feeling Golden

Description: As the age expectancy of adults has risen, we want to continue to live our best lives as long as possible! Research has shown that there are a number of ways we can be proactive with health in older adulthood. This training will provide steps that older adults can take to gain and maintain health across four life domains: physical health, cognitive health, social health, and emotional health. While some health risks are more common in older adulthood, we will discuss strategies for preventative health and healthy recovery from illness or injury. Finally, we will discuss tips on building healthy habits, how to get motivated to make changes, and how to make them part of lifestyle, so that the golden years stay feeling golden throughout life!

Objectives:

- Identify ways to gain and maintain health across several important life domains: physical health, cognitive health, social health, and emotional health.
- Discuss risks to health more common in older adults, and strategies for avoiding or overcoming them.
- Review ways to make new habits and integrate them into lifestyle.

Target Audience: Professionals and family members who work and/or care for older adults as well as any older adults who are interested in staying healthy in their golden years.

Program Length: 2 hours

Healthy Thoughts in Older Adulthood: Recognizing & Treating Anxiety & Depression

Description: While we all experience some temporary and situational anxiety and depression symptoms, ongoing or chronic symptoms are not a normal part of aging and can interfere with health and quality of life for older adults. Anxiety and depression often have a stigma associated with them as well, making it difficult for many older adults to recognize and communicate

symptoms they are experiencing and seek help. This training will explore common symptoms of depression and anxiety in older adults as well as risk factors and protective factors. Screening tools that are validated with older adults will be reviewed. Current research treatment successes, as well as treatment gaps will be addressed. The training will discuss effective intervention options – those that have been most commonly used in the past, as well as approaches that have shown effectiveness in research but limited community application thus far.

Objectives:

- Learn to recognize potential symptoms of depression and anxiety in older adults, and how to assist them in accessing treatment.
- Identify barriers to accessing effective treatment for older adults with depression and anxiety, and how to advocate for and encourage proper diagnosis and intervention.
- Identify protective factors for anxiety and depression, and community or natural supports that can supplement professional treatment and support prevention, recovery from symptoms, and ongoing maintenance on mental health

Target Audience: This training is for all who work with older adults with mental illness, such as those suffering from anxiety and depression, such as mental health providers, care managers, case managers, nurses, social workers, counselors, acute care and long-term care staff, and substance abuse.

Program Length: 2 hours

How to Manage and De-escalate Violent Aggressive Behavior in Dementia Patients

Aggressive behaviors in dementia patients can be considered common. And while it may be comforting to know you are not dealing with an anomaly it does not make managing the situation easier or less frustrating as a caretaker.

Aggressive behaviors could be verbal or physical and at times come for no apparent reason. They can be sudden and identifying the trigger can place pressure on caretakers especially in a facility setting where other patients could be placed at risk.

This training will discuss causes of this aggressive behavior and share practical affective responses to these behaviors. We will review case studies and current research around how others have successfully operated with these obstacles. We will also promote the creation of an I.C.E (In Case of Emergency) Action plan all staff can provide input to, which can be used, when urgent situations occur requiring immediate attention.

Objectives:

- Understand the cause of aggressive behaviors with dementia Patients
- Identify possible triggers, which can then be avoided to minimize disruption
- Identify current treatment plans used with dementia patients expressing aggressive behavior
- Discuss potential options to address these behaviors
- Discuss how to ensure other residents are kept safe during outbursts
- Create action steps/Action Plan I.C.E
- Review case studies to engage real life application of the action plan

Target Audience: professionals, family caregivers, and family and friends of individuals with dementia. Also, those professionals who may have contact with dementia patients on a daily or weekly basis.

Program Length: 2.5 hours

IGNITE – Sparks for Today’s Dementia Care

Description: IGNITE is a powerful 3.0- hour in-service training that will transform staff with practical tools to improve communications, respond to behavioral expression, relieve caregiver stress, and engage residents in meaningful activities.

Spark 1: (Objective) Engage in a cutting edge hands-on experience of living with dementia, transforming care partners’ understanding and empathy for their residents. From this experience, staff will be empowered with effective tools to improve communications and care processes.

Spark 2: (Objective) Understand the power of skilled touch as it relates to elder care; Practice skilled touch techniques that can be put into immediate practice in preventing behavioral expression, inducing relaxation, and helping care partners relieve stress.

Spark 3: (Objective) Discover how everyday items from the past ignite the senses, evoke memories, and change relationships. This personalized approach reaches into the past to restore identity, dignity, purpose, and joy of living!

Target Audience: anyone caring for older adults with dementia

Program Length: 3 hours

Improving Outcomes for Children with Traumatic Brain Injury

Description: Applied Behavior Analysis (ABA) is a well-established, but often underutilized, treatment methodology for those with Traumatic Brain Injury. A behaviorally analytic approach to treatment can be used to decrease challenging behaviors as well as improve learning outcomes for those with TBI. This training will give a brief overview of what TBI is and will then focus on strategies to reduce problem behavior as well as approaches to skill building that can be used in everyday practice. Examples of topics covered include functional behavior assessment, antecedent strategies, behavioral shaping, and functional communication training.

Target audience: Professionals, family and friends of individuals, and caregivers of children with a traumatic brain injury.

Program Length: 2 hours

Isolation in Older Adults: Managing Adjustments after the Losses of the Pandemic (More Information Coming Soon)

Managing Bullying and Group Dynamics in Residential Settings

Description: This training is typically presented to providers and agency management. It will review the growing body of literature on bullying in older adult residential settings, which is beginning to be recognized as problematic, although under-researched and under-reported.

Research to date will be discussed, as well as intervention lessons learned from school bullying initiatives and social psychology. Examples of intervention models being used and studied to decrease bullying will be discussed. The training will focus on strategies that staff and administration can use to identify bullying and decrease resident victimization on an individual level as well as an agency level.

Objectives:

- Participants will be able to identify signs and symptoms of bullying in a senior setting.
- Participants will learn interventions that can help decrease bullying. Interventions will be reviewed that address the victim and address the perpetrator of bullying, and interventions that can impact bullying in a setting from an administrative level to direct staff level.
- Participants will understand the growing problem of bullying in older residential settings.
- Assist staff and agency management with strategies to help identify bullying and decrease resident harassment as it relates to their community.
- Discuss intervention models being used and studied to decrease bullying.

Target Audience: providers and agency management

Program Length: up to 3 hours

Managing Bullying – Residential/Community Living: Making it Work

Description: Presented to older adults living in residential settings, this training will focus on peer-to-peer interaction strategies and approaches that are protective against bullying and contribute to improved community living. The training will discuss the importance of each member of the community developing a positive social role in the residence, and the benefits to creating an inclusive and positive environment.

Target Audience: Residents living in community homes, apartments, etc., and those individuals coming together often, such as senior centers.

Program Length: 90 minutes

Managing Challenging Behaviors

Description: In this training we will address the challenging behaviors that are present when working with the public, whether specific populations or in general. Skills to address challenging behaviors both in person and over the phone will be addressed. Participants will develop skills related to challenging behaviors when dealing with special populations. This training provides definitions of behavior, types of behavior and reactions to challenging behaviors. Participants will learn the importance of managing their own behavior and the experience they bring to interactions.

Objectives:

- Understand our reactions to challenging behaviors of others and how our perspective can influence management of those behaviors.
- Develop skills for managing challenging behaviors both in person and over the phone.
- Identify special populations and challenging behaviors that can be expected in those populations.

Target Audience: This training is for all who work with individuals with mental illness and difficult behaviors, such as mental health providers, care managers, case managers, nurses, social workers, counselors, acute care and long-term care staff, and substance abuse.

Program Length: up to 3 hours

Memory Loss and Aging: Myths & Reality

Description: As aging seniors go through landmark ages, 60 70, 80, the agility of their body and mind decreases. Memory loss is greatly impacted at these stages. This can bring about feelings of fear, anxiety, and anger.

This training will discuss support an understanding of Dementia and Alzheimer's. The below objectives will be covered in through supportive information and a video. We will explore disruptions in memory such as simple forgetfulness to life altering interruptions in memory loss for aging adults with dementia. This training will help staff understand that forgetfulness can include misplacing keys and slow recall of names and dates. Whereas memory loss with dementia can include forgetting how to do things that you have done many times such as dressing and washing, getting loss, or disoriented in familiar places, and behaving socially inappropriate. The loss of memory in Mild Cognitive Impairment will also be discussed. Tips will be provided throughout the training.

Objectives:

- Learners will better understand the definition of Dementia and Alzheimer's.
- Learners will understand the effectiveness of communication.
- Learners will understand the definition of memory and its function.
- Learners will explore memory loss in aging adults.
- Learners will understand the difference between normal memory loss versus memory loss in dementia.
- Learners will discuss the impact of Mild Cognitive Impairment on memory.
- Learners will improve their skills for engaging aging adults with dementia through tips & suggestions.

Target Audience: professional caregivers and family members

Program Length: 2 hours

No Sugar Coating Allowed Here: Management of Diabetes in Older Adults

Description: Diabetes management can be confusing, particularly in the older population. This training will start an overview of diabetes followed by a reviewed of all classes of diabetes medications. This will lead us to a review of the most up-to-date diabetes medications algorithms along with a review of the guidelines specific to older adults. There will be case studies to facilitate application of the information. This training is presented by a CRNP.

Objectives:

- Review diagnosis and treatment of Type 2 Diabetes
- Provide overview of diabetes medications including efficacy, hypoglycemia risk, weight change, cost, cardiovascular effects, and renal effects.

- Discuss current guidelines for diabetes management of older adults.

Target Audience: professionals working with older in adults in any setting: hospital, long-term care, etc.

Length of Program: 2 hours

Nutrition and Healthy Aging

Description: The leading diseases of those 65 and older are discussed in relation to their causes and preventative measures to stay healthy. Diseases discussed are heart disease, diabetes, stroke, and dementia with an emphasis on Alzheimer's. These illnesses can produce several significant health risks and lead to increased interpersonal problems and isolation for older adults. This training is geared for not only professionals and family caregivers, but anyone who chooses to learn more about prevention, nutrition, activities, and healthy eating. Emphasis is directed toward taking care of ourselves at an early age, which can result in slowing down the process of chronic disease or illness which could lead to early on-set of heart disease, stroke, diabetes, or dementia-related symptoms at an early age. This training will review the risk factors, prevalence rate, and ways to prevent, or in some cases, even reverse these diseases, if it is not as progressed. These tips will help all individuals and those who care for aging individuals become more mindful of what they are eating and how it effects their bodies.

The overall goal is to increase awareness and understanding of nutrition and activity for all individuals, and to assist them to practice the best form of self-care for themselves or for their loved ones. The session will cover ways we eat and live each day that can significantly affect the health of our brains and other vital organs/systems

Objectives:

- Audience will be able to identify several causes of chronic diseases.
- Audience will be able to identify ways to boost memory.
- Audience will be able to identify ways in which they can become a better caregiver through nutrition and healthy lifestyle practices.
- Audience will be able learn what healthy foods to add into their lifestyle.
- Audience will learn five foods that will boost memory and why.
- Audience will understand an overall picture of why taking care of yourself can promote healthy aging and avoid illness or disease.

Target Audience: CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, recreational Therapists, Fitness Professionals, Caregivers, and Family Members who work with seniors, and general populations who want to be remain healthy as they age.

Program Length: 1-1 ½ hours

Nutrition and Healthy Aging with Ageless Grace

Description: The leading diseases of those 65 and older are discussed in relation to their causes and preventative measures to stay healthy. Diseases discussed are heart disease, diabetes, stroke, and dementia with an emphasis on Alzheimer's. These illnesses can produce several significant health risks and lead to increased interpersonal problems and isolation for older adults. This training is geared for not only professionals and family caregivers, but anyone who chooses to learn more about prevention, nutrition, activities, and healthy eating. Emphasis is directed toward taking care of ourselves at an early age, which can result in slowing down the process of chronic

disease or illness which could lead to early on-set of heart disease, stroke, diabetes, or dementia-related symptoms at an early age. This training will review the risk factors, prevalence rate, and ways to prevent, or in some cases, even reverse these diseases, if it is not as progressed. These tips will help all individuals and those who care for aging individuals become more mindful of what they are eating and how it effects their bodies.

The overall goal is to increase awareness and understanding of nutrition and activity for all individuals, and to assist them to practice the best form of self-care for themselves or for their loved ones.

The session will cover ways we eat and live each day that can significantly affect the health of our brains and other vital organs/systems. The second piece of this training is a segment on neuroplasticity, delaying cognitive decline, the importance of exercising mentally, and a demo of Ageless Grace.

Objectives:

- Audience will be able to identify several causes of chronic diseases.
- Audience will be able to identify ways to boost memory.
- Audience will be able to identify at least two ways in which they can become a better caregiver through nutrition and healthy lifestyle practices.
- Audience will be able learn what healthy foods to add into their lifestyle
- Audience will learn five foods that will boost memory and why
- Audience will understand an overall picture of why taking care of yourself can promote healthy aging and avoid illness or disease.

Target Audience: CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, recreational Therapists, Fitness Professionals, Caregivers, and Family Members who work with seniors, and general populations who want to be remain healthy as they age.

Program Length: 1 ½ - 2 hours

One Team, One Mission:

Description: Using team building in the workplace to strengthen relationships, foster morale, and improve patient outcomes, this course offers participants the opportunity to learn about the qualities and dynamics that go into effective team building and how effective team building impacts quality patient care.

Objectives:

- Define and explain the following terms: team building and leadership.
- Identify what qualities make up an effective team.
- Engage in a variety of team building activities.
- Understand the effect of team building has on morale, patient care, patient outcomes and burn out.
- Participants will discuss effects of both effective and ineffective team building and how it relates to burn out and job satisfaction.
- Participants will engage in self-reflection to identify strengths and weaknesses.

Target Audience: Employers and employees of any company or agency...profit or non-profit

Program Length: 2 hours

One Team, One Mission: Discovering Ways to Collaborate After COVID-19

Description: Using team building in the workplace to strengthen relationships, foster morale, and improve patient outcomes, this course offers participants the opportunity to learn about the qualities and dynamics that go into effective team building and how effective team building impacts quality patient care. Address the need for team building upon returning to normal from Covid

Objectives:

- Define and explain the following terms: team building and leadership.
- Identify what qualities make up an effective team.
- Engage in a variety of team building activities.
- Understand the effect of team building has on morale, patient care, patient outcomes and burn out.
- Participants will discuss effects of both effective and ineffective team building and how it relates to burn out and job satisfaction.
- Participants will engage in self-reflection to identify strengths and weaknesses.
- Learn tips & strategies for new work routine post Covid.
- Understand the fears & anxiety associated to returning to work post Covid.
- Practice communication skills
- Participate in team building activities.

Target Audience: Employers and employees of any company or agency....profit or non-profit

Program Length: 1.5 hours

Preparing Families for Raising Grandchildren from Diverse Generational Lenses - Part I

Description: In Preparing Families for Raising Grandchildren from Diverse Generational Lenses, Part 1, we will discuss the challenges associated with balancing the needs of children while learning to understand new methods and systems. We will tackle tips to better understand the role Covid-19 has played on the mental health of children while learning to establish effective routines to balance the needs of the family. Special focus will be given to recognizing the impact of being a multi-generational family unit and how this can affect outcomes for families. Handouts and resources will be shared.

Objectives:

- Identify ways Covid-19 has impacted families across diverse areas
- Highlight the importance of mental health for others and yourself
- Gain key strategies to managing family needs from differing lenses
- Learn strategies to re-establish routines and balance life's demand

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Preparing Families for Raising Grandchildren from Diverse Generational Lenses - Part II

Description: Learning to navigate through these current times due to Covid- 19 has been difficult. And for Grandparents, these challenges are magnified in many ways. In Preparing Families for Raising Grandchildren from Diverse Generational Lenses, Part 2, we will start by highlighting key points from Part 1 as a reminder. Are you struggling understanding how to support youth in their current educational experience? Are you struggling connecting to new ways of engaging youth? Have you forgotten that you are just as important to the success of the family? Do you want to learn key tips to relieving stress? Preparing families for Raising Grandchildren from Diverse Lenses Part 2 will provide, through examples and resources, ways to gain solid footing through the challenges beyond Covid-19 and 2021. We will discuss what the “new normal” for youth and families will look like going forward, learn to understand key questions surrounding mental health needs for families, and how youth can learn to re-engage others as they hopefully recover from continuous months of isolation. Join us for a thorough walk-through of critical areas that affect both Grandparents/Families and Youth

Objectives:

- Highlight some areas of impact from Covid -19 for families
- Learn key tips of understanding the multi-generational experience
- Learn strategies for managing stress in challenging times
- Assess how Covid-19 has changed communication, technology, and engagement

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Prescription Drug Abuse, Focusing on Opioids in Older Adult (can also include “social isolation” information if preferred)

Description: Opiate addiction has skyrocketed within a [growing number of older](#) Americans who are now becoming addicted to prescription opioid drugs like Oxycontin and Vicodin. While drug-related deaths have increased dramatically in all age groups, [the greatest percentage increase has been among adults ages 55 to 64](#). As older individuals approach transitional life events such as divorce, empty-nesting and the loss of a parent, it is important for family members to be actively aware of any [changes in their behavior](#) that may reflect opioid misuse. Even dealing with difficult emotions up to and including retirement may throw become a tipping point for older adults to self-medicate and isolate to cope. Chronic and persistent pain is often managed with strong opioid medications like Oxycontin, Percocet, or Vicodin, and it is common for [health care professionals to overlook](#) the potential for addiction in their older patients. Although there are [various strategies](#) to managing pain in older adults that do not involve prescription drugs, opioids [still tend to be over-prescribed](#) in this age group. Participants will learn about determinism and how addiction treatment for individuals over fifty with chronic pain can become more of a solution in addition, be able to describe the generational and co-morbidity aspects of the Baby Boomer Generation. By taking a hard look at prescription medication addiction, participants will also learn to apply practical tools for older adults and learn the importance of a thorough assessment which includes proper engagement in the recovery process and continued personal growth. This informative training brings to light the most current facts

and statistics including generational & evidence-based treatment approaches. Finally, the training will provide concrete supports to older adults so that they may engage in their own treatment, address their chronic pain with safe management techniques and find hope through the enduring process of holistic addiction recovery.

Objectives:

- Defining the deterministic viewpoint behavior and how it manifests into addiction in older adults.
- Understanding the basics of addiction as a disease and root causes of addiction in older adults.
- The effects of trauma on older adults and how it affects their emotions.
- Explaining the psychology of basic needs and brain reward.
- Making sense of current statistics and other cultural factors.
- Exploring recovery interventions for holistic healing in older adult populations, including those individuals living with paralysis.
- Understanding the impact that COVID and social isolation has on prescription drug abuse.
- Gain knowledge of the correlation between social isolation and increased drug abuse.

Target Audience: This training is for all individuals who provide care to older adults, especially those who work in community settings such as aging care managers, housing staff, nurses, social workers, counselors, acute care and long-term care staff, substance abuse and mental health providers, as well as family members.

Program Length: 2 or 2.5 hours

Problem Solving Skills in Working with Challenging Behaviors

Description: In this training, participants will increase their critical thinking and observation skills related to challenging behaviors encountered when working with older adults. This training will assist providers to better assess behavior and determine triggers for behaviors in older adults that may be difficult to manage. Additionally, perspectives and interventions for treating and resolving challenging behaviors in older adults will be discussed. Attendees will be able to identify ways to define challenging behaviors and observe cues to help them understand why they are occurring. They will also be able to discuss various intervention strategies for the challenging behaviors and problem solve examples as a group activity.

Objectives:

- Methods to accurately identify common causes and manifestations of challenging behaviors will be obtained by the attendees.
- Management strategies to directly target the trigger causing the undesired behavior will be learned.
- Communication strategies to use with persons with dementia as a behavior management strategy will be obtained.

Target Audience: This training is for all who work with individuals with mental illness and difficult behaviors, such as mental health providers, care managers, case managers, nurses, social workers, counselors, acute care and long-term care staff, and substance abuse.

Program Length: up to 2.5 hours

**Resolving Behavioral Challenges
and Engaging Individuals with Dementia**
(More Information Coming in Summer of 2022)

**Review of Stress and Burnout in Working
with Residents with Dementia**

Description: This training will concentrate on the stress and burnout that can occur and the problems they create working with dementia patients. In addition to the bullet points below, we will be concentrating on utilizing stress management techniques and self-care for improved effective resident interactions in the presentation. We will be breaking the training into three segments:

Review of stress and burnout:

- What is stress?
- What is burnout?
- Self-assessment tool for participants
- Why it is pertinent to work and health.

Review of stress management and self-care:

- Stress Management/self-care technique
- Stress management/self-care blueprint for change
- Review of trauma informed care and how stress management and self-care apply

Review of engaging residents with dementia:

- Review of tips
- Empathy exercise
- Case scenarios in groups

Target Audience: This training is for caregivers, nurses, social workers and family members who work or care with the older population, especially those with dementia.

Program Length: 3 hours

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

***Self-Care: Body, Mind, & Spirit!**

Description: This session will address the value in taking care of yourself before others. We will discuss how to make choices that improve one's daily living while continuing to support others. You will learn simple ways to care for yourself while juggling doing for others. You will also learn ways to separate Body, Mind, and Spirit.

Objectives:

- Understanding taking care of YOU matters
- Understanding why YOU come first.
- Understanding Body, Mind, and Spirit are three different things.

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Strategies for Successful Aging

Description: Concerned about your brain? Do you work with people who are aging or have a family member with Alzheimer disease? Whether you are 25 or 85, you can make a difference today for those you care for or yourself. Learn about the latest research and the evidence-based program that can reduce the risk of Alzheimer’s and improve your brain and overall body health. This 3-hour training includes information on healthy living for your brain and body, and information on the latest research”. Neuroplasticity, delaying cognitive decline, and the importance of exercising mentally, and a demo of Ageless Grace will be shared. The third hour will cover brain healthy eating/healthy brain. Learn about what groundbreaking studies and nutrition research have revealed about how the way we eat and live each day can significantly affect the health of our brains. Additionally, learn how you can power up your brains today, no matter your age. The entire program will cover cognitive activity, physical health and exercise, diet and nutrition and social engagement.

Target Audience: Anyone, especially those caring for older adults and older adults with dementia.

Program Length: 3 hours

Strategies for Understanding Behaviors & Applying Responsive Techniques

Description: When working with individuals who are exhibiting challenging behaviors we must define, focus on, and reinforce the alternative or appropriate behaviors. This training will define behavior and how behaviors are learned and maintained. We will identify common behaviors among vulnerable populations with whom coping becomes challenging. Finally, a discussion on intervention strategies and other techniques designed to help in de-escalating and managing behaviors.

Objectives:

- Define behavior and how behaviors are learned and maintained.
- Identify common behaviors among vulnerable populations that become challenging to cope with.
- Discuss intervention strategies and other techniques designed to help in de-escalating and managing behaviors.

Target Audience: This training is for all who work with individuals with mental illness and difficult behaviors, such as mental health providers, care managers, case managers, nurses, social workers, counselors, acute care and long-term care staff, and substance abuse.

Program Length: 2-3 hrs.

Strategies for Understanding Behaviors When Addressing Social Isolation

Description:

When working with individuals who are exhibiting challenging behaviors, we must define, focus on, and reinforce the alternative or appropriate behaviors. This training will define behavior and how behaviors are learned and maintained. We will identify common behaviors among vulnerable populations, including individuals with paralysis and individuals with disabilities with whom coping becomes challenging. Finally, a discussion on intervention strategies and other techniques designed to help in de-escalating and managing behaviors.

Objectives:

- Define behavior and how behaviors are learned and maintained.
- Identify common behaviors among vulnerable populations with which become challenging to cope.
- Discuss intervention strategies and other techniques designed to assist in de-escalating and managing behaviors.

Target Audience:

This training is for older adults, and those living with paralysis, as well as those who provide care to individuals living with paralysis. In addition, this training is also for those who work in community settings such as aging care managers, housing staff, nurses, social workers, counselors, acute care and long-term care staff, substance abuse and mental health providers, as well as family members.

Program Length: 2 hours

Stress Management

Description: Feeling stressed out? Then this is the workshop for you! Learn about stress and explore various stress management techniques. We will review techniques for controlling stress “in the moment” as well as long term stress management. Tips and techniques are designed to share with friends, family, clients, and your place of work.

Objectives:

- To provide understanding about stress.
- To provide an understanding of various techniques available for short-term and long-term stress management.
- To create a personal stress management plan.

Target Audience: anyone who can benefit from decreased stress management (crisis folks, probation and parole folks, health care, social workers, nurses, etc.)

Program Length: 1-1.5 hours

Substance Use Disorders & Medication Misuse in Older Adults

Description: This training will cover various aspects of substance abuse in older adults, addressing alcohol use, illicit drug use and opioids (prescription and non-prescription). Common medication errors and misuse will also be discussed. The training will provide attendees with information

regarding substance use disorder diagnostic features from the DSM-V, signs and symptoms of substance use, resources for screening for substance use in older adults and treatment options.

Objectives:

- Recognize symptoms, risk, and protective factors of substance abuse in older adults.
- Identify commonly abused or misused illicit or prescription drug.
- Compare substance abuse screening tools and treatment options for substance abuse.

Target Audience: This training is for all individuals who provide care to older adults, especially those who work in community settings such as aging care managers, housing staff, nurses, social workers, counselors, acute care and long-term care staff, substance abuse and mental health providers.

Program Length: up to 3 hours

Suicide Prevention

Description: This training will provide education on suicide awareness and prevention, specifically among older adults. Risk factors for mental health difficulties in older adults will be described, as well as behavioral changes that often accompany those difficulties, which individuals may be able to recognize in themselves, neighbors or loved ones. The training will provide strategies for intervention and self-care, as well as more global approaches for building supportive environments in older adult communities.

Target Audience: mental health professionals and family members

Program Length: 1 hour

Take a Moment to Breathe: Kids Yoga and Mindfulness Classes

Description: Take a Moment to Breathe” is a five-week yoga and mindfulness class for children and pre-teens. This program offers after school yoga, which will provide children with the framework and strategies needed to reduce stress and cope with anxiety while promoting a positive self-image and safe environment. Through this project, children and families will learn in an inclusive environment.

Program Length: 1 hour per session

Taste of Dementia (TOD)

Description: This Experience is designed to elevate person-centered care practices through a deepened understanding of what dementia is, and in what ways it affects patients. A Taste of Dementia is a more flexible and convenient version of the traditional Dementia Live Experience that has been researched and tested for group events given time and space constraints. A Taste of Dementia gives participants insight into what it is like to live with a cognitive impairment and sensory change through experiential learning so that caregivers can provide better care to those with dementia.

The Taste of Dementia involves Dementia Live Eyewear, plastic gloves, and other items to complete tasks at each participant’s seat/table. It also includes the Dementia Live confusion audio track. The experience itself involves participants trying to complete a series of tasks while the

Dementia Live Eyewear, gloves, and audio track mimic symptoms of dementia. The exercise is followed by an empowerment session. As part of this experience, we include a segment of Flashback, an interactive staff training activity that draws on the power of everyday items from the past to ignite the senses, evoke memories, and change relationships. T

Target Audience: anyone caring for someone with dementia.

Program Length: 1 hour

The Chronicles of COVID – Assisting Our Children Throughout the Ages Cope with Anxiety/Depression and Social Isolation

Description: Coping with change and loss is difficult for adults, let alone our children. This training will discuss the challenges of assisting our school age children (through elementary, middle, and high school) cope with anxiety, depression and social isolation related to COVID-19. When you consider the impacts of COVID-19 on our youth there is a need for us to be intentional about addressing their fears and also provide focused and intentionally brave spaces for them to process and communicate their losses and gains. Along with sharing solutions on how we can address social isolation, mental health and resources, this training will also provide statistics, symptoms, behaviors, and ways to assist counselors, parents and educators return to normal and help students cope. Providing them tools to navigate our current circumstances will help as they transition to this new normal.

Objectives:

- Review the challenges of assisting our school age children (through elementary, middle, and high school) cope with anxiety, depression, and social isolation related to COVID-19.
- Addressing the fears our youth face since the start and ongoing impact of this pandemic
- Discuss how to provide focused and intentionally brave spaces for them to process and communicate their losses and gains.
- Share solutions on how we can address social isolation, mental health, and resources
- We will highlight statistics, symptoms, and behaviors,
- Establish ways to assist counselors and educators with getting back to the new normal as they assist students with developing health coping strategies. We want to give them tools to navigate our current circumstances that will help as they transition to this new normal.

Target Audience: counselors, teachers, educators, therapists, parents, and Children and Youth staff

Program Length: 1.5 hours

The New Age of Anxiety and Depression: Navigating Consumers through Stress During Chaotic Times

Description: Baseline stress levels for many people have increased in recent years. In addition to personal and local stressors, we have all felt the effect of global stressors as well. This training will look at the cumulative effects of stress on mental and physical health. In an effort to mediate the effects of stress, the concept of resilience will be discussed as well as other models of intentionally reducing stress levels.

Objectives:

- Define “stress” and different types of stress that impact us and can make us more susceptible to anxiety and depression symptoms
- Identify populations that have shown increased vulnerability during global related stress.
- Define “resiliency” and factors and behaviors that promote resiliency
- Discuss models of stress management and application to self and others that you support

Target Audience: This training is for professionals who provide care to anyone, such as nurses, social workers, case managers, housing service coordinators, nursing home administrators, personal care home administrators, aging and mental health workers.

Program Length: 2 hours

Too Cool to Juul

Description: Juuling/Vaping is a new and ever-consuming fad sweeping across the nation and unfortunately, has also found its way into our schools and other environments where our children/teens are. Nicotine-heavy and dangerously under-researched, this product is one that needs to be discussed. This presentation gives an overview of what the product is and of what it is made the warning signs of someone who may be using it, and how it compares to other nicotine products such as cigarettes.

Target Audience: medical professionals, professional working with substance abuse, school nurses, parents, etc.

Program Length: 1 hour

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

*Transitioning - Preparing for a Change!

Description: “Transition” refers to any type of change. How does one prepare for change? What does someone need? How will any change affect others, if at all? What are the potential emotional or social disturbances that could occur? There are key questions and key steps to planning ahead when faced with Change/Transition. This session will highlight many different types of Changes/Transitions individuals may go through at various stages of life and how to properly plan for each of them. Change is challenging for most people but the proper planning in advance and having some intended goals identified will aid in smoothly moving through any transition for both the youth and caregivers. The session will emphasize the importance of intended goals or outcomes along with healthy, planned conversations with youth beforehand. We will share a helpful tool that adults can utilize as a guide and support with necessary steps to be considered along the way. Participants will also receive handouts and key questions that will be shared for adults and caregivers to keep in mind in the development of a good transition plan. Some group discussion will aide in bringing these learned concepts and ideas to be thought of as essential practices.

Objectives:

- How to prepare yourself and others for Change, i.e., Transition
- The importance of asking key questions.

- Benefits of putting in advance work.

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Trauma Informed Care

Description: Respecting the Impact of Trauma on the Behavioral Health Consumer At the completion of their training, attendees will leave with a working knowledge of Trauma Informed Care and will be able to apply their new skills and knowledge immediately upon returning to the field. Participants will understand that the commitment of a trauma-informed system is to provide all services in a manner that is welcoming and appropriate to the needs of older adults who are experiencing or who have experienced trauma.

Objectives:

- The meaning and definition of trauma, identify examples of trauma experiences or events, and gain understanding of prevalence of trauma
- Symptoms of trauma, in general and specific to the older adult population
- The 4 R-s of a trauma informed approach and examples of their application
- The six key principles of trauma informed care and examples of application.

Target Audience: professionals, working in the aging, mental health, substance abuse or long-term care systems, older adults, caregivers, family members, etc.

Program Length: up to 3 hours

**The following training deals with different challenges that the older population as grandparents face as caregivers to their grandchildren. Also, this training is not only a good reference for older adults but the professionals who support and work with these specific older adults.*

*Trauma Informed Care Parenting!

Description: This session will define Trauma and reflect on ways to help others understand how Trauma intersects in several parts of our lives. We will discuss the effects of Trauma and how it can potentially change who you are as a person. We will learn helpful tips to support the influence of trauma and better understand how these affects show up in youth. There will also be minimal reflection on secondary Trauma as well.

Objectives:

- Defining Trauma
- The impacts of Trauma in daily living
- How Trauma affects who you are as a person

Target Audience: Case managers, social workers, agency leaders/supervisors, grandparents, and other caregivers for children

Program Length: 90 minutes

Trauma Informed Teaching

Description: Trauma comes in many forms. It can be a single event or repeated exposure, those experience and perspectives shape the way a person feels, thinks, and behaves. Trauma can happen to anyone—as educators, you may encounter both students and colleagues that have been impacted. Having a better understanding of trauma, will help educators to foster a stronger connection and understanding of trauma.

Objectives:

- To gain a deeper awareness of key trauma-related concepts.
- To develop understanding of trauma’s effects on behavior.
- To learn tips for understanding and preventing vicarious trauma.
- How to use a De-Escalation Preferences Form to use with students and colleagues.
- How to use resources to explore trauma-informed care further

Target Audience: counselors, teachers, educators, therapists, parents, and Children and Youth staff

Program Length: 1.5 hours

Underage Drinking (For the Parents)

Description: Underage drinking is a topic we all hope we have the ability to educate our children on but sometimes we may feel we do not have the right tools to start the conversation. This presentation serves to educate and equip parents with the knowledge and ability to open a dialogue with their children and help prevent underage drinking.

Target Audience: parents of pre-teens/teens/young adults.

Program Length: 1 hour

Understanding and Addressing Aggressive Behaviors: Concentrating on Individuals with Dementia

Description: Aggressive behaviors in Dementia patients can be considered common. And while it may be comforting to know you are not dealing with an anomaly it does not make managing the situation easier or less frustrating as a caretaker.

Aggressive behaviors could be verbal or physical and at times come for no apparent reason. They can be sudden and identifying the trigger can place pressure on caretakers especially in a facility setting where other patients could be placed at risk.

This training will discuss causes of this aggressive behavior and share practical affective responses to these behaviors. We will review case studies and current research around how others have successfully operated with these obstacles. We will also promote the creation of an I.C.E (In Case of Emergency) Action plan all staff can provide input to, which can be used, when urgent situations occur requiring immediate attention.

Objectives:

- Understand the cause of aggressive behaviors with Dementia Patients
- Identify possible triggers, which can then be avoided to minimize disruption

- Identify current treatment plans used with Dementia patients expressing aggressive behavior
- Discuss potential options to address these behaviors
- Discuss how to ensure other residents are kept safe during outbursts.
- Create action steps/Action Plan I.C.E
- Review case studies to engage real life application of the action plan

Target Audience: Any professional or family caregiver who cares or works with individuals with dementia.

Program Length: 2 hours

Understanding Anxiety & Depression

Description: Do worry, fear, anxiety and uncertainty inhibit your daily life? Do you avoid people or activities that are important to you? Does your mind seem filled with overwhelming thoughts and emotions? Join us to gain a better understanding of types of anxiety and depression and how they can impact your life or the life of others. Together, we will discuss tools and tips to support someone who struggles with emotional disorders. We will also engage in meaningful conversation around balancing situational anxiety/depression and defining on-going emotional challenges to determine the differences. We will use examples to build your toolkit of resources for yourself or to aid others in daily living.

Objectives:

- Define anxiety and depression
- Describe how stressful life events may be linked to emotional disorders, i.e., anxiety, depression, mood disorders
- Describe primary features of stress responses connected to anxiety/depression
- Assess the role one's environment may play in emotional disorders
- Learn key tips to help better understand situational circumstances versus long term emotional disorders

Target Audience: Individuals, family members, social workers, educators, professional caregivers, employees, etc.

Program Length: 1.5 hours

Understanding Intimacy and Dementia

Description: It is important to understand that older adults continue to be sexual beings with the need for love and affection. When mind and behavior are altered by dementia, and normal abilities decline, sexual desire, the need for intimacy, and the need for companionship may exist well after the loss of normal abilities.

This presentation will also focus on both the reasons and possible triggers for “sexually inappropriate behaviors” in persons with dementia and on effective caregiver interventions.

Objectives:

- To increase participants’ understanding of the impact of the need for intimacy when an individual has a dementia-related illness.
- To briefly explore aging and the continued need for intimacy.
- To discuss and define: dementia, sexuality, intimacy, and companionship.

- To discuss multiple considerations relating to intimacy, sexuality, and dementia, such as: ethics, informed consent, personal history, and dementia-related behaviors.
- To identify what behaviors are “inappropriate, and those that may be “acceptable.”
- To identify and discuss what are potential “inappropriate” behavior’ triggers.
- To identify and discuss caregiver interventions.
 - Participants will initially complete a list of questions designed to identify their understanding of the topic areas. Whenever possible, group discussions (small or large) will be utilized.

Target Audience: Family members and professional caregivers

Program Length: 2 hours

Understanding the Cognitive Stages of Development in Young Adults with Physical Disabilities

Description: The goal of this training course is to offer a broad understanding of the characteristics of the normal stages of cognitive development in young adults; and discuss the challenges they face apart from having physical disabilities. This training will explain the role of the professional, the parent, and the caregiver, and provide effective communication strategies and principles of practice to help diminish conflict, open dialogs, and help with problem solving.

Target Audience: : Family members, social workers, educators, and professional caregivers

Program Length: 2 hours

Wellness Initiative Senior Education Program (WISE)

Description: WISE is an evidenced based wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices, and avoid substance abuse. Taking place once a week for six weeks, (2- hour time each week), this training provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance abuse. WISE promotes health through education concerning high-risk behaviors in older adults. Key activities include various interactive engaging lessons. **Lesson 1.) Understanding the Changes Associated with Aging; Lesson; 2.) Aging Sensitivity; Lesson 3.) Valuing Cultural & Generational Diversity; Lesson; 4.) Medication and the Older Adult; Lesson 5.) Substance Abuse, Addiction and Older Adults; and Lesson 6.) Enhanced Quality of Life** (graduation for the participants). WISE has been recognized as an evidence-based prevention program by the National Registry of Evidence-based Programs and Practices and Aging and Disability Evidence-Based Programs and Practices.

Target Audience: Older adults

Program Length: One day a week for 6 weeks; 2 hours each session