

The COPSA Institute
for Alzheimer's Disease and Related Disorders

For more information
on our training programs

Call:
(732) 235-4356

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Training & Staff Development
Program



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Comprehensive Services on Aging (COPSA) has been providing compassionate and sensitive mental health care to older adults since 1975. The COPSA Institute for Alzheimer's Disease and Related Disorders is a statewide program that includes a Memory Disorders Clinic, the Care2Caregivers Peer Support Helpline, as well as Training, Education and Staff Development supported by a NJ Division of Aging Services grant.

COPSA is New Jersey's premier center for the diagnosis and treatment of mental health disorders in older adults. Our experienced professionals from Rutgers University Behavioral Health Care can provide dynamic and unique training/consultation programs for hospitals, inpatient psychiatric programs, senior centers, nursing homes, assisted living communities, adult day programs, caregiver groups, as well as other health care and community organizations.

These trainings and consultations can be custom designed to meet your specific needs and are founded on the latest research, theories and practice. Professional contact hours may be available. Please contact us for additional information regarding professional continuing education.

This catalogue is a sample of some of the trainings that we can offer. Please call us to discuss how we can tailor a program to meet your specific needs at **(732) 235-4356**.

List of Sample Programs:

Aging & Addictions
Alzheimer's Disease: Diagnosis & Resources
Anxiety Disorders & Older Adults
Anticipatory Grief & Ambiguous Loss
Aging, Dementia & Developmental Disabilities
Assessment of Older Adults
Avoiding Crisis & Negotiating Conflict
Behavior Management: Non-pharmacological Approaches
Caregiver Basics
Combatting Compassion Fatigue
Cultural Diversity & Cultural Competence
Dementia, Driving & Other Ethical Concerns
Dementia & DSM-5
Depression, Dementia & Delirium
Depression & Suicide in Older Adults
Effective Communication Skills & Techniques
Elder Abuse & Neglect
Eldercare Concerns: Managing Loss
End of Life Issues & Care
Healthy Aging
Hoarding: A Closer Look at Diagnosis & Behaviors
Improving Dementia Care Environments
Managing Challenging Behaviors
Meeting the Needs of LGBTQ Elders
Mental Illness & Aging
Mindfulness
Older Adults & Crisis
Older Adults: Dispelling the Myths of Aging
Overview of Dementia & Alzheimer's Disease
Person Centered Therapeutic Activities
Recognizing the Unique Needs of Older Adults
Resilience & The Elderly
Senior Bullying
Sensitivity Training
Sexuality & Aging
Spirituality & Aging
Stress Management & Self-Care
Substance Abuse & Aging
Supporting the Caregiver
Understanding & Navigating Long Term Care
Working with Dementia Caregivers
Wellness & The Caregiver