RUTGERS HEALTH
University Behavioral Health Care

COPSA 2022 **Training, Consultation,** and **Education Catalog**

COPSA
Institute for
Alzheimer's Disease
and Related Disorders

Training, Consultation, and Education Service

Thank you for your interest in our presentations!

The Comprehensive Services on Aging Institute for Alzheimer's Disease and Related Disorders (COPSA Institute) is New Jersey's premier center for the diagnosis and treatment of mental health disorders in older adults. Our expert faculty and research professionals are committed to sharing our knowledge with professionals, family caregivers, and community members to better support our neighbors and fellow citizens who are aging.

Our instructors are university-based experts with relevant professional training and experience, access to the latest published research, and knowledge that comes from our personal lives. To maximize learning and application of the information presented, we include training tools such as workbooks and reference guides, supplemented by (when available) videos, CDs, and DVDs.

Family members and other unpaid caregivers need ongoing support, and that includes education, training, and skill building. We design our training to cover everything you need to know for your caregiving journey. COPSA offers continuous learning opportunities for caregivers throughout the year to enhance their knowledge and bring new awareness.

As part of the COPSA Institute, our Training, Consultation, and Education Service also delivers unique professional training programs for hospitals, inpatient psychiatric units, nursing homes, assisted living facilities, day programs, and any health-care provider groups or organizations. Our professional training programs can be tailored to a variety of audiences, including physicians, psychologists, nurses, social workers, nursing assistants, and home health aides.

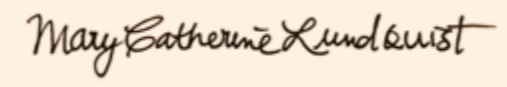
Our professional training offerings can be delivered in a variety of formats:

- ✔ Community setting
- ✔ Web-based blended learning
- ✔ Authorized provider (select employees trained at a designated location)

All training can be customized to meet the specific needs of participants. Professional training can include professional contact hours and, if desired, follow-up consultation and mini trainings.

This catalog lists our foundational core offerings, organized in three categories: For Caregivers, For Staff Development, and Healthy Aging. We can adapt or mix and match topics based on the needs of the audience. Every offering can be adapted for professionals, family caregivers, or community members. If you don't see the topic you are looking for, please contact us so we can discuss developing a training specifically for you!

To arrange a presentation, contact us directly or submit our Training Request Form:
www.care2caregivers.com/copsa-training-request-form/



Mary Catherine Lundquist
Program Coordinator
lundqumc@ubhc.rutgers.edu
800-424-2494

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COPSA offers a variety of brochures and other materials to accompany our presentations. These brochures can be downloaded from our website or ordered directly.

- After Your Loved One Moves to a Long-Term Care Facility…What Now?
- Self-Care for the Caregiver: Taking Care of Yourself is Important Too
- Sleep and Memory Loss: Tips to Help You and Your Loved One Get a Good Night's Sleep
- Emergency Care Planning: Are You Prepared for All the What Ifs?
- Activities: Strategies for Keeping Your Loved One Engaged
- Signs That Your Family Member May Need Assistance
- Rutgers National Call Center Peer Support Brochure
- Communication: Breaking Through the Barriers
- Calming an Anxious Person, Caregiver First Aid
- Types of Care: What Type of Care Do I Need?
- Family Caregivers: Special Considerations
- Understanding Caregiver Grief and Loss
- Dealing with Challenging Behaviors
- What Type of Doctor Do I Need?
- Newly Diagnosed: What Now?
- Nutrition and Memory Loss
- Care2Caregivers Brochure
- COPSA Institute Brochure
- Types of Dementia

To request print copies of brochures, please fill out the brochure order request form at:
www.care2caregivers.com/brochure-request-form/

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Understanding Dementia

Description: Although most people have heard of Alzheimer's Disease, many do not have a full understanding of what it means to have this diagnosis. There are many types of dementia; Alzheimer's Disease is the most common. Dementia is not a normal part of aging. While medical science has not yet found a way to cure dementia or stop its progression, understanding dementia can help caregivers provide support and improve quality of life.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Understand how Alzheimer's Disease differs from other forms of dementia
2. Summarize what science tells us about causes of these conditions
3. Describe the likely changes that occur with dementia as time goes on
4. Identify tools and techniques for diagnosing and treating dementia

Note: *For professionals, training gives an in-depth overview of diagnostic tools for assessing dementia and cognitive impairment, such as the Mini Mental State Examination of the Montreal Cognitive Assessment Test (MoCA) as well as memory, calculation, and visuo-spatial abilities.*

NOTE: While presentations in this section are designed primarily for family caregivers, they can be adapted for professionals who provide care and support to people with memory loss and their family members.

Levels of Care

Description: Long-term care means more than just "nursing home." Including all the supports a person needs to maintain their quality of life as they age, long-term care can refer to a variety of settings, such as home care, adult day programs, respite, assisted living, continuing care communities, nursing homes, and hospice. This presentation helps participants consider how best to support success in the future – financial well-being, legal protection, and community assistance.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Distinguish the levels of care available for people who may have more significant needs
2. Find community financial assistance programs available in NJ
3. Determine levels of care needed and when it's time to transition
4. Prepare for legal, financial, and emotional concerns surrounding transitions in care

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Resources: What, Why, When, and How

Description: Family caregivers take on a variety of roles and tasks when caring for someone with dementia and must address a wide variety of needs. This presentation reminds participants that family caregivers do not need to go it alone when they make use of the various resources available.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify the various roles of the family caregiver
2. List the changing support needs of a person with dementia
3. Access resources that can provide support for comfortable living

Safety

Description: Caregivers encounter many risky situations when supporting a loved one with memory loss, such as driving, medication, fall prevention, wandering, cooking, aggressive behaviors, and emergencies. This presentation covers these and other safety concerns and strategies for avoiding threats. Helpful resources, such as life alert systems, are described.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify current and immediate safety risks
2. Anticipate likely future safety risks
3. Select strategies best suited to the person with memory loss, the caregiver, the current life situation, and the existing home environment

Emergency Care Planning

Description: People with dementia have many complex needs that caregivers address on a daily basis. Caregivers may be so caught up in day-to-day care that they do not recognize the importance of planning for potential emergencies—both those that are likely and those that are only possible. This presentation covers potential emergencies, safety strategies, and how to develop an emergency care plan to assure for the safety of your loved one and the caregiver.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify potential emergency situations
2. Summarize steps for planning for emergencies
3. List the components of an emergency care plan
4. Communicate the plan to those who need to know

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Truth Telling and Dementia

Description: You may have wondered if or when to tell the truth to a person living with dementia. Caregivers may decide not to share certain information to keep from adding distress or may say or imply something that is not true in order to validate, reassure, and keep a person with dementia safe. This presentation explores whether it's ever acceptable to tell a lie and introduces creative communication techniques that provide comfort and effective care.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List brain changes in dementia that cause a disconnect with reality
2. Explain the practical and ethical differences between types of falsehoods
3. Identify potential risks and benefits of telling truths and lies in likely situations
4. Use a variety of communication techniques to avoid and minimize lying

Fostering Teamwork in the Family

Description: Over time, families commonly experience conflicts as a natural part of life. Caregiving responsibilities create additional stress, creating conflict and distress. This presentation covers common areas of conflict and offers teamwork strategies for successfully navigating challenges.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe common sources of conflict and strain in families dealing with dementia care
2. List keys to successful family teamwork in caregiving
3. Create an action plan for next steps

Building Your Support Network

Description: Many caregivers who support someone with a long-term condition become isolated over time. Day-to-day responsibilities can make staying in touch with personal supports seem impossible. Positive relationships provide a buffer against stress, an emotional safety valve, and the support to carry on through tough times. This presentation recommends strategies for building and maintaining a support network to help you survive and thrive through the caregiving journey.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify their personal supports and support needs
2. Communicate their needs to personal and professional supporters
3. Access a caregiver support group that meets their needs and preferences

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Activities of Daily Living

Description: Caregivers assist with personal care needs and activities of daily living (ADL) of the family member with dementia, often without a clear understanding of how best to do this. Emotional, behavioral, and practical issues often arise that make it hard to get through these tasks calmly and smoothly. This presentation provides tips to assist with bathing, dressing, eating, preparing for sleep in ways that reduce stress, preserve dignity, and enhance quality of life.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify important ADLs impacted by cognitive challenges
2. Apply effective communication techniques
3. Adapt the environment to promote success
4. Use practical strategies to overcome common challenges

New Ways for Meaningful Days

Description: As a person progresses with memory impairment, so too may their ability to engage in meaningful independent activities at home. When a person is not able to engage in meaningful activities, it can be distressing for them leading to disruptive behaviors. This presentation offers tips on how to provide stimulation and structure for the day so a person with dementia can engage in rewarding activities to enhance self-esteem and decrease stress for you and them.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Assess what the person with dementia can do at home—with and without support
2. Identify when and where changes in the day are most needed
3. Develop a plan for adding meaningful and engaging activities into the week

Note: *This presentation is designed primarily for family caregivers, although it can be adapted for professionals who provide in-home care and support and those who advise family members on this topic.*

> *"Thank you so much for that informative webinar today. I deeply appreciated it!"*

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Sleep

Description: Sleep disruption is a major issue for people with dementia and affects the entire household. This presentation describes the importance of sleep for mental and physical help, the normal sleep cycle, and changes in sleep patterns that occur with aging and with memory loss. Strategies for getting a good night's sleep are reviewed, including self-care habits and approaches.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe common aging related sleep challenges for people with memory loss
2. Define sleep hygiene
3. List sleep hygiene strategies that may be personally useful
4. Apply strategies to improve their own sleep as well as their family member's sleep routine and sleep quality

Note: *This presentation is designed primarily for family caregivers, although it can be adapted for community members, and well seniors. This presentation also can be adapted for professionals working in an institutional setting, those who provide in-home care and support, and those who advise family members on this topic.*

> *"Thank you so much for your program today! The clients were really engaged, and really seemed to take your advice to heart."*

Building Wellness in Times of Crisis

Description: During times of uncertainty, it can be challenging to manage situations while taking care of loved ones and other obligations. Distress is common during public health emergencies or other crisis situations and can make people feel anxious without a sense of control. It remains critical to make sure you are caring for yourself while you are caring for others. Being intentional about your own wellness self-care and what you can control, can lead to habits to help you during a crisis. Participants identify strategies for managing stress, receive tips for continued wellness, and explore resources.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify strategies for coping during a crisis that can help alleviate stress
2. Develop a personal wellness plan for physical and emotional well-being
3. Access resources to enhance your overall wellness

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Caregiver Guilt

Description: Caring for someone with Alzheimer's disease or another type of dementia comes with varying emotions. Sometimes, caregivers feel like they aren't doing enough or not doing the right thing. Feelings of guilt and caregiver stress can immobilize the caregiver when their individual needs are neglected. This presentation addresses how to recognize and overcome caregiver guilt.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Recognize common causes and experiences of caregiver guilt
2. Describe their experiences with guilt and its personal consequences
3. Apply strategies for countering guilty self-talk

Healthy Ways to Manage Caregiver Stress

Description: Caregivers experience long-term and ever-changing sources of stress in their lives that are difficult or impossible to avoid. This presentation describes simple healthy strategies to control stress reactions even when unable to control the causes of stress. Participants complete a personalized assessment and a relevant and do-able personal stress management plan.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List mental and physical health consequences of stress
2. Identify the significant sources and signs of stress
3. Create a personal stress management plan

Affirmations

Description: Caregivers support the health needs of a family member or someone significant in their lives, often doing a wonderful job providing care and support while wearing many hats and doing many tasks. They may be so busy giving help that they don't realize they feel exhausted. Getting worn down can create or worsen the caregiver's own health problems. With so much going on, caregivers often fall short in extending the same loving care to themselves. This presentation introduces a simple tool for stress management, self-care, and wellness.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe stressors associated with caregiving and its potentially serious consequences
2. Explain how affirmations can help reduce stress and boost wellness
3. Create personal affirmation statements for self-care

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Compassion Fatigue

Description: Many caregivers, both professionals and family members, experience at times, the wear and tear that results from care and compassion given to others. It can be difficult to care for yourself while you're caring for others. In addition, direct or secondary exposure to traumatic events or situations can bring about complicated feelings and emotions. This presentation suggests ways to create your own toolbox for self-care and burnout prevention.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List the signs and symptoms of compassion fatigue
2. Identify ways to practice self-care at home and at work
3. Select an approach to building personal and organizational supports

Note: *This presentation is designed for training direct service professionals but can be adapted to meet the stress management and self-care needs of other audiences, such as family caregivers.*

Self-Care for Our Everyday Lives

Description: Many people are leading busy lives; juggling family and work life to find balance. Whether you're in a high-stress occupation, or a caregiver for a loved-one, paying attention to your self-care needs can help lower stress and bring focus to your emotional and physical well-being. Learning a few simple practices can help you develop a self-care plan for your overall wellness.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Recognize personal signs and consequences of stress
2. Engage self-care practices that promote well-being
3. Develop a wellness self-care plan for overall well-being

Note: *This presentation is supplemented by downloadable guides and online videos for family and professional caregivers and for the individuals they support.*

> *"It was good. Particularly liked focusing on my breath; kept me anchored."*

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Grief and Caregiving

Description: When caring for someone with dementia, the process of mourning begins even before the actual loss occurs, complicating the experience. This type of mourning may be difficult to recognize and legitimize in our communities. This presentation provides tips and strategies to help families dealing with grief associated with caregiver role.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Define ambiguous loss and anticipatory grief
2. Identify strategies and resources to help best manage grief and loss
3. Choose personal self-care strategies to manage loss and end-of-life issues

Note: *This presentation can be adapted for professional staff who are assisting caregivers with navigating end-of-life issues. The professional presentation helps participants gain a deeper understanding about the varied forms of grief associated with illnesses such as dementia. In addition, professionals will learn how to recognize and address the very real grief they experience when caring for people who are aging, have significant disabilities, and/or have a terminal illness.*

Depression: It's More than Just the Blues

Description: Depression can occur at any age. For people who are older, the signs and symptoms of depression can be confused with other issues, including medical concerns and the challenges of dementia. Caregivers supporting people with dementia have a higher than average risk of depression. This presentation addresses these issues and offers suggestions for preventing and managing depression.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe the signs, symptoms, and risks of major depression related to aging
2. List factors that contribute to and complicate depression as people age
3. Identify steps for personal prevention and management of depression

Note: *Presentations also are available on other mental health issues, including depression, suicide, and hoarding disorder.*

Caregiving 101: Transitioning to the Caregiver Role

Description: Many conflicting emotions occur when someone in the family is diagnosed with cognitive impairment or dementia. The family often has many questions and concerns and doesn't know where to turn. This presentation addresses these issues by providing information, resources, and an overview of the varied roles, tasks, and decisions involved in caring for a family member with dementia or other progressive diseases.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Define dementia, recognizing that there are different types that progress in different ways.
2. Identify their most pressing questions and some resources for information and support.
3. List the decisions that should be made soon and those that can wait.

Attitude of Gratitude

Description: It's natural to dwell on the negative when we are under stress. We all tend to replay what went wrong and what we should have done. Over time, this sort of negative thinking drags us down. By consciously shifting to the positive, such as cultivating an attitude of gratitude, we can reverse that downward spiral. This presentation provides updated information on the science of gratitude and how it can enhance your physical and emotional health. Participants will hear special messages for caregivers and learn about easy ways to build a gratitude practice into daily routines.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List the benefits of an attitude of gratitude.
2. Describe strategies for building a daily gratitude practice.
3. Identify an immediate action step that will boost positive thinking.

Forgiveness

Description: As we go through life, as especially through caregiving, we all make mistakes and experience things that hurt us. These can cause anger, resentment, sadness, and many other emotions. Forgiving ourselves and others is often difficult, but can provide a path forward to emotional and spiritual peace. This presentation explores the value of forgiving and the challenges we face getting there. Tips and activities will help participants consider their own lives and take steps to begin to accept, forgive, and move on.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Define forgiveness.
2. Identify personal situations and emotions where forgiving might be helpful.
3. Describe personal challenges and benefits of forgiving.
4. Select at least one personal practice for beginning the work of forgiveness.

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Dealing with Anger and Other Challenging Emotions

Description: Caring for someone with memory loss is stressful. Ongoing stress contributes to fatigue, feeling overwhelmed, and impatience. Many family caregivers describe feeling moody, helpless, and short-tempered. They report saying and doing things they later regret. These experiences are common—maybe even universal. In this presentation, participants will learn a variety of approaches for managing their emotions and actions in the moment. In addition, tips will be provided for ways to avoid or manage common caregiving situations that create practical and emotional difficulties. Finally, activities and resources will be presented for handling the anger and other challenging emotions that affect caregivers.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe the triggers that cause them to lose their cool.
2. Use self-calming strategies in moments of great distress.
3. Plan ahead to avoid or reduce triggers and other difficult situations that challenge self-control.
4. Build in daily activities that build patience, willpower, and resilience.

Life After Loss: Strategies for Coping After the Death of Your Loved One

Description: Adjusting to living after the loss of a loved one is an experience that unites caregivers of all types. Even if the caregiver is prepared, there are often unresolved thoughts, emotions, and tasks. Caregivers may feel the loss of their loved one even before they have passed on. The grief for the relationship that once was can feel insurmountable. This one-hour session will discuss what to expect, letting go of guilt, reinvesting in life, and making peace with the past. Strategies for coping with loneliness and identifying what is normal grief and when is it something else will be discussed.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe ways to identify and manage your feelings of grief and loss
2. Practice one mindfulness strategy for self-compassion
3. Plan for actions that help you to re-invest in life and the present

Professional Consultation, Training, and Staff Development

COPSA provides quality high-valued training and consultation to meet your staff development needs. COPSA trainings are learner-centered, interactive, and structured to reflect the innovative methods in the field of aging while empowering learners. COSPA strives to excel in service to professionals and remains dedicated to providing lifelong learning of the highest quality. Through our wide range of training opportunities, we can design something that meets your needs and help you stay current.

NOTE: While the presentations in this section are designed for training direct service professionals, most can be adapted to meet the needs of other audiences.

"The interactive presentation style, the wealth of resources and ideas, and the content added up to a winning combination for all of us."

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Foundations of Dementia-Enabled Care

Description: This presentation provides an overview of the basic skills and knowledge needed to create and maintain dementia-capable Adult Day Centers. Based on a conceptual model of how dementia impacts those who have it, this presentation introduces strategies and approaches for dealing with dementia-related changes. Thought provoking exercises during the training provide an opportunity to put knowledge into practice.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe the key principles of dementia-enabled care
2. Assess individuals and programs to determine where a new approach is needed
3. Apply strategies for dealing with dementia-related changes within an Adult Day Center

Note: *Because Adult Day Center staff are busy and there is little time for training, this program is designed to allow staff to complete one or more sections at a time, as their schedules permit. A manual is available for staff to complete on their own or in a group. Many of the exercises can generate useful conversations among supervisors that further their learning, enrich program offerings, and strengthen team collaboration.*

Communicating with Skill and Heart

Description: Supporting a person with memory loss involves dealing with a number of communication challenges. This presentation provides tips on how to successfully and compassionately communicate throughout the progression of dementia using both verbal and non-verbal techniques. Non-verbal techniques include touch, music, environmental cues, and other strategies. Skillful communication can remove roadblocks and increase empathy to improve relationships over time.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List common language and communication difficulties that occur with dementia
2. Summarize principles of effective communication
3. Identify caregiver barriers to skillful and empathic communication
4. Apply effective techniques for communication through various stages of dementia

Note: *Communication is as critical for family caregivers as it is for professionals. An adapted version of this presentation addresses the unique concerns of family caregivers to help them identify ways to better connect with their loved one in a meaningful way that is tailored to their individual situation and needs.*

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Cultural Issues in Aging

Description: Cultures vary in their views on aging, creating differences in perspectives for people of different backgrounds. This presentation explores those differences and how they affect caregiving from family members and service providers. Strategies for cross-cultural communication are introduced that take cultural differences into account.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe how cultural identity and world view affect perspectives on aging and caregiving
2. Identify typical changes as people age that may be seen differently across cultures
3. Apply effective cross-cultural communication strategies

Ethical Challenges Related to Supporting Older Adults in the Community

Description: Service providers often encounter ethical dilemmas in their work, but may lack tools to recognize them, to reflect on the ethics of the situation, and to weigh various options for action. This presentation provides guidance for recognizing and addressing many ethical issues that arise when supporting older adults in the community.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List important and relevant ethical principles
2. Describe a framework for recognizing and responding to ethical dilemma
3. Apply the ethical decision-making framework to common and complex scenarios

Meeting the Needs of LGBT Elders

Description: With the increased acceptance of members of the Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) communities, aging LGBTQ members have more opportunities to "come out of the shadows." Yet many still face harassment, discrimination, or benign neglect in health care and long-term care services. This presentation addresses common challenges and how the aging network can be empowered to better serve LGBT seniors and their partners, using multi-media experiential learning, and including representatives from LGBT aging services.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify health risks associated with chronic experiences of LGBTQ older adults
2. Build resilience skills for coping
3. Access culturally affirming resources

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Building Resilience in Challenging Times

Description: In the times of crisis, many experience anxiety, social isolation, and disruptions in our usual habits and routines, creating physical, financial, and emotional challenges. However, even in difficult times, we can focus on maintaining our well-being and increasing our ability to bounce back from difficulties. Participants learn about skills, tools, and resources to use and share when supporting ourselves, our families, our colleagues, and the people we support through our work.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Recognize factors that are causing stress
2. Identify self-care skills that are key components of a resiliency toolkit
3. Develop a short-term self-care plan using the shared skills, tools, and resources

Mental Health and Aging

Description: Mental health conditions are common and occur across the lifespan, but signs and symptoms may look different as people age. In addition, medical conditions and medications influence symptoms. This presentation describes mental health concerns and conditions in the context of aging, and offers proactive strategies to identify them and help get adequate support.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Summarize aging challenges and events that may contribute to mental health issues
2. Identify how common mental health conditions manifest differently as people age
3. Describe ways that mental health symptoms overlap with cognitive impairment
4. List medical conditions and medications that may appear as or complicate mental disorders

Note: *When arranged in advance, continuing education units (CEUs) for a three-hour training may be available for professionals.*

> *"Thank you so much for the class! I absolutely loved it."*

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Circle of Harmony: Preventing and Managing Behavioral Problems

Description: Learn about a strength-based approach for managing behavioral challenges exhibited by people with dementia. Focused on strengths, this approach helps professionals make the connection between a person's abilities and challenges, and their neuropsychological deficits and strengths. An engaging video includes vignettes and interviews with professionals and the people they support. The accompanying workbook is easy to follow and full of helpful information.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe two ways that changes in the brain impact functioning when someone has dementia
2. Identify three feelings a person with memory loss may experience as their ability to function declines
3. Name two interventions staff can use to learn help reduce behavioral challenges

Note: *This training is designed primarily for practicing professionals serving older persons, including activity professionals, social workers, behavioral health professionals, and other clinicians. It can be expanded to a full-day training session with greater detail and more practice opportunities. A version is available for community members and caregivers. To learn more about this innovative program, you can view the companion video and workbook at: www.care2caregivers.com/training-education-consultation/professional-resources/*

End-of-Life Conversations

Description: This presentation helps professionals who are assisting caregivers and individuals with navigating end-of-life issues. Participants learn strategies to initiate and maintain meaningful conversations, use facilitative tools with individuals and groups, and develop a deeper understanding about the varied forms of grief associated with end of life issues. Aspects of self-care for professionals around end-of-life issues are explored.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List the advance planning decisions involved with end-of-life issues
2. Describe ways to initiate and maintain productive end-of-life conversations
3. Access tools used for end-of-life conversations and advance care planning
4. Practice self-care needed to effectively address end-of-life issues

Note: *This presentation is also available for caregivers and well seniors to educate them on the benefits of end-of-life conversations and give them tools to help start these conversations.*

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What To Do When Seniors Bully

Description: Nursing homes, senior centers, and congregate housing have become great spaces for older adults to socialize and meet their care needs. However, these safe spaces are also a source of senior bullying behaviors. Bullying can be subtle, like name calling, or more severe such as inflicting physical harm to a person or property. Professionals can benefit from this training to increase their ability to recognize and curtail bullying in these settings.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Recognize signs of bullying
2. Identify negative social and emotional impact of bullying behaviors
3. Apply a three-levels intervention framework to address bullying

Hoarding and Older Adults

Description: Hoarding is generally characterized by the excessive accumulation of items and having difficulty disposing of those items. Hoarding can be a challenge for older adults impacting their health and safety. Hoarding can have a damaging effect on a person's health and overall well-being. This workshop is designed to provide participants with a better understanding of how to recognize and address hoarding in older adults.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Distinguish collectors, hoarders, and people with Obsessive Compulsive Disorder
2. List challenges and consequences of hoarding in older adults
3. Describe interventions and strategies to address hoarding behaviors

Dementia and Intellectual/Developmental Disorders

Description: Many older adults with intellectual/developmental disabilities (ID/DD) have a need for ongoing supports and services to continue living full lives. Not everyone with ID/DD will have dementia as they age. However, it is important to be aware of the symptoms of dementia that might be missed in someone with ID/DD.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List the risks for and prevalence of dementia for people with ID/DD
2. Describe how dementia presents in a person with ID/DD
3. Identify strategies to support people who are aging with ID/DD

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Self-Care and Resilience

Description: Supporting people with multiple needs can leave us feeling drained. Trying to balance home responsibilities with the job (or with multiple jobs) can be overwhelming. During difficult times, it's especially important to focus on maintaining our well-being and increasing our ability to bounce back from difficulties. This presentation highlights what we can do to stay well and build resilience in the face of ongoing and changing stressors. Participants will learn about skills, tools, and resources for personal use and to share when supporting ourselves, our families, our colleagues, and the people we support through our work.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Recognize factors that cause stress on and off the job.
2. Identify self-care skills that are key components of a resiliency toolkit.
3. Develop a short-term self-care plan using the shared skills, tools, and resources.

Assessing Cognitive Impairment

Description: Alzheimer's disease (AD) and other dementias are under-recognized and under-diagnosed in the community. This may be due, in part, to a misunderstanding of normal aging and a lack of awareness of the early signs of cognitive impairment that indicate possible dementia. The presentation provides an overview of cognitive deficits and how they impact everyday abilities and behaviors. Suggestions and resources to share with family members will help them get clarity about the illness and what to expect.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Describe normal and expected cognitive changes that occur with aging.
2. List the common cognitive deficits that occur with dementia.
3. Identify signs indicating a need for a formal cognitive evaluation.
4. Interview family caregivers regarding possible signs of dementia.

"Thank you soooo much! It was a very good and well-presented webinar. I look forward to more of them."

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Working With Families

Description: Families and other informal caregivers experience rewards as well as burdens when supporting someone with a significant disability or medical condition. They bring many strengths to the caregiver role, yet these strengths may not be obvious to service providers who may see them at their most needy. This webinar will provide an overview of the knowledge, skills, and attitudes needed to effectively support the overall well-being of family caregivers. Participants will receive tools, resources, and worksheets to use when working with family caregivers.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify key concerns, experiences, and challenges for families
2. Describe common differences and conflicts across the perspectives of service providers, people with a significant disability or medical condition, and family caregivers
3. Support family decision-making that reflects the preferences and interests of the person receiving services before and during transitions in care
4. Instruct family caregivers about available tools for their general well-being

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Healthy Aging Topics

Community education presentations offer sound information of facts and ideas with audience engagement. These and many other topics offer opportunities for older adults to build their knowledge while staying engaged in their communities.

In addition to the presentations listed in the following pages, these Healthy Aging Topics are available for community audiences:

- ✔ Family Legacies
- ✔ Habits of Health Aging: Managing Your Day for Success
- ✔ Making Friends As We Age
- ✔ New Year, New Beginnings: Starting a Path to Self-Care and Reinvention
- ✔ Women and Stress

"Your work with caregivers is truly life sustaining and so appreciated."

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Celebrating Aging

Description: Most people have misconceptions about aging and longevity. The older we get, the more there is to learn and experience. What we know about aging can alter our perceptions and challenge our fears about getting older. This presentation provides an understanding of the positive aspects of aging, and factors that contribute to meaningful and enriching experiences that help us thrive as we age.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List gifts and benefits of a long life
2. Identify personal values that provide meaning in life
3. Describe ways to reduce risks and improve health as we age
4. Apply a process for exploring new and renewed purpose in life

Supporting Brain Health

Description: Scientists now know that our brains change throughout life. Keeping our brains healthy will go a long way towards extending our quality of life as well as how long we live. While many factors that affect brain health are things we can't control, there are many more actions we can take that will help prevent brain injury, disease, and cognitive decline. This interactive presentation includes activities so you can assess your own brain health habits and plan activities that will help you strengthen your cognitive function and overall health.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List common and normal age-related changes to how the brain works
2. Identify important actions to maintain and improve brain health
3. Recognize advertised strategies for brain health that lack scientific evidence
4. Develop a personal action plan for better brain health

Note: *This presentation may be of special interest to senior centers, congregate housing sites, public libraries, and community groups.*

Winter Wellness

Description: Winter brings changes in weather, light, and activities. In addition, some people experience challenges with isolation and mood, as well as complex feelings and experiences related to winter holidays. Because each caregiver's combination of experiences, strengths, and challenges is unique, they can greatly benefit from the opportunity to create their own winter wellness plan.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify strengths in maintaining and increasing wellness in winter months.
2. Anticipate personal challenges to staying well during the winter.
3. Use a Winter Wellness Planner to maintain purpose and connection.

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The Wisdom of Aging Well: Enhancing the Well-being of Older Adults

Description: As we age, we gain experience and knowledge, and we encounter stress and challenges. This presentation describes various wellness models and how they apply to aging. Common challenges to wellness are explored, including the causes and effects of social isolation. In addition to factors that contribute to aging well, the presentation introduces strategies to enhance mental well-being, physical health, and a meaningful life. Participants will receive tools, resources, and worksheets to support healthy aging.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Explain the concept of aging well.
2. Describe how social isolation can affect cognition and quality of life.
3. Describe strategies that promote healthy and meaningful aging.

Heart Health

Description: The word "heart" has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. This presentation shares tips on health in all these areas.

Learning Objectives: At the end of this presentation, participants will be able to…

1. List important actions that will keep their hearts physically strong.
2. Describe how forgiveness and compassion strengthen their emotional hearts.
3. Build self-care into each week to maintain energy and optimism.

Mindfulness

Description: Life stresses, current events, and life changes can make us feel anxious and worried. It can be hard to stop these worried thoughts, which can negatively impact our well-being and our ability to function. Practicing mindfulness can help us deal with these challenges and gain a sense of calm to handle the stressors. Being mindful is a skill that can be practiced daily, resulting in benefits that can improve our lives.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Define mindfulness.
2. Describe the physical, psychological, and social benefits of mindfulness.
3. Practice mindfulness skills to enhance their well-being.

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Spirituality

Description: Some say that what makes humans unique is our search for meaning and purpose in life. This search is part of our spirituality, which also includes an appreciation for the world beyond ourselves. Being a caregiver can impact our sense of meaning and purpose when we are caught up in managing day-to-day tasks and lose sight of this big picture. This presentation describes ways to strengthen your spiritual wellness to support peace and connectedness in your life.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Define spiritual wellness.
2. List the benefits and challenges of pursuing spiritual wellness.
3. Explore their spiritual wellness strengths and needs.

Social Connections

Description: Feelings of loneliness and isolation can have profound and lasting effects on our well-being. It can be especially hard when we when we are forced to stay home, due to caregiver responsibilities or for other reasons. Being restricted and limited can make one feel very disconnected and burdened with care needs of others. Staying connected can help lessen serious health risks and help keep your immune system healthy. This presentation examines ways to strengthen social connections, reviews tips to prevent and combat isolation, and explores resources to provide additional support.

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify the health benefits of social connections.
2. List strategies to reduce isolation and strengthen social connections.
3. Develop a personal plan for reconnecting and maintaining relationships.

Advance Care Planning

Description: While we hope for the best possible life in our final years, it is wise to plan for the "what ifs" that might occur. This presentation explores the issues and decisions that can be included in the advance care planning process and provides recommendations and resources for getting started. As we identify our preferences and plans, we also need to discuss these with significant people in our lives. This presentation also will suggest ways to initiate and manage these challenging conversations

Learning Objectives: At the end of this presentation, participants will be able to…

1. Identify important areas where advance care planning can be helpful.
2. Locate resources and experts who can help with advance care planning.
3. Plan for the conversations that are needed to discuss future preferences and plans.

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For additional assistance or any questions, please call us at Care2Caregivers, **800-424-2494**.

Mary Catherine Lundquist
Program Coordinator, Care2Caregivers
151 Centennial Ave., Suite 1300
Piscataway, NJ 08854

lundqumc@ubhc.rutgers.edu

Care2Caregivers.com

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Funded by the New Jersey Department of Human Services, Division of Aging Services

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