



In-service and Educational Programs Available Through

Geriatric Connections:

Contact Julie Weckel to schedule training for your group or agency.

Presentation title:	Brief description	Intended audience
<i>Insights to the Barriers of treating the rural elderly population and successful clinical approaches</i>	Identifies barriers present with the rural elderly patient that impede the delivery of mental health services. Reviews successful approaches in service to population group. Identifies importance of family caregivers	Mental health professionals who work with geriatric population, especially home-based.
<i>Geriatric depression; signs and symptoms and what you can do to help</i>	General overview of depression in the elderly. Reviews common signs of depression, available treatment and what can be done to help the individual.	Persons who work with the elderly on a regular basis, i.e. nursing home staff, church groups, senior center staff.
<i>Normal Aging</i>	Brief review of aging myths and facts. Categories discussed include spirituality, socialization, sexuality, physical health and mental health.	Persons who work with the elderly on a regular basis, i.e. long term care staff, church groups, etc.
<i>Stress management for caregivers</i>	Brief review on how stress affects individuals, giving special attention to increased risk to caregivers. Strategies on stress prevention and management given.	Professional and non-professional staff/persons that work with or are family caregivers.
<i>Stress overload and producing a relaxation response</i>	Learn how to identify and understand stress. Learn coping mechanisms to combat negative stress.	General audience: elderly, family caregivers
<i>Smooth move to a balanced lifestyle</i>	Recognizes how changes in ones' life create responses to physical, emotional, spiritual, social and intellectual wellness.	General audience: elderly, family caregivers
<i>Taking care of you while caring for another</i>	Provides an overview of the caregiver profile and risks associated with this role. Reviews healthy coping strategies.	Persons who care for a loved one.
<i>Long distance caregiving and resource development</i>	Tips, recommendations and resources specific to persons who live at a distance from a care recipient. Focuses on informed organization and taking care of self as the caregiver.	Family/friends of an elder person who lives at a distance.



Sponsor a Program at your Agency or Community Location

- Caregiver Educational Series Available for Professionals and Community Members
- Cognitive-Behavioral Understanding and Interventions

Powerful Tools for Caregivers: *Powerful Tools for Caregivers is an evidenced-based series designed to provide family caregivers with the tools they need to take care of themselves while caring for another person.*

This program will help family caregivers: reduce stress, improve self-confidence, better communicate their feelings, balance their life, increase ability to make tough decision and locate helpful resources.

Classes consist of six, 2 ½ hour sessions held once a week. Class sizes should be 6-15 participants in total for maximum benefit. Two experienced and certified class leaders will conduct each session. Interactive lessons, discussions and brainstorming will help participants take the “tools” they choose and put them into action for life. Each participant will receive written material, including, *The Caregiver Helpbook* which was developed specifically for the *Powerful Tools for Caregiver* series.

Need more information? Geriatric Connections will provide a free 30-45 minute mini-session for the decision makers at any organization, agency or business to outline the *Powerful Tools for Caregivers* Program.

Family Caregiver Series: *This series provides background and supportive information for informal caregivers about caregiving and care-receiving.*

Participants in this program will learn about local resources for themselves and the person they are providing care. The experienced facilitator customizes each session to the participants specific needs. Caregivers have the ability to problem-solve with the facilitator by sharing the challenges as well as the successes they experience. Classes are very interactive.

Class length and times can be tailored to the needs of the sponsoring agency or organization. Educational series are most beneficial when participants are able to meet at least twice for more than one hour at a time. Materials are available for each participant and can be custom-made to include the sponsoring agency’s logo and information.

Geriatric Connections staff will meet with the decision maker at any organization, agency or business to create a Family Caregiver program that meets the needs of the staff or client base.

Cognitive-Behavioral: *A program specifically designed to teach professionals and informal caregivers how to work successfully with people who demonstrate challenging behaviors. Participants will learn to identify the triggering reason for a behavior and how to alter their approach or environment to ease the unwanted behavior.*

Experienced and trained professionals will work with staff or community members to find successful approaches to the challenging behaviors often exhibited by persons who have dementia, Alzheimer’s disease, Parkinson’s, post-stroke, traumatic brain injury and other diseases or illnesses.

Due to the need to provide training for specific issues class size and length will be determined after an initial meeting with a Geriatric Connections facilitator.