

**3-hour Training**

**Objectives**

1. Recognize the aging process, its link to mental health, and the heterogeneous reality of seniors.
2. Identify coping strategies that promote optimal aging.
3. Better understanding of strategies to support seniors and their mental health

**Training plan**

**Mental Health and Aging**

- Definition of Mental Health
- Definition of aging
- Risk Factors in Senior Mental Health
- 6 Criteria for Good Mental Health in Seniors
- Sources of Stress Related to Aging
- Adaptation mechanisms in seniors

**Prejudice and Stigmatization**

- Definition of agism
- Understanding prejudice and stigmatization
- What can we do ?

**Optimal Aging**

- Definition of optimal aging
- Elements that promote optimal aging
- 7 preventive strategies

**Changes Related to Aging**

- Physiological changes
- Psychological changes
- Social changes
- Cognitive changes

**The Social Network**

- Different type of network
- The benefits of socializing
- The consequences of prolonged isolation
- Strategies for strengthening seniors' social networks

