

3-hour Training

Objectives

1. Understand and acknowledge psychological distress in seniors
2. Develop a method of communication that fosters well-being, respect, and kindness for seniors
3. Know how to share information with a specialist if needed

Training plan

Differentiate mental health from mental illness

- What is mental health?
- Risk factors for seniors' mental health
- What is a mental illness?
- What influences our mental health

Understand and detect psychological distress in seniors

- Sadness
- Anxiety disorders
- Depression
- Acute confusional state
- Dementia and Alzheimer's disease
- Other consequences of psychological distress

Identify risk and protective factors in seniors

- Stages of life: existential questions
- Sources of stress related to aging
- Stress created by isolation, disabling (chronic) illness and grief
- Protective factors for psychological distress

Understanding the Caregiver Role

- The caregiver's role in promoting mental health in seniors
- Stress factors in the caregiver role
- Preventive factors for caregivers

Create Intervention Strategies for Seniors

- Build trust
- Active listening
- Helping relationship during a phone call and screening for distress in seniors
- Knowing how to pass along information to a specialist

