Registration Form

Mental Health & Isolation- Helping Older Adults Through Isolation & Depression

March 18, 2021, 1pm-4:15pm
Registration deadline: March 11
Fee is $40 for CEUs/$20 without CEUs.

Please circle either the $40 or $20 above to indicate if you want CEU or not.

Please Print

Name _____

Address _____

_____

Phone _____

Email _____

_____

Agency _____

Profession (LSW, LISW, RN, etc.) _____

License No. _____
REQUIRED for Social Workers

Payment must accompany your registration.
Make check payable to & mail to:
Area Agency on Aging, PSA 2
Attn: Fiscal Department/CEU Training
40 W. Second Street, Suite 400
Dayton, OH 45402

NOTE: $20 fee for returned checks
For additional information, call (937) 341-3001.

info4seniors.org

Resources on Aging

223-HELP

Area Agency on Aging, PSA 2
40 W. 2nd St., Suite 400
Dayton, OH 45402
(937) 341-3000

Area Agency on Aging, PSA 2
Continuing Education Workshop

Mental Health & Isolation -
Helping Older Adults Through Isolation & Depression

March 18, 2021
1pm-4:15pm
3.0 CEUs

Sign-in required between 12:30pm and 1:00pm.

Virtual workshop via Zoom

PURPOSE

Under normal circumstances, older adults may experience loneliness and depression. But with the cancellation of many community events and social distancing requirements due to Covid-19, the senior population can feel even more isolated. This training will discuss the special concerns for this group specifically related to the pandemic, but also applicable in normal times.

Those who care for our older adults can struggle with burnout. As caring, empathetic people, how do you maintain your own well-being? This training will also address how to recognize compassion fatigue, and how to prevent it by maintaining a healthful life balance and nurturing your physical and mental well-being. Those attending will be provided an opportunity to identify and evaluate their own self-care strategies, select specific activities from a variety of options, and create a personal self-care plan. These strategies can also be used by the seniors for whom you are caring.

PRESENTER

Rebecca Ketron is currently a Program Coordinator in the Training Division of the Alcohol, Drug Addiction & Mental Health Services Board of Montgomery County. She is a certified Senior Professional in Human Resources and also holds both a Training and Instructional Design certification from the Association for Talent Development. Becky has over 20 years of experience designing and facilitating training in several human-serving fields, including early childhood, developmental disabilities, child welfare, and behavioral health. In addition to being a skill instructional designer, she is also certified as an instructor in Youth Mental Health First Aid, Trauma-Informed Approach, QPR Gatekeeper, and PAX Tools Community Educator.

CONTINUING EDUCATION

- 3.0 clock hours for social workers, #RSX089101
- The Ohio Board of Nursing accepts events approved for counselors and social workers for continuing nursing education.
- **All registrants who require CEUs are required to sign-in. Late arrival or leaving early results in time modification of CEU certificate.**

This workshop takes place on Zoom. A link and any handouts will be emailed the day before the workshop. Attendance is required for CEU credit.

OBJECTIVES

Participants will be able to:

- Explain at least three ways that Covid-19 has affected older adults.

- Identify as least two signs and/or symptoms of depression.

- Identify at least two signs and/or symptoms of anxiety.

- Identify two signs of compassion fatigue and create a self-care plan.

Area Agency on Aging

CANCELLATION

Cancellation for refund must be received *no later than March 11.*

FUTURE WORKSHOPS

Visit our website for information on future training opportunities. You may also register to receive email notification when new brochures are posted.

www.info4seniors.org