Preserving Dignity and Purpose in Later Life
Monthly 3-hour workshops starting February 2015
2nd Tuesday of the month, from 8:15 – 11:30 am, at Essentia-St. Mary’s Superior

Session 1
February 10
Tracy Kuras

Understanding Care of an Older Adult

The care of older adults is complex and requires specialized skill and knowledge. The human body changes significantly as we age. Aging alters how the body responds to illness and subsequent treatment that may be provided. In this session, you will learn to differentiate normal age related changes from common myths and misperceptions and recognize atypical presentation of symptoms. Many common health conditions in older adults are multifactorial and are associated with a high rate of morbidity and poor outcomes. Participants will learn about Geriatric Syndromes and interventions for managing them. Goals of care, healthcare needs and psychosocial needs also change with aging. Communication techniques for challenging conversations will be provided along with a focus on care that is holistic and meets more than just the physical needs of the older adult.

Learning Objectives:

a. Define “normal” aging
b. Recognize atypical presentation of symptoms
c. Understand geriatric syndromes-falls, syncope, fatigue, sleep disorders
d. Communicate effectively with the older adult and his/her family
e. Learn how to provide holistic care that supports comfort and wellbeing

Session 2
March 10
Sara McCumber

Managing Multiple Chronic Conditions

Do you wonder how to more effectively communicate with health care providers about older adults who have multiple chronic health conditions? Are you concerned about the number of medications older adults take and their possible side effects? In this session you will learn how to help the older adult/family members more successfully navigate the health care system and address medication concerns. Pain is a frequent problem as we age and you will learn how to more effectively evaluate and manage the different types of pain.

Learning Objectives:

a. Describe strategies to communicate and coordinate among health care providers
b. Identify steps to successfully advocate and navigate for older adults in the health care system
c. Recognize signs and symptoms of polypharmacy and high risk geriatric medications
d. Implement strategies to improve medication management in older adults
e. Recognize and implement treatments strategies to treat physical, emotional and spiritual pain.
f. Describe steps to utilize to prioritizing older adult health care treatments
Session 3       Helping to Make Informed Choices in Meeting Health Care Needs
April 14        Tracy Kuras
With advances in medical care, we are living longer than ever before and often with
many chronic diseases. Today, clients and their families are also more involved in
healthcare decision making than previous generations. Participants will learn
effective methods to assist clients and families to make decisions that are consistent
with the client’s values, belief and goals of care including ethically challenging
situations. Many medications, tests and procedures are potentially more detrimental
than beneficial in older adults. We will explore how to evaluate benefit versus risks
and share this information with clients/families. Finally, participants will learn about
the importance of planning and communicating preferences for healthcare and end
of life in the event their clients are not able to speak for themselves.

Learning Objectives:
   a. Learn how to partner with the older adult and their family to address
      healthcare concerns
   b. Recognize how to build a relationship with the older adult based on respect
      for values, preferences and beliefs
   c. Evaluate the risks versus benefits of tests, treatments, procedures and
      medications
   d. Understand the importance of Advanced Care Planning and how to facilitate
      conversations that matter

Session 4       Understanding Mental Health and Neuro-cognitive Disorders
May 12          Mary Lou Donovan & Sara McCumber
Understanding the signs and symptoms of the disorders of clients can help care
partners offer better care. We’ll also address considerations needed for those frail
older adults, or those older old population members- those over the age of 85. In
addition, we’ll discuss the importance of non-medication interventions with clients
who may have problematic behaviors. This session will help participants understand
the new terminology used by the revised Diagnostic and Statistical Manual of
Mental Disorders.

Learning Objectives
   a. Recognize and differentiate dementia, delirium, depression and anxiety in
      older adults
   b. Implement non-drug strategies to address mental health concerns in older
      adults
   c. Understand how medications can be effectively utilized to treatment
      mental health and neurocognitive disorders
   d. Discuss interventions that promote mental health for older adults with
      mental health concerns
   e. Describe non-drug interventions for dementia behaviors
   f. Understand the differences between the DSM-4 and DSM-5 terminology
      use for diagnoses that affect cognitive loss

Session 5       Maximizing Person’s Ability to Function in Daily Life
June 9          Mary Lou Donovan
In this session participants will learn about one approach that identifies a person's
functional cognition level- the Allen Cognitive Level Assessment. Use of this
approach has helped thousands of caregivers- paid and family both, to understand
the behaviors and communication changes demonstrated by a person with memory
loss. This knowledge helps to build empathy, and decrease frustration. You’ll also learn some basic approaches to modifying the environment and use of various types of cues to help the person with memory loss be safe and as independent as possible.

Learning Objectives:

a. Determine a person's abilities across multiple domains using the results of a functional cognition assessment (The Allen Cognitive Level Assessment)
b. Through use of case study analysis, apply knowledge of the Allen Cognitive Levels (an occupational therapy assessment) to structure tasks and activities for successful participation daily occupations for a person with a cognitive impairment
c. Identify ways to modify the environment and variations on cue-giving for persons with various levels of cognitive impairment

**Session 6**
July 14
Sara McCumber

**Developing and Implementing a Personal Plan of Care**

How do you more effectively work with the patient and family to implement a person centered plan of care? Do older adults have the right to make bad decisions and how do you respond? In this session you will also learn about the importance of using the multiple members of the health care team to maximize the older adult’s independence. What can you do to improve transitions of care and help older adults age in place?

Learning Objectives:

a. Develop an effective working relationship with the older adult and their family.
b. Describe older adult’s right to self determination
c. Discuss strategies to help older adults and families practice self-determination and ensure safety
d. Describe inter-professional team members who can help maximize older adult’s independence.
e. Identify strategies to effectively communicate with inter-professional team members
f. Implement strategies to help older adults age in place.
g. Implement strategies to reduce and improve transitions of care.

**Session 7**
August 11
Tracy Kuras

**Care of the Older Adult as the End-of-Life Nears**

Learning Objectives:

a. Communication related to end of life care and decision making
b. Learn the importance of utilizing hospice care
c. Recognizing and responding to spiritual pain
d. Providing care in the final hours