

# Training

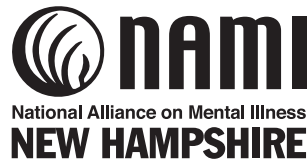
**LENGTH:** Workshops may be presented as a complete series (eight two-hour workshops) or you may customize your presentation with any workshop combinations (two hours/workshop)

**PARTICIPANTS:** Caregivers such as family members or close friends, whether or not they reside with the older adult, as well as “professional caregivers” who are hired to provide in-home, non-medical services to older adults

**GOALS:** Provide information on critical topics appropriate to those caring for older adults with mental illness

**LOCATION(S):** NAMI NH or local communities

**REGISTRATION AND INFORMATION:** To schedule or attend a training workshop contact NAMI NH at 603.225.5359 or email [info@NAMINH.org](mailto:info@NAMINH.org)



## **SIDE BY SIDE FOR INDEPENDENT LIVING** **A Program for Older Adults with Mental Illness,** **Their Families and Caregivers**

**WORKSHOP 1. MEETING CAREGIVER NEEDS: SUPPORTS FOR THE SUPPORT PERSON.** Caregivers often find themselves in this role with little or no preparation or warning. This brings about many emotions or perceptions for both the caregiver and the person receiving the care. To help define the emotional process caregivers often experience, the “Cycles of Emotional Response” is outlined and discussed. Issues and concerns specific to older adults with mental illness are also addressed in this workshop.

### **OBJECTIVES:**

- Define “caregiver.”
- Identify feelings associated with care giving (both positive and negative).
- Learn about the “cycles of emotional response” and how this relates to care giving.
- Learn what supports are available for caregivers in New Hampshire.

### **WORKSHOP 2. MEDICAL CARE: NAVIGATING THE HEALTH CARE SYSTEM.**

It is not unusual for older adults with mental illness to also be dealing with multiple medical issues. This can be challenging and overwhelming for both the older adult and the caregiver. Caregivers can play a significant positive role in the overall medical care of older adults. This session provides tips for caregivers on how they can help older adults manage day-to-day needs such as tracking medical information and preparing for medical appointments.

### **OBJECTIVES:**

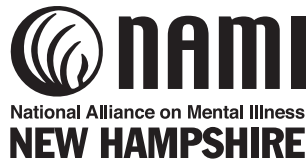
- Learn how to productively communicate with medical care providers.
- Learn how caregivers can help older adults make the most out of their medical care visits.
- List tips to give older adults with regard to their medical information and management of their medication regimes.
- Discuss concerns related to urgent and emergency medical needs.

# Side by Side for Independent Living

**A Program for Older Adults  
with Mental Illness, Their  
Families and Caregivers**

***NAMI NH** is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.*

**NAMI NH**  
**15 Green Street**  
**Concord, NH 03301**  
**603-225-5359**  
**1-800-242-6264**  
**[www.NAMINH.org](http://www.NAMINH.org)**



**WORKSHOP 3. UNDERSTANDING DEPRESSION IN OLDER ADULTS: PREVENTING SUICIDE.** Although depression in older adults may not be uncommon, it is not a normal part of aging. This session provides an overview of different types of depression, including Major Depression, Minor Depression and Dysthymia. Participants learn what symptoms to look for in older adults, as well as risk factors to be aware of and types of treatment programs available to assist older adults. The workshop also addresses suicide concerns and prevention in older adults.

#### **OBJECTIVES:**

- Learn about various types of depressive disorders.
- Go over symptoms as well as risk factors related to depression in older adults.
- Learn why treatment for depression is important.
- Look at statistics, warning signs and risk factors for suicide in older adults.

**WORKSHOP 4. UNDERSTANDING MENTAL HEALTH ISSUES IN OLDER ADULTS.** No age group is immune to mental illness. This workshop outlines the types and prevalence of mental health disorders in older adults. Treatment issues and barriers are addressed, as well as tips on how to assist an older adult in accepting help.

#### **OBJECTIVES:**

- Identify mental health disorders that older adults are sometimes faced with.
- Look at the prevalence of mental health disorders in older adults.
- Learn about treatment issues and barriers sometimes experienced by older adults.
- Discuss how caregivers may assist older adults in accepting help for evaluation and treatment.

## **WORKSHOP 5. COPING WITH CHANGING AND CHALLENGING**

**BEHAVIORS.** Caregivers of older adults with mental illness are often coping with changing and challenging behaviors whether it is related to long-term symptoms, the recent onset of a mental illness, the onset of dementia or a combination of these. This session provides a venue for discussion about the types and causes of these behaviors and looks at interventions that may help reduce and reverse some of the problematic behaviors.

### **OBJECTIVES:**

- Define and list what challenging behaviors caregivers may be faced with when caring for older adults with mental illness.
- Examine what the causes of these behaviors may be.
- Look at interventions that may help reduce or reverse some of these behaviors.

## **WORKSHOP 6. SUBSTANCE USE AND MISUSE IN OLDER ADULTS.**

Alcohol and prescription drug misuse affects nearly 20% of the older adult population. This often has an impact on symptoms and treatment of medical conditions. It is important to address this issue in order to enhance their quality of life, as well as to reduce medical emergencies and hospitalizations. This workshop helps caregivers recognize signs of substance use and misuse in older adults, and explores ways to address the issue.

### **OBJECTIVES:**

- Define what is meant by “substances,” as well as what is meant by “abuse” and “misuse.”
- Look at how substance abuse and misuse contributes to other issues, such as health and safety problems and complications.
- List signs of substance misuse and abuse to look for in older adults.
- Explore treatment options.

## **WORKSHOP 7. LEGAL ISSUES: WHO MAKES THE DECISIONS**

**AND WHEN?** Caregivers of older adults often struggle with understanding the logistics around decision-making, particularly when the older adults are dealing with symptoms of mental illness and/or dementia. Decisions involving medical and psychiatric treatment or living arrangements, for example, can sometimes be a struggle for older adults and their caregivers. This workshop outlines how caregivers can assist older adults in planning ahead for their care, as well as what legal documents are needed to give others legal decision-making authority.

### **OBJECTIVES:**

- Define what is meant by “right to respective care.”
- Provide an overview on “HIPAA” and how this may impact caregivers.
- Look at how individuals can plan ahead by outlining and defining:
  - 1) advanced directives, 2) DNR orders, 3) wills and 4) other pertinent documents.

**WORKSHOP 8. WELLNESS AND HEALTHY LIVING.** Chronic diseases often affect older adults and cause limitations in activities of daily living; however, aging alone does not have to be characterized as a time of decline and loss of function. Making sensible choices about lifestyles and habits can help promote better mental and physical health. This presentation explores various ways caregivers can assist older adults in keeping their minds and bodies strong and resilient.

### **OBJECTIVES:**

- Look at various ways an older adult can work on improving and maintaining overall health.
- Define what is meant by “health,” with a closer look at physical as well as mental health.
- Explore opportunities to become active and involved in New Hampshire.