



What people caring for older adults need to know

Understanding Mental Health Concerns of Older Adults: Tips and strategies

This six hour workshop features real life situations, interactive exercises, handouts, and discussion in a relaxed learning atmosphere. Vital information is presented with a practical, “what would you do?” focus.

Let’s Talk about Depression, Dementia and Other Disorders

No age group is immune to mental health disorders. It is helpful for caregivers to understand common mental health issues and how to get help for the older adult.

Topics include:

- Overview of symptoms of depression, dementia and other mental health disorders in older adults
- Why treatment for depression is important
- Warning signs and risk factors for suicide in older adults
- How caregivers can assist older adults in accepting help to improve their emotional well-being

Coping with Changing and Challenging Behaviors

Caregivers of older adults often cope with behaviors related to a long-term issue, a new disorder, or a combination of both. The types and causes of these behaviors and helpful interventions are discussed.

Topics include:

- Defining and listing what challenging behaviors caregivers may encounter
- Examination of the causes of these behaviors
- Interventions that may help to reduce or reverse these behaviors

Substance Use and Misuse in Older Adults

Alcohol and prescription drug misuse affects nearly 20% of older adults. This often impacts the symptoms and treatment of medical conditions. It is important for caregivers to understand this issue to enhance the quality of life for older adults, as well as reduce medical emergencies and hospitalizations.

Topics include:

- Definition of “substances”, “abuse” and “misuse”
- How substance abuse and misuse contributes to other issues, such as health and safety
- Recognizing and responding to signs of medication misuse and alcohol abuse in older adults

Length: 6 hours.

Audience: Caregivers such as family members or close friends, whether or not they reside with the older adults, as well as paid caregivers

Location: your community

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