

AGING FOR LIFE

GERIATRIC MENTAL HEALTH CLASSES

INFORMATION AND APPLICATION

Please note that several of the courses being offered are on the 2nd Wednesday of the month due to holidays.

July 11 (note this is the 2nd Wednesday due to the July 4th holiday)

Conducting Mental Health and Functional Health Assessments with Older Adults

Presenters: Terri Haaga, LICSW, GMHS Aging for Life; Linda Brabant, OTR, Evergreen Home Health

This class will provide an overview of comprehensive geriatric mental health and functional assessments and how to conduct them. We will overview elders and mental health to include discussion of current statistics and prevalence of mental health disorders specific to older adults. Key mental health issues like depression, anxiety, psychosis and late onset schizophrenia will be studied. We will also include a short discussion on specific mood testing tools for elders. We will discuss neurocognitive disorders and how its presence changes everything. We will talk about cognitive impairment, its impact on decision-making capacity and the concept of safety versus autonomy for practitioners to consider.

August 1 Hoarding Disorder in Older Adults: Issues, Challenges and Resources

Presenters: Terri Haaga, LICSW, GMHS, Aging for Life; Terina Bainter, CPO, Clutter Cutters LLC

This course will provide information about hoarding disorder and traits of people who hoard, the causes of hoarding, and what interventions can be used. A guest presenter who works with older adults who hoard will provide case examples to help identify the levels of hoarding, what coaching and helpful techniques are the most useful and how to work with hard to serve individuals.

September 12 (note this is the 2nd Wednesday due to Labor Day Holiday week)

Special Focus Topics Part I: Older Adults and LGBTQ Issues

Special Focus Topics Part II: Spirituality and Aging

Presenters: Katherine Walter, LICSW, CSW-G, Catalyst Counseling; Rev. Karuna Duval, MSW, LICSWA, APBCC

Part I of this course will provide participants with information to gain a greater understanding of the diversity within the LGBTQ experience and how aging impacts this experience. Areas to be discussed are aging while gay, internalized homophobia, coming out later in life, and what the challenges might be. The course will also look at the specific areas of consideration for therapy and counseling.

Part II of this course will explore aging from a spiritual lens, the mortality issues of aging and what kinds of questions this can raise for older adults, and how mental health practitioners can approach and work with elders about their spiritual life and/or religion.

CE's: Each class provides **6** Continuing Education credits for social workers and mental health clinicians. Case managers and other service providers are also welcome to attend.

LOCATION: Each class is held at Aegis on Madison, which is located at 2200 E. Madison Street, Seattle, WA. 98112. There is limited street parking and some parking in the Aegis Garage. Please call 206-325-1600 for further directions.

HOURS: Classes are taught on Wednesdays, starting at 9:00 am and concluding at 4pm. Registration begins at 8:30 am. Instruction begins promptly at 9.

COST: \$100 per class. You may sign up for one, two or all three.

CONTACT INFORMATION: For further information, please call Terri Haaga at 425-275-2791 or email her at terrihaaga@gmail.com

HOW TO APPLY: There are **2 ways to register for the classes:**

1/ You can print off and send in the attached application form with your payment to the address on the form **OR**

2/ You can go to the Aging for Life website <http://www.terrihaaga.com/>. Go to the CEU Workshops page and click on Register Here. You can either download this form there or pay through PayPal.

CANCELLATION POLICY: 48-hour cancellation notice is required to receive a full refund of paid tuition. Should cancellation occur within the 48-hour window, tuition can be applied to a future class.

ACCREDITATION: Each of these trainings has been approved for 6 CEU's for Washington State Licensed Mental Health Counselors, Licensed Marriage and Family Therapists, and Licensed Social Workers by **Washington Mental Health Counselors Association** Provider #1712.



Terri Haaga, MSW, LICSW, GMHS
Aging for Life - We All Get to Do it
e: terrihaaga@gmail.com
website: <http://www.terrihaaga.com>
p: 425.275.2791