

Doctors, Nurses, Social Workers, Psychologists, Aging and
Mental Health Staff, and Other Individuals Who Provide Care
to Older Adults

REGISTER NOW!

The Geriatric Education Center of Pennsylvania Consortium (The
Pennsylvania State University, University of Pittsburgh, and
Temple University)

Presents a **FREE** Half-Day Training Session On:

*What It Means to Grow Old: Physical, Cognitive, and
Emotional Issues; and The Need for a Multidisciplinary
Approach to Working with Older Persons*

This training will be conducted by Linda Shumaker, R.N.,C., M.A.,
Executive Director of the
Pennsylvania Behavioral Health & Aging Coalition.

October 1, 2009 @ Clarion Holiday Inn (I-80 at Route 68), Clarion, PA 16214

October 15, 2009 @ Best Western Genetti Hotel & Conference Center, 77 E.
Market St., Wilkes-Barre, PA, 18701

October 21, 2009 @ Westmoreland County Community College, Founders'
Hall Amphitheater, 145 Pavilion Lane, Youngwood PA 15697

November 5, 2009 @ The Reading Hospital and Medical Center, R Building
Conference Room, Sixth Ave. & Spruce Street, West Reading,
PA 19611(Parking in the 5th Street Garage)

December 10, 2009 @ Ambler Campus of Temple University, Learning
Center, Rooms 202-203, 530 Meetinghouse Rd., Ambler, PA
19002

Registration ends for each session on the Monday of the week of the session.

All Sessions will be held from 10 A.M.-2:30 P.M.

\$\$ There is No Charge for this training! \$\$

Beverages and a light lunch will be available.

Target Audience

This training is for all individuals who provide care to older adults, such as nurses, physicians, psychologists, social workers, and aging and mental health staff.

Educational Objectives:

At the completion of this seminar, participants will be able to:

- Articulate the physical, cognitive, and emotional challenges of growing older
- Describe the cascading effects of normal age-related changes in older adults
- Discuss the most common mental health issues in older adults and recognize stigma as a barrier in outreaching to older adults
- Identify and evaluate usefulness of assessment tools
- Explain the multidisciplinary needs of older adults
- Access and utilize community resources available for older adults

Continuing Education Credits Applied For:

Continuing Education Credits for Psychologists: Approval to offer 4 continuing education (CE) credits for psychologists has been applied through the Penn State Consortium. The Penn State Consortium, consisting of the Department of Psychology, College of the Liberal Arts; the Programs in Counseling Psychology and School Psychology, College of Education; and the Counseling and Psychological Services Internship Center, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Penn State Consortium maintains responsibility for this program and its content.

LSW (PA SBSWE Licensed Social Workers in Pennsylvania): When approved, this program is offered for 4 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

PSNA (Nursing): The Pennsylvania State University School of Nursing is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 4 contact hours for attending this workshop (pending).

CME (Physicians): The Pennsylvania State University College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Penn State College of Medicine designates this educational activity for a maximum of 4 *AMA PRA Category 1 Credit(s)*[™]. (Pending) Physicians should only claim credit commensurate with the extent of their participation in the activity.

Patient Safety/Risk: This program includes 4 hours of patient safety/risk management education as required by the Pennsylvania State Board of Medicine.

Full attendance at the workshop is required to receive CE credits or hours for psychologists, social workers, and nurses. Partial credit will not be awarded. Late arrivals or early departures will preclude awarding of CE credits or hours.

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What It Means to Grow Old: Physical, Cognitive, and Emotional Issues; and The Need for a Multidisciplinary Approach for Working with Older Persons

Agenda:

10:00 - 12:00 Exploration of the physical, cognitive, and emotional challenges of growing older, and understanding the cascading effects of normal age-related challenges; understanding the most common mental health issues in older adults and stigma as a barrier in outreaching to older adults.

12:00 – 12:30 Break for light lunch

12:30 – 2:30 Training in understanding the multidisciplinary needs of older adults, and how to access and utilize community resources available for older adults.

Content for this presentation was prepared by:

Noel Ballentine, MD, FACP, Associate Professor of Medicine and Director of the Division of General Internal Medicine Geriatrics Program at the Penn State Milton Hershey Medical Center. He has received award recognition for being part of the Transitioning Elders Across the Continuum of Healthcare Team Program, which has contributed to hospital-wide protocols and provided geriatric content to caregivers across multiple disciplines.

David Gill, MD, Assistant Professor of Neurology at the Penn State Milton Hershey Medical Center. He is a cognitive and behavioral neurologist who brings expertise in the assessment of neurological and memory disorders in older adults.

Ms. Linda Shumaker, RN, C, MA, is a registered nurse currently serving as Executive Director of the Pennsylvania Behavioral Health and Aging Coalition. She is certified in Gerontological Nursing. She has previously been employed at the Central Pennsylvania Psychiatric Institute, Penn State College of Medicine in Hershey, PA. She has extensive clinical experience working in community mental health, geriatric assessment teams and long-term care. In addition, she has been an instructor of psychiatry at the Pennsylvania State University, College of Medicine. She was a founding member of the Pennsylvania Mental Health and Aging Coalition. She currently serves as a member of the Older Adult Committee of Pennsylvania Office of Mental Health and Substance Abuse Planning Council and a member of the Long Term Care Subcommittee of the Medical Assistance Advisory Committee. She has served on the Board of Directors for the Pennsylvania State Alzheimer's Association and the Advisory Board for the Central Pennsylvania Chapter of the Alzheimer's Association. Among her professional interests are ethical and social policy issues in relation to the care of the elderly with mental health problems.

**All Training Presented by Linda Shumaker, RN, C, MA,
Executive Director of the Pennsylvania Behavioral Health and Aging Coalition**

There are no conflicts of interest for planners, presenters, content specialists and feedback personnel.

REGISTRATION FORM

What It Means to Grow Old: Physical, Cognitive, and Emotional Issues; and The Need for a Multidisciplinary Approach for Working with Older Persons

PLEASE COMPLETE ALL INFORMATION REQUESTED BELOW: (Please print)

TRAINING LOCATION: _____

Name: _____ **Degree:** _____

Job Title/Position: _____

Agency: _____

Address: _____

City/State/Zipcode _____

Day Phone # with area code: _____ **Evening#** _____

Email Address: _____

Fax Number: _____

Type of credit desired: (CIRCLE ONE)

AMA/CME LSW PSNA CE credits for psychologists

If you are requesting credit, please print the complete address to which you would like your certificate to be sent:

Street address: _____

City/State/Zipcode: _____

Registration may be submitted via fax @ 814-863-9423 to The Pennsylvania State University

Attn: Ann Shuey

or e-mail to: aws2@psu.edu

Please call for further information: 814-865-1710

Thank you!