



2025 Course Descriptions

Core Curriculum

Ageism in Focus

This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages.

Aging with I/DD and TBI

This course explores the unique challenges of aging with Intellectual and Developmental Disabilities (I/DD) and Traumatic Brain Injury (TBI). Participants will learn how aging affects individuals with these conditions and discover strategies for supporting their physical, cognitive, and social well-being. Emphasis will be placed on promoting independence and enhancing quality of life as individuals age.

An Overview of Mental Health

This introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered.

Core Curriculum

Anxiety: Managing Nervous Energy

A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.

Bipolar Disorder: Creating Balance

Having extreme mood changes can have a significant impact on a person's ability to function in life. This cycle is difficult to stabilize without proper treatment. This course looks at the causes, symptoms, and current treatment options for the older adult.

Brain Health in Aging

With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults.

Communication 101

Communication is the thread that ties us all together. If it isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges.

Emotional Recovery from a Natural Disaster

This training is designed to help participants understand the physical and psychological impacts of disasters. It covers common reactions to trauma, offering insights into how individuals may respond in the aftermath. The training also emphasizes the importance of healthy coping strategies, aiming to increase awareness and equip participants with practical tools to manage stress and promote emotional well-being during recovery.

Enriching Mental Health with Complementary Treatments

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. Join us to explore topics from nutrition to mindfulness and many in between.

Core Curriculum

Facing Substance Use and Misuse in Your World

Substance use is a reality in every community. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery.

Feeding the Mind: Nutrition in Dementia

This training highlights the role of nutrition in supporting individuals with dementia. Participants will learn how diet affects cognitive function and discover practical strategies for meal planning, feeding techniques, and addressing common challenges in dementia care.

Hoarding Disorder: Hidden Secrets

Have you ever had a secret you were too embarrassed to share? Those who hoard may not disclose symptoms due to potential embarrassment, judgment, and ridicule. This presentation will explore causes, symptoms, treatment, and care methods for those managing this condition. The focus is on the aging population.

Navigating Depression

Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression.

Neurocognitive Disorders and the Basics of Dementia

This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.

OCD: Thought-Behavior Cycle

When intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life. This class focuses on obsessive-compulsive disorder symptoms and evidence-based treatment options.

Core Curriculum

Opportunities to Help During Crisis

An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of stabilizing support.

Personality Disorders: Reaction to Interaction

Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.

PTSD: Healing the Emotional Wound

When trauma occurs, it can have lasting effects on the person who experiences it and their caregiver. This presentation defines PTSD (Post-Traumatic Stress Disorder) and reviews the impact of trauma. Highlighted are treatment options and self-care strategies related to older adults.

Self-Care: Learning to Live Well, Work Well

This training supports care providers in recognizing stress, understanding its impact, and developing practical self-care routines. Participants will explore how prioritizing their own well-being leads to more sustainable and effective care for others.

Suicide and Aging...Conversations for Life!

Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide.

Understanding Schizophrenia and Psychosis

People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis.



2025 Course Descriptions

Psychiatric Medications

Antipsychotics: Indications, Risks and Challenges

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.

Facing the Emotional Challenges of Chronic Illness

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes.

Living with Anxiety: Medications That Help

Everyone experiences anxiety at some point. When excessive, it can negatively impact one's quality of life. This course will explore medications used to treat anxiety, specifically in the aging population. Also explored will be effective therapies and potential medication side effects.

Psychiatric Medications

Mood Stabilizing Medications: Reclaiming the Balance

Managing mood disorders can be a balancing act. This course provides information about the role medications play in maintaining equilibrium. It also teaches the importance of observing medication responses and monitoring for side effects. A review of alternative evidence-based strategies to support mood stabilization is also covered.

Not as Prescribed: Effects of Medication Misuse

Did you know misuse of medications is a growing problem in older adults? This course will review how the aging process can lead to unintentional misuse and adverse changes to the brain. Here, we will discuss interventions and methods available to support the reduction of this evolving concern.

The Many Uses of Antidepressant Medications

Antidepressants treat depression, but did you realize there are other uses for this medication? This course will examine the traditional use of antidepressant medications, potential side effects, and administration protocols. Off-label possibilities are also considered with a focus on the older population.

Treating Dementia: Medications and More

Dementia can be a complex journey for the caregiver and care recipient. As research continues to reveal more, it's imperative to remain informed to provide the best care. This presentation focuses on current medications and treatment protocols for the most diagnosed neurocognitive disorders.