

MENTAL ILLNESS IN OLDER ADULTS: PSYCHOSOCIAL IMPACTS ON PATIENTS AND CAREGIVERS

March 29, 2018

The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC

About the Workshop

One in four adults age 65 and older will experience some mental health disorder including depression, anxiety, schizophrenia, and dementia according to the American Psychological Association. This number is expected to double by 2030. Two thirds of older adults with mental health disorders do not receive appropriate treatment. Unfortunately, this leads to poor health outcomes, increased disability and impairment, increased caregiver stress, and higher risk for suicide.

The first presentation of the day will address the aging brain, signs and symptoms of depression and neurological disorders, and treatment options for these diseases.

In the afternoon session, information will be presented about the psychosocial impacts on older adults including the projections for demographic changes due to the aging population, statistical information about the aging population relative to life expectancy, gender, sexual orientation, poverty, and parenting a second time around (among others). Additionally, the presenter will address six psychosocial factors that impact older adults- major life changes, fear of the future, memory and learning, loss of independence, grief and loss, and ageism and discrimination.

Finally, there will be a discussion about strategies for effectively working with families and caregivers of older adults. You will gain a better understanding of the definition of "caregiver," examine caregiver statistics and safety issues, discuss interventions, and learn about evidence based practice implications associated with caregiving for older adults.



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #6UIQHP287340301, Carolina Geriatric Education Center. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government.

The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.

TARGET AUDIENCE

- Social workers
- Psychologists
- Counselors
- Care coordinators
- Marriage and family therapists
- Case managers
- Substance use providers
- Individuals working in senior centers and agencies serving older adults
- All provider working with older adults and their families



Area Health Education Center

Objectives

Upon completion of this workshop, participants should increase their ability to effectively care for clients by being able to:

- **Describe** how the brain changes as it ages
- **Identify** symptoms and treatment of major depression in older adults
- **Identify** symptoms and treatment of major neurocognitive disorder in older adults
- **Discuss** the projected demographics shift due to the aging of the population
- **Identify** six psychological and social impacts that affect older adults
- **Define** “caregiver” and review caregiver statistics and data
- **Recognize** evidence based practices associated with caregiving; as well as implement these skills in their daily practice.

Agenda

8:30 a.m.	REGISTRATION
9:00 a.m.	The Aging Brain
10:00 a.m.	BREAK
10:15 a.m.	Depression in the Older Adult
11:15 a.m.	Major Neurocognitive Disorders
12:15 p.m.	LUNCH (on your own)
1:30 p.m.	Psychosocial Impacts in Older Adults
2:30 p.m.	BREAK
2:45 p.m.	Working with Caregivers
3:45 p.m.	ADJOURNMENT

About the Faculty

Stanley P. Oakley, Jr., MD, DLFAPA, received a Bachelor of Science degree in Chemistry from the University of North Carolina at Chapel Hill. He received his Medical Degree and Residency Training in Psychiatric Medicine from East Carolina University School of Medicine. He then completed a Fellowship in Forensic Psychiatric and Geriatric Psychiatry at Hillcrest Hospital, Adelaide, South Australia. Following his return from Australia, Dr. Oakley joined the faculty at the East Carolina University Brody School of Medicine and is the former Director of Residency Training. He is currently a Professor of Psychiatric Medicine and Director of Continuing Medical Education. He is Board Certified in General Adult and Geriatric Psychiatry and his interests include geriatric psychiatry, student health psychiatry and medical education.

Tamyra Jovel, MSW, received a Bachelor of Science degree in Liberal Studies from Western New England College in Springfield, Massachusetts. She received her Master of Social Work degree and Educational Certification in Gerontology from East Carolina University. She joined the staff of Alzheimer’s North Carolina with the establishment of the Greenville office where she served as the Program and Services Director for four and a half years. She is currently the Family Caregiver Resource Specialist with the Mid-East Commission Area Agency on Aging serving caregivers in Beaufort, Bertie, Hertford, Martin, and Pitt counties. She is a certified Caregiver Support Group Facilitator, certified Powerful Tools for Caregivers facilitator and certified Laughter Yoga Leader. Her primary interest is educating family and professional caregivers in the care of older adults to promote and enhance aging in the home.

Program Location

This program is being held at the Eastern Area Health Education Center located at 2600 W. Arlington Blvd., Greenville, NC.
http://eahec.ecu.edu/ns/map_directions.cfm

Americans with Disabilities Act



Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the ECU Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

Handouts & Evaluations

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts prior to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent within 5 business days following the program to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Credit

Category A-NC Psychology Credit

This program will provide 5.0 contact hours of (Category A) continuing education for North Carolina psychologists.

No partial credit will be given.

Contact Hours

Certificates reflecting 5.0 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Certification (SAC)

Application has been made to the North Carolina Substance Abuse Professional Practice Board for 5.0 hours of Substance Abuse General Skill Building hours.

Registration Information

Online registration is available at www.easternahec.net.

Received by **March 22** \$80.00
Received after **March 22** \$105.00

The registration fee includes program materials, refreshments, and credit.

By attending this event, I acknowledge that Eastern AHEC and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preferences can be met.

Eastern AHEC Cancellation Policy

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
- No refunds will be given for cancellations less than one week prior to the activity
- For continuing professional development activities canceled more than one week prior to the activity:
- A \$35.00 fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
- Substitutions are welcome; advance notification encouraged

If you would like more information on the program, please call Mental Health Education at (252) 744-5228.

Please bring a jacket or sweater to ensure your comfort.