

Lifespan's Workshops/Seminars/Trainings

The following includes descriptions of workshops and seminars offered by Lifespan.

Please call Lifespan's Education Coordinator at 244-8400, ext. 160 or email csteltz@lifespan-roch.org for more information.

No Charge Presentations

About Lifespan

A general introduction to all of Lifespan's services.

About Eldersource

A general introduction to Eldersource services.

About Lifespan's Financial Services

A general introduction to all Lifespan Financial Services.

About RSVP/Volunteering

An introduction to the RSVP program and the benefits of volunteering.

Community Resources

Overview of community resources available to assist older adults age well and remain as independent as possible for as long as possible. Caregiver resources are also discussed.

Elder Abuse Recognition and Prevention

How to recognize the signs of each type of elder abuse from emotional to physical. Discussion of effective prevention strategies.

Future Care Planning for Disabled Older Adults

Discussion of concerns and community resources regarding care of older adults with developmental and other disabilities.

Get a Jump on the Job Search

Learn what resources are available to help you jump back into the job market after a transition.

Home Modification Techniques for Comfort and Safety

Demonstration of types of assistive devices that increase home safety and security.

Job Search Strategies for the Older Worker

Learn what strategies you can use to turn your age into an asset when job seeking.

Medicare 101

The ABC's and D of Medicare

Nothing-to-Sell Seminar about Long-term Care Insurance

Lifespan is part of New York State's Long-term Care Insurance Resource Center network. We do not sell long-term care insurance, nor do we endorse or recommend any specific insurance

product or insurer. This program is solely intended to educate consumers about their choices regarding financing long-term care.

Scam Prevention

Recognizing scams so you or your loved one can avoid being taken in.

Substance Abuse and Older Adults

Overview of a harm reduction model for treating substance abuse in older adults.

\$75 Fee per Presentation

Advance Directives

Overview of ways to document your wishes in the event of a life threatening illness.

Age is a Diversity Issue

Variety and difference can bring enriched thinking, balance, and creativity to a workplace. Learn how to recruit and retain mature individuals; learn how to recognize and cultivate the experience of a lifetime reaping rewards that will benefit your business and your employees.

Balancing Life Roles

Have you ever examined all of the components that make up your personal identity? What roles have you taken on by choice, circumstance or default? Take control of the time and effort you put into each of your life's roles.

Coping with Grief

Review of the normal reactions to loss and change. Discussion of coping skills to help with the grief journey.

Depression

Discussion of what causes depression and how can it be treated.

Emotional Impact of Caregiving

The emotional needs of caregivers are often the most troublesome aspect of caregiving. Discussion about how to recognize the emotional needs of the caregiver and care receiver, followed by information about the types of help available in the community.

Hats of the Homemaker

You have spent a substantial part of your life providing unpaid services to family members, and now you want to return to paid employment. Learn to leverage your skills and experiences in a way that employers will sit up and take notice!

Housing Options for the Second Half of Life

Overview of the choices available for second half of life housing arrangements.

Growing Wiser

A mental wellness program for older adults that addresses normal changes associated with aging and teaches appropriate assertiveness skills.

Home Care and How to Pay for It

Explore the levels of care available in the home and the various ways to cover the cost.

How to Talk to Your Doctor

How to choose a doctor, what to expect at a doctor's appointment, how to prepare for the appointment, questions to ask in evaluating your doctor's skills and expertise.

Legal Aspects of Aging

Recent changes to the laws affecting Medicaid eligibility are discussed in this session. Other topics include Wills, Trusts, estates, powers of attorney, health care proxies, long-term care insurance, Medicaid planning, resources and home ownership. The seminar focuses on the rights of older people and their families as they negotiate health care and legal systems.

Leaving a Legacy

Everyone leaves a legacy and each choice we make influences what that legacy will be. Family stories, family history, family blessings and ethical wills are some of the ways we can choose to leave a priceless legacy.

Long-Term Care Housing

What to look for in choosing housing arrangements, understanding payment mechanisms, and levels of care.

Mental Health Concerns in the Second Half of Life

Understanding the mental health needs of older adults.

Midlife Change and Transitions

What is normal in midlife, challenges that arise, strategies for making the best of this time of life.

Midlife Relationships

How relationships with partners, parents, children, grandchildren, co-workers and friends all change during midlife. Strategies for optimizing each relationship.

Osteoporosis

Understanding causes, risk factors, effects and treatments for osteoporosis.

Resident Directed Nursing Home Care

Learn about national and local efforts that seek to bring change to long-term care.

Resume Writing for Transitioning Adults

If you are a displaced homemaker, dislocated worker, or retiring from your long-term career, this workshop will teach you how to effectively market your experience, assets, interests and skills.

Retirement is More Than Just Playing Golf

You've acquired wisdom, maturity, experience, and perspective that only come with age and you want to find a way to put it to work. You've got a fire inside, a passion, a zeal that you've never had time to explore. *Well, now's the time!*

Reverse Mortgages

The facts about reverse mortgages and when to use one.

Sexuality and Aging

How aging influences sexuality and how to have a satisfying sex life no matter what your age.

Spirituality and Aging

Understanding the spiritual dimensions of aging well

\$300 fee per Workshop

Elder Aware

If your customers are older adults, this is THE training opportunity that will improve customer service. Through interactive hearing and vision experiences, employees will become sensitive to the needs of older customers. They will learn about normal aging, tips for better communication and aging demographics. Max. 25 people per workshop.

Lifespan, 1900 S. Clinton Avenue, Rochester, NY 14618

www.lifespan-roch.org

