

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 Lifespan's programs and 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 that are 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 Developmentally Disabled Older Adults

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

Home Modification Techniques for Comfort and Safety

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

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.

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.

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.

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 Financing

Understanding Medicare, Medicaid and long term care insurance.

Long Term Care Housing

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

Medicare/Medicaid Maze

Understanding the basics of Medicare and Medicaid especially as it relates to retirement benefits and community 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.

Osteoporosis

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

Midlife Relationships

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

Resident Directed Nursing Home Care

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

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

