

Enhancing Life for Older Adults: Mind, Body and Spirit



Provided by Wayne State University, Institute of Gerontology
Presented by Singh Senior Living Community

Thursday, June 23, 2011, 8:30am - 12:30pm

Featured Speakers:

AGENDA

8:30 - 9:00am Registration/Breakfast

9:00 -10:00am *"Many Faces of Depression"*

Dr. Peter Lichtenberg, PhD, ABPP

Director, Institute of Gerontology, Wayne State University

Dr. Lichtenberg will talk about the impact of depression on overall well-being, both physically and emotionally. With the growing number of seniors in today's society, assessment and treatment of altered mental status has become essential in the care of the aged.

10:00 -11:00am *"Safe Strides"*

Jeff Alaska, PT, MPT, Safe Strides Program Director, Gentiva Home Health Services

Mr. Alaska heads up a home balance therapy program that helps reduce the risk of dangerous falls and relieving pain for older adults.

11:00 -11:20am Break

11:20 -12:20pm *"Making Musical Connections:*

Tools for Reaching People with Alzheimer's Disease and Other Dementias"

Michael A Krieger, BA

A professional musician since 1991, providing a therapeutic musical environment for elderly adults with memory loss.

12:20 -12:30pm Evaluation

12:30 -1:30pm Optional community tour and luncheon

Objectives:

1. Examine 3 theories of what causes late life depression.
2. Examine the different mechanisms that trigger depression in later life and treatment options for depression.
3. Analyze how well the DSM IV criteria for depression work for older adult depression.
4. Recognize the psychological, societal, and financial impact of a fall.
5. Review the physical requirements and sensory systems required to maintain balance.
6. Recognize the changes that occur as we get older that impact balance and risk factors for falling.
7. Discuss screening tools available to identify fall risk.
8. The learner will be able to discuss the influence music therapy has on Alzheimer's patients.
9. The learner will be able to describe different approaches to music therapy that could be incorporated within their client base.
10. The learner will be able to identify the interpersonal needs of Alzheimer's patients, non-musically.

3 Contact Hour NURSING: This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours, The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurse Credentialing Center's Commission of Accreditation. Application submitted.

3 CE SOCIAL WORK: Institute of Gerontology, Wayne State University is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0066.

3 CE NURSING HOME ADMINISTRATORS: This program was submitted to the MI Board of Nursing Home Administrators. Application submitted.

Certificate will be issued after total completion of program. Evaluation, sign in and sign out required.

The planning Committee and the presenter declare no conflict of interest.

PROVIDED BY:

WAYNE STATE
UNIVERSITY

Institute of Gerontology



WALTONWOOD

A Singh Senior Living Community

3 CEs

COST: FREE
(INCLUDES LIGHT
BREAKFAST)

**WHO WILL
BENEFIT:**

Nurses

Social Workers

Home Care

Agency
Administrators

Allied Health
Professionals

LOCATION:

Waltonwood at Lakeside
Lakeside Circle
14750 Lakeside Circle
Sterling Heights,
MI 48313

To Register contact Donna MacDonald: 313-577-2297 or donnamacdonald@wayne.edu