

ENHANCE YOUR CAREER

with a Specialization in Aging Sciences

It takes a special person to work with older adults – it requires patience, more compassion and knowledge of the latest science and techniques. Now, there's a way to channel your special abilities with older adults into a specialization that will not only enhance your relationships with your clients, but also elevate your career.

The Foundation to Aging Certificate Program offers a series of online courses developed by industry leaders that allow you to learn at your own pace, at your preferred time and at an affordable price. The program is ideal for a variety of professionals and paraprofessionals, including but not limited to:

- Nursing
- Nursing Home Administrators
- Occupational Therapy
- Physical and Speech Therapy
- Psychology
- Respiratory Care
- Social Work
- Marriage and Family Therapy
- Mental Health Counseling



The Foundation to Aging Certificate Program enables you to customize your studies. To earn your certificate, you must take all of the core courses, but can choose the three electives that are most meaningful to you.

REQUIRED CORE COURSES:

- Introduction to the Aging Network
- Age Sensitivity Training
- Elder Abuse
- Caregivers
- Ethics

ELECTIVES: *(choose three)*

- Introduction to Dementia
- LGBTQ Elder Cultural Competency
- Mental Health and Aging
- Nutrition and Older Adults
- Physiology of Aging
- Substance Abuse
- Legal Issues



To earn your certificate, the total cost for the group of eight courses required is \$520. You can also take classes independently for \$75 each.

Enroll Today!



Presented by ElderSource Institute and the UNF Brooks College of Health Center for Aging Research



Brooks
College of Health

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CUSTOMIZE A PROGRAM THAT MEETS YOUR UNIQUE NEEDS

CORE COURSES: (ALL REQUIRED)

- **Introduction to the Aging Network** – Get an overview of the wide variety of programs that provide resources to older adults and their caregivers. Learn about the federal, state and local laws, the providers and the funding sources that support them.
- **Age Sensitivity Training** – Experience the changes of aging through simulation during this interactive workshop. Learn what is "normal" aging and what is not as well as how to improve your interactions with older adults and better serve them.
- **Elder Abuse** – Learn how to identify elder abuse, neglect and exploitation, how to recognize its risk factors and indicators and what to do to help.
- **Caregivers** – Learn to provide family-centered care to seniors and their caregivers in a culturally sensitive way. Review assessment tools that center on the needs of the caregiver, how to best support the caregiver and how to balance the needs of an older adult with the needs of the caregiver.
- **Ethics** – Explore the basic pillars of work with seniors, including how to evaluate autonomy and protection based on risk principles. You'll also be challenged to examine your personal values as they relate to work with older adults.

COURSE ELECTIVES: (CHOOSE THREE)

- **Introduction to Dementia** – Study dementia as a chronic disease that occurs in many forms. Learn how to plan during its early stages and examine the ethical issues of determining capacity and decision making. Review best practices for addressing the social and psychological factors that influence the quality of life for the patient and the caregiver.
- **LGBTQ Elder Cultural Competency** – Gain insights about the lived experiences of adults who identify as LGBTQ and how their identities may impact the way they engage with healthcare providers. Get a better understanding of their unique challenges and barriers. Learn key concepts, appropriate vocabulary and more.
- **Mental Health and Aging** – Learn about the impact of mental illness on older adults. You'll also gain insights on how to distinguish lifelong mental illness from late onset mental illness, including the specific risk factors involved with the latter. Better understand how chronic illness and cognitive decline can impact mental illness and how loneliness can take a toll on physical and emotional well-being.
- **Nutrition and Older Adults** – Gain an understanding of nutritional requirements and physiological changes associated with aging. You will explore social, cultural and psychological factors that affect the nutritional status of seniors and learn strategies for health promotion and disease prevention.
- **Physiology of Aging** – Review the body and its functions and study the typical changes related to aging. Discover the basis of physiological changes and learn about positive aging and ways to delay age-related declines.
- **Substance Abuse** – Explore the unique aspects of substance abuse disorders as they present in seniors. Learn why drug and alcohol abuse have risen among this population, how ageism can create barriers to treatment and the many risks associated with substance abuse. You'll also gain valuable information about screening tools, interview protocols and available treatment options.
- **Legal Issues** – Get an overview of legal issues faced by older adults, including creating wills and avoiding probate. You'll also learn about long-term care and possible financial assistance for people as they age.