

MATHER INSTITUTE ON AGING Upcoming Webinars

Workforce Development

LEAP 101: Fundamental Tools for Culture Change Person Centered Care (3 part webinar series)

February 2

Noon-1PM (central time) Person-Directed Care

This webinar explores the basics of person-directed relationships. Specific strategies for entering into relationships with both residents and care team members are discussed and experienced through the exploration of “real life” case scenarios.

The key components include:

- Knowing the person and treating each resident as an individual
 - Valuing and empowering the caregiver as the most important team member
 - Building choice, control, and hope into each interaction of the day
 - Supporting and encouraging relationships among residents, their families, and staff
- Continuing Education: 1 contact hour for NHAs and SWs

February 9

Noon-1PM (central time) Primary/Consistent Assignments

The second component of LEAP 101 is Primary/Consistent Assignments. This webinar looks at how the consistent assignments approach to providing care honors the resident and the direct-care staff person. The key components include:

- Defining consistent relationships
 - Implementing the Consistent Assignments approach
 - Creating a task force to begin the process
 - Determining the current state of staff assignments
 - Agreeing on the methodology for creating consistent assignments
- Continuing Education: 1 contact hour for NHAs and SWs

February 16

Noon-1PM (central time) Peer mentoring

Key strategies to successfully acclimate new staff to the organization and onto the care team are explored in the Peer Mentoring Program webinar. In addition, materials and implementation tactics for ongoing development and evaluation of LTC staff are provided.

The key components include:

- Establishing the new role of Mentorship Program Coordinator
- Developing the role of the peer mentor
- Partnering new staff with an experienced Peer Mentor
- Evaluating the Peer Mentoring Program as part of the organization’s Quality Improvement Program

Continuing Education: 1 contact hour for NHAs and SWs

3 session series- \$250 per participant. Individual webinar- \$95 per participant

LEAP for Senior Living (3 part webinar series)

Unique interdisciplinary approach focuses on the normal aging process, cultural/ethnic diversity among staff members and residents, and strategies for effective communication and team building.

February 23

11:00 – 12:00PM (central time) What is Aging

At the core of providing effective services is the necessity of understanding the aging process. Key elements of this session include:

- Images of aging
- Myths and realities of aging
- The physical and psychosocial changes associated with normal aging
- Common health issues of older adults
- Strategies for encouraging health and wellness for older adults

Continuing Education: 1 contact hour for NHAs and SWs

March 2

11:00-12:00PM (central time) Cultural Diversity and Communication

Greater understanding of cultural/ethnic diversity leads to greater collaboration and improved communication with residents and among staff.

It also decreases conflict and improves morale, teamwork and staff retention.

- Cultural/ethnic demographics of the older population in America
- The need for increased cultural sensitivity/cultural competence in the face of a changing America
- How to reduce frustration that results from not understanding different cultural perspectives
- The precepts of effective verbal and non-verbal communications
- Communication across ethnic, general and occupational groups

Continuing Education: 1 contact hour for NHAs and SWs

March 9

11:00-12:00PM (central time) Teamwork and Mentoring

Good leadership and mentoring are key to building strong, effective teams which are essential to providing quality service to residents. This session focuses on:

- Developing effective cross-functional teams
- Improving understanding of responsibilities of coworkers both within and outside their departments
- Improving the way employees work together to achieve results

Continuing Education: 1 contact hour for NHAs and SWs

Individual webinar - \$95 per participant

3 session series - \$250 per participants.

Emergency Preparedness

EMERGENCY PREPAREDNESS (3 part series)

Natural and man-made disasters directly impact senior residences and long-term care communities in a variety of ways. This 3-part webinar series is designed to equip senior living and long-term care professionals with the core competencies of preparing your community's disaster plan, properly implementing your plan and returning your community to normalcy after the disaster

Each webinar carries 1 continuing education unit for nursing home administrators and social workers.

March 11**12:00-1:00PM central time****Getting Ready**

This webinar explores what needs to be done in to prepare your senior living or long-term care community to respond to any natural or man-made disaster or emergency.

The key components include:

- key elements of effective disaster preparedness
- preparing your staff and residents for a disaster or emergency
- developing a comprehensive disaster preparedness plan that focuses on the “all-hazards” approach to surveillance, response, mitigation and recovery

March 18**12:00-1:00PM central time****Weathering the Storm**

In a time of a disaster or emergency, properly implementing your disaster plan is key to weathering the storm. This webinar will explore the steps necessary to implement your plan.

The key components include:

- executing the Incident Command System
- sheltering in place
- implementing an evacuation

March 25**12:00-1:00PM central time****Putting Your Community Back Together**

Your community has weathered the storm; now it is time to return your community back to normalcy.

The key components include:

- providing support and/or interventions to ease the trauma that your residents and staff experienced during the disaster or emergency
- evaluating the lessons learned
- updating your disaster plan based on what you learned

3 session series - \$250 per organization. Individual webinar -\$95 per organization

Wellness**Wellness: Moving Beyond the Physical: Exploring the Other Five Dimensions of Wellness Coming Soon**

In this webinar, participants will learn interesting and unique ways to incorporate the other five dimensions (emotional, intellectual, social, spiritual, and vocational) to take a comprehensive approach to building a culture of wellness

SAFE-TI: A Falls Reduction Program (2 part webinar series). **Coming soon**

The focus is on developing exercise programs designed to improve gait and balance, instruments designed to assess falls risks, intervention plans based on risk level, and tools for tracking quality improvement data related to falls.

**For information on any webinars or programs please contact:
Louise Lyons 847-492-7433 or LLyons@matherlifeways.com**

Mather LifeWays Institute on Aging Registration Form

WORKSHOPS	Date/Time	Number Attending	Cost	Total Cost
LEAP LTC 2 day Train-the-Trainer Workshop			<i>see website for pricing</i>	
LEAP for Senior Living 1 day Train-the-Trainer Workshop			\$250/person	
PREPARE 1 day Train-the-Trainer Workshop			\$395/person	
SAFE-TI: A Falls Reduction Program 1 day Train-the-Trainer Workshop			\$250/person	
WEBINAR OFFERINGS				
Leap 101 3-part Train-the-Trainer webinar series Individual Train-the-Trainer webinar			\$250/person \$95/person	
PREPARE 3-part staff education webinar series Individual staff education webinar			\$250/organization \$95/organization	
SAFE-TI: A FALLS REDUCTION PROGRAM 3 part Train-the-Trainer webinar series Individual Train-the-Trainer webinar			\$250/person \$95/person	
Wellness Webinar			\$49/organization	
ONLINE COURSES				
Care Coaching Online				
Empower Online			\$159/person	
Gerontology Online Single course 6 course certificate series			\$159/person \$859/person	
TOTALS				

Organization Information

Organization/Community Name: _____
 Address _____
 City: _____ State: _____ Zip _____
 Contact Person Name: _____
 Phone Number _____ Email: _____

Participant Names (excluding PREPARE webinar participants)

1 Name _____ 2 Name _____
 Position _____ Position _____
 Phone _____ Phone _____
 E-mail _____ E-mail _____

(Please photocopy this form if there are more than 2 participants.)

<p style="text-align: center;">PAYMENT INFORMATION</p> <p>_____ Check (made payable to Mather LifeWays Institute on Aging)</p> <p>_____ Master Card _____ Visa</p> <p>Card Number _____</p> <p>Exp. Date _____ Verification Code _____</p> <p>Name on Card _____</p> <p>Billing Address _____</p> <p>City/State/Zip _____</p> <p>Signature _____</p>	<p>Send registration form to:</p> <p>Mather LifeWays Institute on Aging Attention: Kim Deng 1603 Orrington Avenue, Suite 1800 Evanston, IL 60201 or fax to: Attention: Kim Deng 847-492-6789</p>
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