

## round table discussion group: for professionals in the field of aging

join **sound aging** this year for these continuing education workshops

Beginning this fall, **sound aging** will offer ½ day morning workshops, each hosted in a different community agency. Each workshop will be devoted to one broad topic with the expectation of exploring several relevant issues in depth. Participants will be provided with two journal articles, which then become the stimulus for an interdisciplinary discussion.



### senior center programming: engaging active baby boomers and isolated elders

*date:* Friday, September 23, 2016  
*time:* 8:00 AM – 11:30 AM  
*place:* West Seattle Senior Center

Senior centers and other community based services are struggling nationwide to engage both younger active seniors as well as the more traditional senior center attendee the “older old” adult. This workshop will explore 2 aspects of senior center programming. First we will look at the challenges in providing services for the active baby boomer population and their reluctance to participate in services that they may feel are stigmatized. In the second half of the morning, we will consider another reluctant population – the isolated elder. Both populations have unique, if divergent needs. How centers and agencies are addressing these disparate needs is the theme for the morning.

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**\$55 per session**  
**to register call or email**

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### home care: task shifting and workplace stress and health

*date:* TBA  
*time:* 8:00 AM – 11:30 AM  
*place:* TBA

Home care has quickly become a dominant provider of care for older adults with complex needs. Demand for providing efficient and quality care requires that home care providers think creatively about how to best serve families. This morning session will first consider delegating regulated tasks from healthcare professionals to home-care workers, known as task shifting. Following will be a discussion about the complex dynamic relationship between home care worker, the elder and their family. The success of home care is often dependent on the quality of these relationships. While mostly successful, problems persist. Often times, home care workers are subject to problematic and even violent behaviors. This discussion will explore how aggressive behavior impacts the worker’s stress, burnout, depression and sleep.



### mental health: personal narratives and shadow stories and treatment resistant depression

*date:* Friday, November 18, 2016  
*time:* 8:00 AM – 11:30 AM  
*place:* Northwest Hospital

As mental health practitioners it is our role to learn the stories of the older adults we service. By nature, mental health professionals are inquisitive and search for complexity and the details in life that motivate, instruct and compel behavior. The first half of this morning workshop will be devoted to discussing the therapeutic value and function of reminiscence in later life and the “shadow” stories, or the untold stories, that infect one’s narrative. How each individual relates his or her story may be a key to late-life depression and despite a variety of behavioral therapeutic treatments for depression, some individuals persist with major depressive symptoms. Treatment resistant depression will be the topic of the second half of the morning, including the benefits vs the stigma associated with ECT.