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SeniorCare Inc. Community Presentations

(Updated: 6/2021)

The following presentations are available to our community partners and others. The presentations are intended for groups of agency Staff or for your Consumers. They can be adapted or otherwise modified to meet your specific needs. The presentations can be 20 minutes to one hour in length, again based on your needs. If there are presentation topics that are not on this list, please let us know and we would be happy to put together a presentation to suit your needs. All of our presentations are free to agencies and the general public. For more information, visit www.seniorcareinc.org.

Age & Dementia Friendly Cape Ann

Overview of Age & Dementia Friendly Cape Ann

Age & Dementia Friendly communities strive to better meet the needs of all residents by addressing the environmental, economic, and social factors that influence health and well-being. They assure that people of all ages and abilities can engage with and are supported by their community. SeniorCare is the backbone agency for the Age & Dementia Friendly (ADFCA) initiative, uniting a broad coalition of stakeholders within the four Cape Ann communities. Visit www.adfca.org, where you can view our Action Plan.

Dementia Friends

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United States. You will become a Dementia Friend by attending this one-hour virtual information session to learn five key messages about living with dementia, and the simple things you can do to make a difference in your community. This free information session is a discussion led by a volunteer Dementia Friends Champion. You will learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia.

Evidence Based Programs

A Matter of Balance

This is a fall prevention program. Participants learn to manage their concerns about falls through group discussions, activities and exercise. The program's purpose is to help older adults reduce their fear of falling thereby enhancing activity levels. We have two sessions per week for four weeks, and sessions three through eight include exercises that help improve balance, coordination, physical endurance, the range of motion and flexibility in participants.

Powerful Tools for Caregivers

An evidenced based program to educate caregivers on the basic and most relevant topic/issues they encounter in their role as caregivers. It is offered to small groups of 8 to 10 participants over a 6-week period. It is designed to reduce stress, improve self-confidence, bring balance, help in better communicating feelings, increase one's ability to make tough decisions, and locate helpful resources.

Savvy Caregiver

This is another evidenced based program similar to Powerful Tools for Caregivers, but is focused on caregiving for a friend or loved one living with dementia.

Tai Ji Quan: Moving for Better Balance®

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults and people with balance disorders. Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute, developed the program. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common, but potentially debilitating, functional impairments/deficits. The workshop meets twice a week, 1 hour each session, for 24 weeks.

Caregiver Program

Caregiver Services

SeniorCare has a Caregiver Support Specialist(s) who offers 1:1 in or out of the home support, counseling, information and referral and other services to caregivers of all ages. The Specialist works with caregivers caring for elders with dementia (including Alzheimer's), others with complex medical and/or behavioral health needs and younger adults with disabilities. In addition, the Specialist offers intermittent support groups in the nine communities covered by SeniorCare and collaborates with other agencies for people who reside elsewhere.

Dementia Education

The Caregiver Support Specialist offers educational presentations on the various types of dementias, interventions to support loved ones, proven strategies in dealing with difficult behaviors, and where to get help.

Habilitation Therapy

The program Specialist assesses that a Caregiver might benefit from some in home counseling from a trained Habilitation therapist, the Specialist can make a referral and often find the financial resources to provide that service at no or a reduced cost. The Therapist then meets with the caregiver in their home and conducts an individual assessment which includes the caregiver and his or her care recipient. With that information the therapist provides education, a care plan and resource suggestions specific to their needs.

Caregiver Support Groups

SeniorCare offers caregiver support groups. Group size can range from 5-10 people and meet weekly or every other week for a period of weeks or months, based on the participants preferences.

Dementia Education

The Specialist can present on the different types of dementia including Alzheimer's, treatment options, caregiver anxiety, stress and burnout, dealing with difficult behaviors.

Housing Services

Housing Options For Seniors

Participants will learn about affordable and other housing options on the North Shore and beyond including the application process, wait lists, and self-advocacy.

Congregate Living: An Option for Housing

The Congregate Housing Coordinator for Upton Place in Beverly is available to offer an overview of the Congregate Housing options for elders who are age 60 plus and younger adults with disabilities. The program's eligibility guidelines, the composition of the units, the coordinated assistance and social

supports that are available to residents will be highlighted. Tours are also available on a one-on-one basis or as a group.

Care Transitions

Options Counseling

Learn about our trained counselors who provide unbiased information to those over age 60, their caregivers or to an adult with disabilities over the age of 22. Conducted in any setting (telephone, email, nursing home, hospital, a private home or a public setting), keeping the consumer's needs, preferences, values and circumstances at the core of the planning process. The goal is to empower the person with information about the options for care such that they can make an informed decision what is best for themselves or their loved one.

Care Transitions in Nursing Facilities

Learn about our Care Transitions program, a multidisciplinary approach to transitioning elders and others from a nursing facility, whether it be a long or short term stay, back to the community.

Money Management Program

Money Management Program

The Money Management Program assists consumers in their home with budget development, bill paying/check writing, balancing checkbooks, financial organization and more. Clients are matched one-on-one with a trained, supervised volunteer. The presentation includes program description and background as well as eligibility and program enrollment; goals include increasing awareness of and participation in the program for consumers as well as outreach to potential volunteers needed to implement the services. The Money Management Program Director is available to speak on a variety of subjects including: Scams & Fraud; Financial Literacy; Financial Organization - budgeting, record keeping, etc.

Representative Payee Services

When an older adult cannot handle funds and make financial decisions on their own, a representative payee can be appointed to manage federal benefits (Social Security) on their behalf. SeniorCare is designated by Social Security to offer this service. This presentation includes information on the program, eligibility, and discussion of appropriate referrals.

Area Agency on Aging (AAA)

Area Agency on Aging: What's that?

Did you know that SeniorCare is a Federally designated Area Agency on Aging (AAA)? The AAA Planner can present an overview of the Area Agency on Aging (AAA) roles and responsibilities and opportunities provided through the AAA. Specific topics can be requested for discussion.

RSVP Volunteers of the North Shore:

Retired Senior Volunteer Program of the North Shore: What's available?

RSVP Volunteers of the North Shore functions as a volunteer placement agency for SeniorCare and area North Shore Non-Profit Agencies. Federally funded and locally sponsored by SeniorCare, RSVP's mission is to engage the talents and skills of adults 55+ in local community service. RSVP partners with over 12 non-profit agencies to help find fulfilling placements for volunteers and fill community service needs for non-profit agencies in 13 towns and cities on the North Shore. Presentation topics include an overview

of the program and available volunteer opportunities, the value and benefits of volunteering, and intergenerational programming. Additional topics can be addressed on request.

Medical Transportation

This program provides transportation to local and out-of-town medical appointments. The program matches volunteer drivers with those needing rides. Riders are picked up at their home; the driver stays in the waiting room during the appointment then provides return transportation. New consumers are provided with information on transportation options within their town/community. In addition, if a need cannot be met, the transportation coordinator provides information on alternative services whenever possible. The presentation includes eligibility information, hours, and how to access the service.

Transportation 101

This presentation offers an overview of relevant transportation options for older adults residing in the nine cities and towns served by SeniorCare, geared toward the municipality in which the program is being presented. Review of the SeniorCare Transportation Guide is included.

Long Term Care Ombudsman Program

Nursing Home Long Term Care Resident Bill of Rights: The Cornerstone in Quality of Life

Participants will learn about the resident's independent decision making, privacy and confidentiality, their right to be fully informed, to raise grievances, participate in their own care, and visitation.

How to support the Nursing Home Resident Council: A Foundation to Quality of Life

Establishing communication, forming committees, resident and patients' bill of rights and responsibilities, and working with impaired long term care residents.

Nutrition Services

Meals Program

A discussion of what goes into a senior congregate dining or home delivered meal and why, benefits of the meal, accessing meals, and more.

Health & Nutrition Education

Presentations by a registered dietitian on a wide variety of health and nutrition topics are available or can be developed as needed. Sessions range in length from 30 minutes to one hour. Formats include interactive workshops, cooking demonstrations, trainings and formal presentations and can be offered to consumers, volunteers, or staff for professional development/training. Recent popular presentations include the Mind Diet/Food Choices for Healthy Brains; Eating for Healthy Aging/Nutritional Needs of Older Adults; Shopping and Cooking for One or Two; Whole Grains; Heart Healthy Strategies; Diabetes Awareness; Healthy Eating for People with Diabetes; Sodium Savvy; Deciphering Labels, and Malnutrition Awareness and Prevention.

Medical Nutrition Therapy/Nutrition Home Visit Program

A registered dietitian from SeniorCare is available to meet with consumers in their home for nutrition assessment and consultation. Medical Nutrition Therapy through Medicare is available for eligible consumers with diabetes or renal disease. Information about the program and how to schedule a home visit will be presented.

Nursing

Bedbugs

Participants will learn what bedbugs are, where they are found, and health risks that they pose. Participants will learn the signs and symptoms of an infestation and who to call if they have an infestation. We will also discuss the latest treatments for getting rid of them and what can be done to prevent them.

How to Prevent Falls

Participants will learn about the most common hazards in their own home. Participants will learn tips on how avoid falls in and out of their home environment and preventative measures to take if they are at risk for falling.

Medication Management

Participants will learn the importance of taking medications as prescribed. They will learn about available options for medication assistance, setting up a pill box, pre-filled blister packs, involving a caregiver or family member for assistance, pharmacy delivery, and medication dispensing machines, proper disposal of medications, assistance through technology and symptoms or side effects associated with certain medications.

Nursing Home Diversion Programs – Options Besides Nursing Homes

Participants will learn about available options for getting the care they need outside of a nursing facility. They will learn about the different programs we have for people on or off Mass Health (i.e., Medicaid). We will cover eligibility and the process for getting screened by one of our nurses.

Sensory Impairments

Participants will learn how to assess consumers for sensory deficits affecting their safety at home (vision and hearing impaired). Participants will be able to identify different devices that can be utilized for alert systems (such as Lifeline adaptations for the hearing impaired, bed shakers) and where to get help.

Honoring Choices

Presentation topics may include Health Care Proxy's, living wills, Power of Attorney, Advanced Planning, and the like.

Hearing & Vision Impairment & Loss

Participants will learn about hearing impairment and loss and the various treatments available, adaptive equipment to assist, and technology available to help.

Home Care Programs

Home Care Programs

Participants will learn about the SeniorCare and other home care programs available to seniors and adults with disabilities to allow them to remain as independent as possible and to remain living in the setting of their choice (which is typically at home).

Healthy Ideas/Depression in Elders

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community-based depression program delivered through community agencies that offer a range of services for older adults. It targets underserved, chronically ill older adults in the community and addresses commonly recognized barriers to mental health care: detecting depression; helping clients understand depression as treatable; assisting them in gaining knowledge and skills to self-manage it; and linking primary care,

mental health care, and social service providers/therapists. As a core component, older adults are empowered through Behavioral Activation which involves identifying meaningful behavioral goals that are important to individuals, maximizing the opportunity to obtain positive outcomes and decrease the symptoms of depression. Come and learn about this exciting new evidenced based service.

Ethical Issues

Using the Social Work Code of Ethics, this training goes through the various standards as it applies to our work. We look at values of social work, boundary issues which we face when working with people, confidentiality and the right to self-determination.

Documentation for Professionals

The old adage “if it isn’t documented, it didn’t happen” is one often cited and this training takes a look at why it is so important to document properly. Professional documentation standards are reviewed with the opportunity to practice documentation skills learned in the training.

Information and Referral

What is Information & Referral?

The Information & Referral Specialist can assist the caller in making a home care referral, in finding area resources, and in deciding which program might be the best fit for their needs, or the needs of their loved one. Some of the resources most often asked about are in home services, such as lifeline equipment, financial assistance for medications, support for caregivers, adult day programs, questions about housing and more. The Specialists are trained generalists who can refer callers or visitors to the vast, but sometimes confusing, human services network and where to get help.

Pet Services

STAY - Serving The Animals You Love

Participants will learn about SeniorCare’s STAY Pet Services. STAY Pet Care Specialists are dedicated animal lovers who are carefully screened (including a CORI), closely supervised and insured. Services such as pet care in the home, dog walking, transportation to veterinarians, dog boarding, trips to the dog park, and grief therapy will be discussed. STAY can also present on emotional support and service animals as well. From dogs to cats to birds to fish, to reptiles, STAY can help. Visit <https://www.staypetservices.org/> for more information.

Aging & Disability Resource Consortium (Greater North Shore Link Inc.)

Greater North Shore Link, an Aging & Disability Resource Consortium

What is an Aging & Disability Resource Consortium or ADRC? How do they work? Who’s involved? How can they help? Why is the US federal Health and Human Service Agency advancing this model across the country? Did you know that the Greater North Shore Link, Inc. includes SeniorCare, Greater Lynn Senior Services, the Disability Resource Center (formerly the Independent Living Center of the Greater North Shore and Cape Ann) and many community partners? Learn how we can help.

Technology

Technology: Now and In the Future

Participants can learn about what technology is available today to assist seniors and adults with disabilities to remain more independent, safe, and comfortable in their homes. And how can technology help caregivers?

Virtual Reality (VR) For Seniors & People With Disabilities

Learn how VR can enhance the lives of people through the use of headsets and in a group setting with a master control. VR has been utilized to assist people with dementia, physical impairments, phobias, in burn and dialysis units, to address social isolation, loneliness and depression, for remembrance therapy, physical therapy, and more.

care.coach Technology

The care.coach tablet-based avatar is a real-time fusion of human and software intelligence, powered by a live, 24x7 staff of care.coach employed health advocates who can see, hear, and speak with each person through the avatar, and who are guided by software algorithms to implement evidence-based clinical protocols. The technology applications are unlimited and can provide medication and appointment reminders, be shared with a caregiver, summon assistance if needed, play games, music, and interact with the person as they wish.

Caring Connections through Technology (CCTT)

Learn about the CCTT program, where elders are matched with a volunteer who meets with them in their home to provide instruction on how to use devices such as smart phones, tablets, or computers to connect with others or the wider world. Tablets may be provided to elders as part of the program. Identifying and meeting learning needs and interests such as setting up e-mail, accessing social media, playing brain games and “surfing the net” are included. CCTT also serves as a friendly visitor program.

Adult Protective Services

Adult Protective Services (APS) Mandated & Non-Mandated Reporting

Participants will learn about the six reportable conditions to Protective Services. Participants will learn how to report such conditions, what Protective Services does following a report, the ensured confidentiality of your report, and issues of consent during an investigation. Participants will also learn about people’s right to self-determination and limits of Protective Services involvement.

Worker Safety

Participants will learn how to maximize their safety while working in the community and in the office. Participants will learn/review ways to approach an unknown situation (i.e., how to scan neighborhood, where to park, how to approach a home or apartment, where to position self during a home-visit, what questions to ask a consumer to minimize worker risk. The presentation also includes a discussion of the various de-escalation techniques that can be used when dealing with hostile or agitated behavior and which can be transferred to many lines of work. Also discussed will be office/building protocols for safety.

Gatekeeper Suicide Prevention

Participants will learn how to recognize and respond to risk factors associated with suicide including the differences between ideation, plan and intent. The presentation will also cover what do in the event one receives any information about a possibly suicidal person, where to go for help, appropriate interaction and safety planning with the suicidal person, and more.

Compulsive Hoarding/Harm Reduction

This is a basic overview of hoarding for professionals, family members and elders. The presentation starts with the commonly accepted definition of hoarding. We then look at various types of hoarding, components of hoarding and common traits in the thinking pattern of compulsive hoarders. The impact of hoarding on families and communities is discussed as well as basic treatment and intervention models.

Harm Reduction: An Intervention to Address Compulsive Hoarding

A presentation to educate those in attendance on a specific intervention called the Harm Reduction Model. It is based on the premise that people change when we help them set realistic goals and people change when we give them valid and meaningful reasons to work toward those goals. This method can be useful for both professionals and families whose goal is to assist the hoarder to reduce the harm from an overabundance of “stuff” and remain at home for as long as possible.

As stated, most of the above presentations can range from 20 minutes to an hour and can be modified and tailored to what the participants want.

For each presentation, there will be ample time for questions and answers, and post presentation follow-up, if desired. Written materials and resource material may also accompany a given presentation. If there are relevant areas of interest not included above, SeniorCare may be able to develop a presentation and/or refer to our many community partners in the human services network.

Thank you!