Abuse And Neglect In The Elderly: Prevention And Intervention*
Defines elder abuse and neglect and outlines the professional’s responsibility in preventing, detecting, and reporting.

Aging in Place: “There’s No Place Like Home”
Recognizes the desire of many seniors to remain at home as they age and discover resources and strategies to assist in honoring their wishes when feasible.

Aging Stereotypes: Don’t Fall for It
Explores the latest research, program-development, and strategies on fall prevention with the elderly population.

Alzheimer’s Disease: The Latest Research on Prevention Strategies, Diagnostic Techniques, and Treatment Options
Reviews the latest research on how to prevent Alzheimer’s Disease, how to detect warning signs and symptoms, and how to assess the appropriate treatment and care for the Alzheimer’s patient.

The Baby Boomer Patient: Are You Caring for a Rose (Healthy Minority) or a Roger (Unhealthy Majority)?
Reveals the research regarding the overall health of the Baby Boomer generation and strategies for caring for this unique population.

Behind the Wheel with the Elderly
Discusses the most current approaches and safety options regarding the elderly driver.

Body Image Change In The Elderly: Are You Caring For a Meryl or a Martha?
Explores body image changes in the elderly, physical changes in the aging process, and ways to slow down the effects of aging.

Bridging the Generational Divide in Healthcare
Gain insight into generational values and belief systems and learn techniques to effectively communicate with each of the four generations represented within the patient population today.

Can the Caregiver Become the Patient? Risk Factors and Strategies for Spouses
Discusses special considerations regarding spousal caregivers, including physical and emotional health risks, and provides coping strategies for this unique group of caregivers.

Care Transitions for the Elderly: Advance Care Planning and End-of-Life Issues*
Explores the findings resulting from research funded by the Agency for Healthcare Research and Quality (AHRQ) and includes assessments and tools designed to guide the elderly as they contemplate their future physical, psychosocial, and spiritual wishes at the end of life.

Care Transitions for the Elderly: From Hospital to Home
Discusses discharge planning tools and strategies designed to assist the elderly when returning home after hospitalization. Topics include medication management, monitoring of chronic conditions, and home safety.

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Care Transitions: Reducing Avoidable Hospitalizations of Nursing Home Residents
Describes the Interact II program tools which can be used for early identification of a change in resident status, to guide the nursing home staff through a comprehensive resident assessment when a change is noted, and for improving documentation and enhancing communication.

Caregiver Guilt: Taking Control of this Destructive Emotion
Assists healthcare professionals as they guide and help caregivers combat feelings of guilt associated with caring for their elderly loved ones.

The Communication of Conflict: Finding Common Ground
Explores communication strategies and techniques designed to find common ground and work through conflicts in healthcare settings with elder patients and their families.

Cultural Competence: Discovering the Patient’s Perspective*
Reviews two communication frameworks specifically created for the medical professional to help uncover the patient’s cultural and/or religious perspective of health and care.

Effective Communication: Are You Listening To Your Patients and Are They Listening To You?
Reviews communication techniques that will help professional caregivers develop stronger relationships with their patients, decrease chances of miscommunication, and ultimately improve patient care.

The Elderly Patient with Dementia: A Special Kind of Care
Stresses the importance of communicating effectively with Alzheimer’s/dementia patients to improve care in hospitals and other settings.

The Empowered Family Caregiver
Introduces participants to the concept of empowerment as it relates to family caregivers and explores research-based strategies that promote better care for the patient.

Ethics in Caring for the Elderly: Do You Know Their Love Language?*
Reiterates the ethical duty that healthcare professionals have to provide person-centered care and introduces the love language concept as a way of delivering that care to elderly patients.

Hydration and the Elderly: “Let’s Drink to That!”
Recognizes the signs, symptoms, risk factors, and complications of dehydration with the elderly population and provides the latest intervention and health-promotion strategies.

Integrating Mindfulness in Medicine: How Can It Help Elderly Patients?
Introduces mindfulness in medicine, examines what research tells us as to how it can help elderly patients, and explores how to operationalize the concept into daily practice.

Linking to the Past: Benefits of Reminiscence and Life Review for Older Adults
Defines reminiscence and life review, examines benefits, and explores strategies to operationalize the concepts into healthcare practice with older adults.

Long-Term Care Insurance: To Have or Have Not
Explains the pros and cons of long-term care insurance, what it typically covers, and what to look out for when helping patients make care decisions based on their long-term care coverage (or lack thereof).

Music, Memory, and Dementia: The Beat Goes On
Emphasizes the healing benefits of music therapy with the elderly population, particularly with the dementia patient. The use of “personalized music” will be discussed in terms of tapping into long-term memory and altering negative behaviors.

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The New Age of Old Age
Examines the older age group from a psychosocial developmental perspective exploring aging theories that guide and inform care for this patient group.

The Power of Positive Thinking for Healthcare Professionals
Illustrates the powerful effect that the healthcare professionals’ positive outlook can have on patient, caregivers, co-workers, and themselves.

Promoting Senior Independence: Let Freedom Ring!
Outlines various ways in which the senior population can remain independent for as long as possible. Topics such as home safety evaluation, fall prevention, telemonitoring, federal “Independence at Home” pilot project, and wellness will be discussed.

Psychology of Dementia: Using Habilitation Therapy in the Care of the Alzheimer’s/Dementia Patient
Explores viewing the patient with an Alzheimer’s/dementia diagnosis from a psychological perspective, focusing not on what abilities are lost but on what remains throughout the disease process.

Senior Suicide Prevention: Assessing Risk Factors and Warning Signs*
Identifies the prevalence of late life suicide, provides warning signs, risk factors, and addresses assessment methods and responses to enable the healthcare professional to better predict the individual risk for elderly patients.

Sexuality and the Older Adult: A Tactful Approach Regarding a Sensitive Subject*
Addresses the physiological and psychological changes affecting a senior’s sexuality, and the healthcare professional’s role in assessment and treatment.

Shams, Scams, and Seniors: The Vulnerable Elder
Recognizes the growing problem of elder fraud and abuse and explores the healthcare professional’s role in terms of prevention and advocacy.

Sleeping Well as We Age: Demystifying the Myth that Insomnia is a Normal Part of Aging
Discusses the risk factors/causes for insomnia and other sleep disorders late in life, the detrimental effect sleep deprivation can have on an elderly person, and the research-supported strategies for getting a good night’s sleep.

Strategies for Reducing Unnecessary Rehospitalizations
Introduces innovative programs and tools that will assist the healthcare provider, the patient, and family members manage care in an effort to avoid rehospitalization.

Taking Care of the Elderly: The Benefits of Pet Therapy Across All Settings
Describes various types of pet therapy programs, and outlines research that supports the emotional, social, and physical benefits to the elderly when provided in hospitals, rehab facilities, adult day care, assisted living, SNFs, and at home.

Train Your Brain: Brain Fitness for a Healthier You
Explores the connection between brain fitness and overall health for both healthcare professionals and their patients.

Understanding Caregiver Personality Types: Strategies to Enhance Patient Care
Discusses various personality traits of caregivers for the elderly and shows how the healthcare professional can utilize the family member’s strengths in providing care for the patient.

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