

WORKING TOGETHER TO SUPPORT OLDER ADULTS IN THE COMMUNITY

CONFERENCE FOR SOCIAL WORKERS, CASE MANAGERS, NURSES AND MORE...

Friday, October 26th
8:00 am – Noon

8:00 am – 8:20 am Sign-in and Continental Breakfast

8:20 am – 8:40 am **WELCOME and CASE INTRODUCTION**

Reba Cornman, MSW, Director, GGEAR, University of Maryland Baltimore

8:40 am – 9:25 am **IMPLEMENTING PERSON-CENTERED, TRAUMA - INFORMED CARE** with Holocaust Survivors and Other Older Adults with a History of Trauma

*Leah S. Bergen, Project Manager, Center for Advancing Holocaust Survivor Care
The Jewish Federations of North America*

The Person-Centered, Trauma-Informed (PCTI) care paradigm helps to contextualize the lived experiences of trauma survivors. As individuals who have experienced trauma age, they may encounter life events that trigger them or make them more prone to re-traumatization. Session participants will learn how to recognize signs and symptoms of trauma, specifically in Holocaust Survivors, and how to provide services in a PCTI manner. Participants will hear examples of how organizations have infused these principles throughout their agencies to elevate the quality of service provision to Holocaust Survivors and other older adults who have experienced trauma.

9:30 am – 10:15 am **DO YOU HAVE LITTLE INTEREST OR PLEASURE IN DOING THINGS OR FEEL DOWN OR HOPELESS?:** Overcoming Depression and Social Isolation

Leigh Ann Eagle, BS, Executive Director, Maryland Living Well Center of Excellence – MAC, Inc., Maureen Thompson, MS, LAT, PEARLS Coordinator, MAC, Inc., and Sue Lachenmayr, MPH, CHES, State Program Coordinator, Maryland Living Well Center of Excellence – MAC, Inc.

Depression and social isolation are often undiagnosed, especially in older adults who are dealing with multiple chronic conditions. According to recently published research, undiagnosed/untreated depression occurs in between 27-40% of people who have been hospitalized and is associated with an increased risk of adverse

events post-discharge. The negative health impact of social isolation is equal to smoking 15 cigarettes a day. Participants will identify programs and resources to assist individuals at risk of depression and/or social isolation with a primary focus on the PEARLS depression reduction program.

----- **10:15 – 10:25 am BREAK** -----

10:25 am – 11:10 am **PANEL PRESENTATIONS – Community Resources**

Presenters will discuss a range of community based support programs for frail, community dwelling older adults and their families.

*Julie Bury, LCSW-C, C-SWHC
VA Maryland Health Care System
Assistant Chief of Social Work—Ambulatory and Emergency Care Clinical Center*

*Meg Borders, RN
Behavioral Health Coordinator – Aging
Eastern Regional PASRR Specialist
Mid Shore Behavioral Health, Inc.*

*Mary Handley
Mobility Manager
Delmarva Community Services, Inc.*

11:15 am – 12:00 noon **CASE DISCUSSION – Audience and Presenters**

12:00 noon Evaluations/Certificates

LOCATION: English Hall at The Eastern Shore Hospital Center 5262 Woods Rd,
Cambridge, MD 21613

NO CHARGE TO ATTEND

Program Sponsors: Geriatrics and Gerontology Education and Research Program (GGEAR), University of Maryland Baltimore, Johns Hopkins Geriatric Workforce Enhancement Program and The Eastern Shore Area Health Education Center (ESAHEC)

Upon completion of the program, participants should be able to:

- Develop a deeper understanding of how trauma-informed care and the Center’s methodology on PCTI care can be infused into all programming and service provision for older adults, staff, and family caregivers
- Identify signs and symptoms of trauma in older adults

- Examine case studies of organizations that have successfully incorporated PCTI principles into their culture and elevated the overall quality of service provision to Holocaust Survivors, and gain strategies for implementing trauma-informed principles
- Learn strategies to identify individuals who may be at risk of depression and/or social isolation
- Identify programs and resources to assist individuals at risk of depression and/or social isolation.
- Utilize validated brief screening questions to help identify potential risk for depression and social isolation.
- Take action to link individuals with depression and/or social isolation to PEARLS depression reduction programs.

ADVANCE REGISTRATION is required by October 19th to Lisa Widmaier at esahecgait@esahec.org or by calling 410-221-2600. Please indicate your preferred certificate - Social Work continuing education certificate or certificate of attendance. SPACE IS LIMITED SO REGISTER EARLY.

The Eastern Shore AHEC is a sponsor authorized by the Maryland Board of Social Work Examiners and participants will be awarded a certificate for 3 hours of Category 1 Social Work CEUs upon completion of this program.

NO CHARGE TO ATTEND