

V4A Training Series ~ 2018



Abuse, Exploitation and Self-Neglect of Older Adults ~ \$60.00
Friday, April 13, 2018, 9:00 a.m. to 3:30 p.m.

This training will present a general overview on abuse, exploitation, and self-neglect in the older adult population. Along with physical and sexual abuse, financial exploitation has risen dramatically in the last few years specifically targeting this age group. Self-neglect is a growing problem that is often hidden. The training will explore the complexities of working with individuals who self-neglect and the impact it has on their families and the community.

Hoarding: Learn What Resources Are Available to Support Individuals Who Hoard ~ \$60.00

Friday, May 18, 2018, 9:00 a.m. to 3:30 p.m.

Hoarding is most common in older adults and can create serious health and safety issues for the individual. This training is designed to provide information on the services and resources available to help support those who hoard. In addition, we will discuss strategies to use when things aren't moving in a positive direction and its impact on housing retention.

Person-Centered Interviewing ~ \$60.00

Friday, June 29, 2018, 9:00 a.m. to 3:30 p.m.

Key principles of person centered thinking are covered through essential lifestyle planning. Participants develop their skills in person centered thinking through a series of guided exercises, done in pairs with a fellow participant. Through directed conversation, listening and sorting information, and writing down what they have learned about their partner, participants practice skills required when developing person-centered plans. At the end of the day participants have a sample plan that they have done themselves.

Long Term Care Medicaid Basic ~ \$60.00

Thursday July 12, 2018, 10:00 a.m. to 4:30 p.m.

Participants will develop an understanding of the initial assessment and process of applying for the state's long-term Medicaid program, Choices for Care. Topics include:

- Eligibility
- Settings
- Managing and directing services
- Application process
- Financial eligibility
- Appeals

Community Medicaid ~ \$30.00

August 10, 2018, 9:00 a.m. to 12:00 p.m.

The following topics will be covered to provide case managers with a working knowledge of Vermont's Community Medicaid Program:

Eligibility Criteria

Application Process

Coverage, exclusions, authorizations, exceptions and co-payments

Notices and Appeals

VT Health Program ~ \$30.00

August 10, 2018, 1:00 p.m. to 4:00 p.m.

Participants will also receive an overview of health coverage offered by Vermont Health Connect and Green Mountain Care, including how to enroll in or terminate coverage, eligibility criteria and covered services for:

Medicaid for Children and Adults (aka "MAGI" Medicaid)

Medicaid for the Aged, Blind and Disabled (MABD) and VPharm

Qualified Health Plans (QHPs)

The Older Adult Aging Process/Creative Tools from Other Cultures – Exploring Death & Dying ~ \$60.00

Friday, September 21, 2018, 9:00 a.m. to 3:30 p.m.

This training is designed to help attendees have a better understanding of the holistic view of aging. It will shed light on the psychological, social and physical aging processes. Within these sub-areas topics include:

- Understanding what is normal and not normal
- Tools/catch phrases that will help workers better communicate with providers

Participants will look at creative survival strategies around such issues as:

- Ending life comfortably
- Healing relationships
- Taking care of caregivers
- Aftercare to families and caregivers

Participants are introduced to creative tools from other cultures, exploring various media for reflection and self-expression as well as marking and honoring losses. Hands-on activities will be accompanied by stories of individuals and families using the tools featured. Additionally, the trainer, Ginny Fry, will illustrate differing cultural time concepts with content from the "Anthropology of Death" class she teaches at Johnson State College.

Supporting Individuals Experiencing Mental Health Issues ~ \$60.00

Friday, October 12, 2018, 9:00 a.m. to 3:30 p.m.

This full day training will cover topics in order to work effectively with people who exhibit challenging behaviors.

- **Boundaries Training**
Developing and maintaining good boundaries informs the work we do and protects us both personally and professionally. This workshop will go beyond some of the usual boundary topics of disclosures and professional demeanor to explore the very heart of what our jobs are and are not.
- **Understanding Substance Misuse**
- **The worker will learn how to identify signs to look for and be able to construct conversation to be respectful, understanding and supportive so that intervention can be introduced.**
- **Mental Health Crisis Management**
- **Understanding what may trigger a crisis, how to manage it and how to involve others as a crisis response system will be part of this learning opportunity.**

Alzheimer's Disease – Overview, Communication and Addressing Behavior Concerns ~ \$30.00

Friday, November 9, 2018, 9:00 a.m. to 12:00 p.m.

In this training, the following topics will be explored:

- Understanding Alzheimer's vs. dementia
- Communication changes throughout the disease: Early, Middle, Late
- Behavior as communication
- Understanding and addressing behavior concerns
- Alzheimer's Association Resources

Focus on Family Caregivers ~ \$30.00

Friday, November 9, 2018, 1:00 p.m. to 4:00 p.m.

Family caregivers are usually unpaid, often overwhelmed, and sometimes overlooked. Diverse in who they are and what their situation is, family caregivers have certain needs in common to help them stay well, grow, and continue to provide or manage care for loved ones. And they may seek your attention when you visit family and friends in their care!

In this interactive workshop, we will mine workers' experience to identify challenges and opportunities presented when the family caregiver is your direct client or part of the picture for a care receiver you are serving. Discussion will include creative resources for caregivers, problem-solving, and teaming for maximum support of caregivers, care receivers and workers.

WEBINARS

Connection information and links will be sent to participants in advance of each webinar.

WEBINAR: Older Adult Legal Issues ~ \$30.00

Friday April 27, 2018, 1:00 p.m. to 3:00 p.m.

Participants will develop a greater understanding of the legal supports available to older adults and will learn financial tools that can be used to help older adults plan for their financial future. Topics include:

- Estate planning – wills and trusts
- Reverse mortgages
- Senior Citizen's Law Project
- Landlord/tenant issues; tenant rights and responsibilities
- Vermont Law Help – Law Line, Vermont Legal Aid resources
- Surrogate decision making – guardianship, powers of attorney

WEBINAR: Long Term Care Medicaid: Advanced Part I ~ \$30.00

Thursday August 23, 2018, 1:00 p.m. to 3:00 p.m.

Participants will explore an in-depth review of the eligibility and exclusions relating to applying for Long-Term Medicaid. Topics include:

- Understanding how income is counted
- Limits
- Exclusions
- Assessing resources
- Resource transfers
- Penalty periods

WEBINAR: Long Term Care Medicaid: Advanced Part 2 ~ \$30.00

Thursday, August 30, 2018, 1:00 p.m. to 3:00 p.m.

In this session, participants will learn the following aspects of Long-Term Medicaid:

- Rules and where to find them
- Resources -- an in-depth review
- Transfers/penalty -- exploring options
- Income -- how it is looked at
- Patient share and calculating its impact
- Application process and tips
- Estate recovery

WEBINAR: Medicare from A to D ~ \$30.00

Thursday, September 20, 2018, 1:00 p.m. to 3:00 p.m.

This “Medicare Boot Camp” helps participants understand Medicare Parts A, B, C, and D and why each one is important. Included will be information on the federal and state programs that help Medicare beneficiaries pay Medicare costs, as well as Medicare Supplemental plans. Get trained and equipped!

WEBINAR: Veterans Benefits and Resources ~ \$30.00

Friday, November, 30, 2018, 1:00 p.m. to 3:00 p.m.

Participants in this training will gain knowledge about how to access the Veterans Administration system, learn about the resources available to veterans, and look at best practices in creative solutions to difficult issues.

Topics include:

- VA health care
- Services available at the White River Junction Medical Center as well as local clinics
- Eligibility/enrollment in services
- Information about the Vet Center and the supports available there
- My Health3Vet – online personal health records
- Special programs available for funding equipment and services

Register on our website www.vermont4a.org