

Aging and Mental Health Training

Caring for Generations
JF&CS
Jewish Family & Children's Service

JF&CS works at the intersection of aging, community, and mental health. We bring more than 20 years of expertise in working with older adults in the field of mental health. We help foster caring communities that are equipped and empowered to address mental health issues, and are available to educate, train, and consult with staff and older adults on these topics.



For Staff:

Tips & Techniques for Understanding Older Adults Who May be Struggling with Mental Illness

A comprehensive overview of the mental illnesses most common for older adults and strategies to better address problematic behaviors.

You Can Save a Life – Suicide Prevention

An overview of risk factors and warning signs for suicidal behavior in older adults. Participants learn what to do if warning signs are present and become familiar with resources available.

Social Bullying: Assessing and Intervening with Older Adults

Participants learn to identify key characteristics of social bullying among older adults and identify and practice strategies to address the issue.

Exploring the Experience of Aging

An interactive discussion and presentation for staff of all ages who work with older adults. Participants come away with a better understanding of their experience of aging and ageism and how that relates to the older adults with whom they work.

Interested in learning more about any of these trainings?

Visit www.jfcsboston.org/agingsupport and fill out an inquiry form.

JF&CS suggests an honorarium of \$150/hour for presenting staff (including time and travel) but please know that we do allow for flexibility based on your circumstances.

For Older Adults:

Living in Community Series

- *Spirited Aging* – A facilitated discussion on the experience of aging and its joys, challenges, and surprises.
- *The Joys and Challenges of Living in Community* – A discussion about how to promote civility and tolerance in housing communities.
- *Tips and Techniques for Understanding and Assisting Neighbors who are Struggling* – A workshop that provides older adults with basic information about the common mental and physical health issues that older adults experience and how to better support a friend or neighbor who may be struggling.

Optimism and the Art of Aging

A workshop to encourage older adults to promote optimism and foster resilience.

Elder Abuse: What You Need to Know




A presentation highlighting the different forms of elder abuse, what to be aware of, and how to protect yourself and those around you that could be at risk.

Social Bullying: Assertiveness Training for Bystanders

An opportunity for older adults to learn about social bullying and, more importantly, how they can be good bystanders and reduce bullying behaviors in their communities.

The Good News About Aging

A discussion about shifting the paradigm around aging by learning the true facts about memory and aging and focusing on the positive aspects of living a long and fulfilling life.

jfcsboston.org | 781-647-JFCS (5327) | Stay Connected:   

Waltham Headquarters | Brighton | Canton | Central MA | North Shore

SUPPORTED BY
cjp

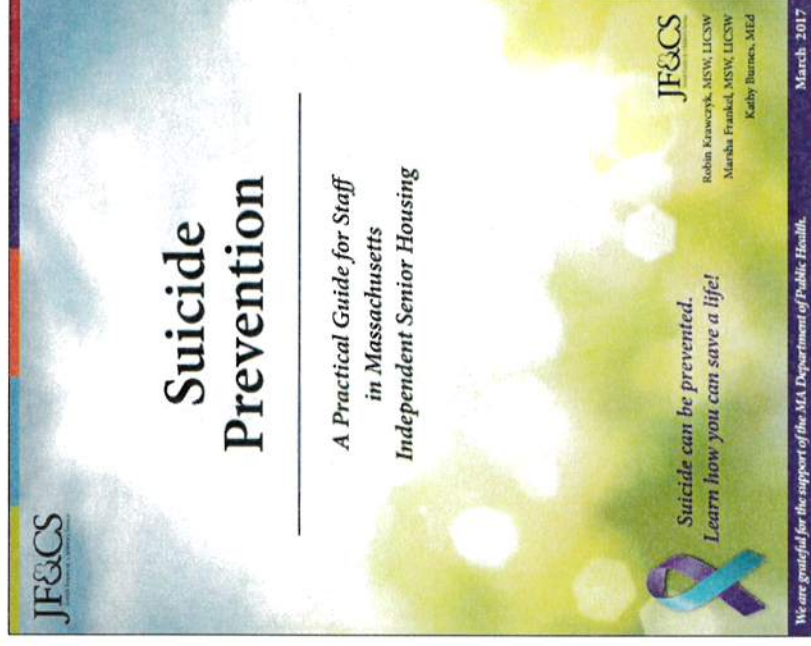
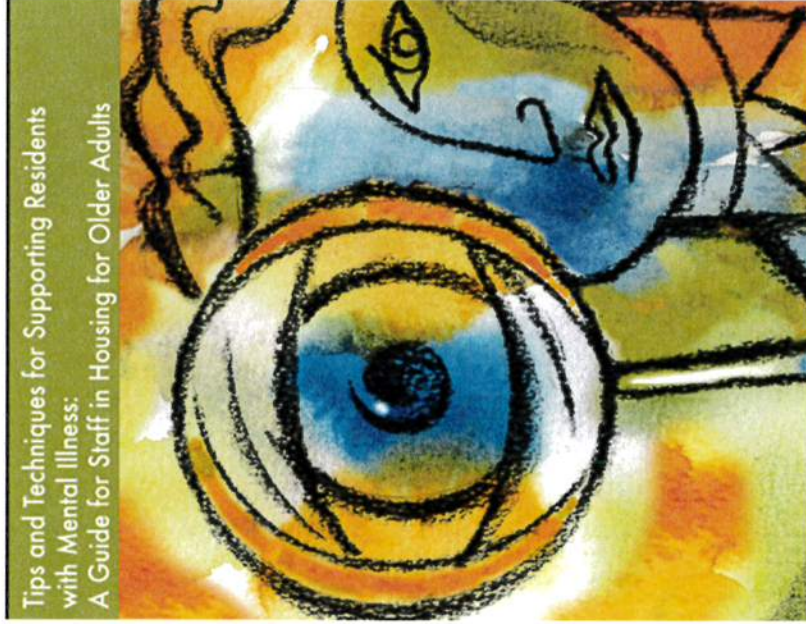


Claims Conference
The Conference on Jewish Material Claims Against Germany

ועידת התביעות



JF&CS Resources



www.jfcsboston.org/agingsupport

JF&CS