**List of trainings/presentations available per division**

**ADRN Presentations**

**AgePlay –** hands on sensitivity to aging training that simulates physical challenges such as impaired vision, hearing loss and lack of coordination to increase empathy and understanding of the experience of the aging process.

**Bringing Services into the Home –** information about community services and resources that are available to provide caregiver respite, how to access them, Medicare and Medicaid – what they are and what they cover.

**Caregivers in the Workplace –** education and tips for caregivers with a focus on dealing with self-care and the stress of caregiving while employed.

**Caregiving…Is it for you? -**Provides practical information to assist in the decision-making process regarding care for a relative or friend.

**Living with Alzheimer’s – What Every Caregiver Should Know-** informs caregivers of forms and causes of dementia, understanding warning signs, risk factors, legal and financial needs, care and communication, safety issues, activities and self-care for caregivers and resources.

**Moving, Lifting and Transferring –** hands on workshop teaching safe ways to lift and transfer, work with canes, wheelchairs and gait belts in the caregiving role.

**Powerful Tools for Caregivers –** six-week evidence based educational series designed to help family caregivers take care of themselves while caring for a relative or friend.

**Special Program Overviews –** program overviews including eligibility, services/supports provided, resources and connections for the following programs: VOCA, Caregiver, Supportive Services, HEAP, MIPPA, Medicare/Medicaid, Neighbor to Neighbor, Housing, Veteran Directed Care Program and more as this list is subject to change.

**Stress and Burnout –** education and tips for caregivers to ease stress and frustration when caring for a relative or friend.

**Tenant Law –** information and basics for understanding the landlord-tenant relationship and responsibilities.

**The Interview –** information for first responders and others initially dealing with elderly and/or disabled victims. Promotes aging and disability sensitivity to foster protection of these vulnerable citizens from further trauma.

**Trauma Informed Care –** information on trauma, how trauma effects individuals, issues of re-traumatization, and educates about the importance of using a trauma informed approach for interactions.

**VOCA –** overview of the Victims of Crime Program including available services, education and advocacy.

**Victim Sensitivity for Drivers –** home delivered meal drivers and those providing transportation are often an important outside contact for vulnerable populations. This training aims to improve awareness and sensitivity to situations of elder abuse and neglect and education on strategies to handle elderly/disabled victims.

**Victim Rights –** explores the laws, victim’s rights especially related to Marsy’s Law, and information on the VINE system.

***Education and programming can be created and/or modified to fit different size groups, settings and formats as requested.***

**Provider Management Trainings/Presentations**

**ServSafe –** Comprehensive two-day classroom training and examination to foodservice managers working in a variety of food service agencies. Operated under the National Restaurant Association, the program requires the use of a Certified Instructor and Proctor, which AAA9 has already in place.

**DRIVE –** Transporting Older and Disabled Passengers. This course is required for transportation drivers within 6 months of hire and again every three years if they remain in their driver position. This course is an 8-hour course divided into 2 four-hour segments.

**DDC 10 -** The National Safety Council Defensive Driving Course, recognized for its leading-edge curriculum, delivers the most compelling and proven-effective defensive driving and collision prevention strategies. The NEW 10th edition is a three-in-one driver safety program providing instructors the flexibility to teach the course in 8, 6 or 4 hours. Whether your employees are experienced drivers, assuming new driving tasks or commuting to work, this course provides them with safe-driving knowledge that focuses on behavior, judgment, decision-making and consequences.

**Chronic Disease Self-Management-** The teaching process makes this program effective. Classes are highly participatory. Mutual support and success build participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. The format for this program is 1 session per week for 6 weeks. Each session is approximately 2.5 hours.

**Diabetic Self-Management –** Similar to the CDSM Program, this one focuses solely on diabetes. The program offers mutual support to build one’s confidence in their ability to manage their disease and maintain active and fulfilling lives.

**Chronic Pain Self-Management –** Similar to the rest of the Self-Management programs, Chronic Pain focuses on the management of chronic pain in the participant’s life. Part of this program is the Moving Easy exercise CD; exercises that are assist the individual to move better with chronic pain.

**Matter of Balance -** A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view [falls and fear of falling](https://www.ncoa.org/healthy-aging/falls-prevention/) as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

**DEEP -** The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care. Classes last a total of six weeks, providing participants with eight unique learning modules.

**Geri-Fit -** a highest tier level III evidence-based physical activity strength training exercise program designed for older adults who want to improve their strength, balance, flexibility and cardiovascular endurance.  Geri-Fit accommodates all age groups from 60-100. Each person is encouraged to work out at his/her own pace.  The instructor will provide plenty of one-on-one assistance to assure that you're learning the correct way to work out with weights.

**Better Choices, Better Health –** The online version of the community evidenced based programs. AAA9 has a certified online facilitator for the Chronic, Diabetic and Arthritis programs. The online program offers the ability to take the workshop at your own pace, totally online, from the comfort of your own home.

**Home Delivered Meal Training –** Each year, nutrition providers are required to have all meal service and meal delivery staff obtain four hours of continuing education training.

**Agency Overview –** An overview of the Area Agency on Aging, Region 9. This includes basic programming information as well as the structure of the agency. This presentation is offered to all agencies, organizations, civic groups, etc.

**Protecting Older Adults in the workplace -** Whether you work as a home health aid or for a larger company, there are things you can do to protect yourself in your work environment.  If you are the employer, there are specific things to look for when you want to protect your older employees.