



## Promoting resilience in older people.

**A practical strengths-based approach in support of the many challenges of old age.**

Why are some people ageing with a great sense of freedom and others with a sense of despair? Is it just a matter of attitude? What does the current research say about ageing with resilience? Evidence suggests that emotional wellbeing generally increases with age unless the older person is experiencing some major health issue or disadvantage (Centre for Mental Health 2004). Depression and suicide rates for people over 80 are alarming with males over 80 having the highest suicide rate out of the total Australian population.

This course will address these issues and provide opportunities to explore what makes older people resilient. This course is based on a “strength based” approach. Strategies will be identified and experienced that will promote a culture of resilience as you provide support for older people

### Learning objectives of this training:

1. Identify the impact of the ageing process
2. Examine the constant challenges of living with change and loss
3. Develop strategies of how to connect with older people who are withdrawing through their depression
4. Explore what make an older person resilient to life's challenges
5. Discuss strategies which encourage and
6. promote the spirit of personal, familial Interpersonal and societal resilience in older people
7. Learn strategies that will allow your clients to recognise their strength and also know what they can and can't change
8. Beate will share her extensive knowledge, clinical experience and practical approaches and methods throughout the day.



**Beate Steller** brings over 30 years of experience in a variety of sectors and industries to her role as a principal Training and Development Consultant. Beate also currently works as a Spiritual Wellbeing Co-ordinator in aged and palliative care. She has been an adult educator since 1992, for the Centre for Community Welfare Training, the Australian College of Applied Psychology and Lifeline Sydney. For over a decade Beate has specialised in grief and loss education/counselling and transition counselling and has been on the Board of NALAG (National Association for Loss and Grief) since 2009. She had her first book published in 2017 called *Tech-connect – Staying Meaningfully Connected in Aged Care*. She has both graduate and post-graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master Degree in Ageing and Pastoral studies at Charles Sturt University. She has worked with people from Indigenous and culturally diverse backgrounds. Beate also holds professional membership with the AASW, the NSW Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

### **Morning Session**

Welcome and overview of the day.

Identifying the greatest challenge in promoting resilience in older people.

What are the risk factors?

Depression and ageing.

What is resilience?

A model of resilience: identifying personal, familial, interpersonal and societal resilience factors.

Identifying strategies that address resilience in your work.

### **Afternoon Session**

Welcome and overview of the day.

Identifying the greatest challenge in promoting resilience in older people.

What are the risk factors?

Depression and ageing.

What is resilience?

A model of resilience: identifying personal, familial, interpersonal and societal resilience factors.

Identifying strategies that address resilience in your work.

***"Being resilient as we age is critical for our physical, mental and spiritual wellbeing. This seminar will equip you to develop practical strategies in promoting wellbeing and building resilience in older people."***

Beate Steller

### **How will you benefit from attending this training?**

- You will develop a comprehensive understanding of the challenges that come with ageing.
- You will learn how to apply strategies that promote resilience and draw upon strengths in the elderly.
- You acquire broad and insightful perspectives on change and loss in later life.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This introductory training is suitable for practicing psychologists, social workers, psychiatrists, medical counsellors, counsellors and community case-workers with general experience working as a therapist.

### **Feedback form Beate's recent presentations:**

*"I found the seminar very informative interesting and relevant. I have learnt skills that I can carry through in counselling the elderly"*

*"Thankyou-you Beate! Great Course"*

*"Seminar was run well with variety of related topics, different techniques, skills etc explored opportunities for discussion and reflection."*

*"The seminar provided a well-rounded snapshot of an enormous, multi-layered topic. The sharing and stimulation of the participants stories was a highlight"*

*"Enlightening and lots of useful info to work with"*

*"An enjoyable day. Relevant to my work. Better understanding with connection with older people better understanding of building resilience in this stage of life with many patients in my work environment. Enjoyed the grief and loss and reminiscing."*

*"Interesting, engaging, informative and a wonderfully lively seminar, Thankyou Beate. The videos were excellent."*

*"Great workshop and very good venue."*