



Supporting aged and dying clients: Essential considerations and skills.

A compassionate and strengths-based approach for clients and their families.

Many people claim that we will die the same way we choose to live. This workshop will explore this premise and the correlation of the attitudes of ageing with finally preparing for our death. 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 2014).

Beate will address these issues and provide opportunities to explore what makes older people resilient, what makes them better equipped to live a good life and to be better prepared for dying. This workshop is based on applying a “strength-based” approach.

As we age, we hope for “quality of life and wellness” and a “good death”. But what does that really mean and how can we support our clients on their final journey? Principles of palliative care, will be incorporated which means affirming life and regarding dying as a normal process. You will have an opportunity to develop skills, identify resources and ideas that will enable you to support your clients and carers more confidently during this final stage. Caring for someone with dementia and related loss experiences for the carer and the client will be incorporated in the day.

‘unfinished business’ will be explored and how to approach ‘difficult conversations’ about the inevitable. Self-care strategies will be identified to ensure we don’t burn out in this very intense work with our clients.

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 for connecting with older people.
4. Explore what makes an older person resilient to life’s challenges.
5. Discuss strategies which encourage and promote the spirit of personal, familial, interpersonal and societal resilience in older people.
6. Learn strategies that will allow clients to recognise their strengths and weaknesses.
7. Identify different responses to end of life loss.
8. Explore and appreciate the issues to be considered when supporting the dying and their families.
9. Name the principles of supportive communication with the dying.

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 to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

Welcome and overview of the day.
Identifying the greatest challenge in promoting resilience in older people. What are the risk factors?
What is resilience? A model of resilience: identifying personal, familial, interpersonal and societal resilience factors.
Identifying strategies that address resilience in your work. What are the challenges for preparing our clients for a “good death”?

Afternoon Session

Attitudes towards death and dying and how they shape the journey of dying.
The importance of dignity therapy and reminiscing work and group work in the promotion of resilience and preparing our clients for a good death.
Evaluation and closing.

"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 as they live their lives and also prepare for their death." 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 as clients prepare for their deaths.

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 resources.
- Individual attendance certificates for all participants.

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

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

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."

"Model of spirituality is what I will take away for my work. i.e. ensure staff are assessing person holistically thru use of model."

"Very respectful and encouraged us to share our experiences in a safe and friendly environment. Loved her presenters' passion and the stories from her work that she shared with us. Thank you Beate. "