

Education Programs Provided by the Central Plains Area Agency on Aging

Aging 101

Aging and resiliency

Aging well and living well

- Advance Directives and Planning
- Healthy Aging
- Staying fit with limited mobility

Caregiving and Caregiver Stress

- Basics (Caregiving 101)
- For families
- For professionals
- Long distance caregiving
- Financial impacts of caregiving
- Caregiving and the health care team
- Caregiving resources
- Self-care for caregivers

Central Plains Area Agency on Aging: Community Programs and Services

How can CPAAA help you

Coping with loss/grief

- Significant changes in health status and loss
- Death and dying
- Compassion fatigue

Diversity and Aging

Elder Abuse: Signs and Symptoms

Elder Abuse Red Flag Tool Kit (Available for check out and for you to offer your own event)

Family Dynamics and Aging

Health Literacy

Hoarding Behaviors and Treatment

Holidays

- Holidays and caregiving
- Holidays and grief
- Cold Weather Risks

Housing Options for seniors

How to talk to your doctor

Identity Theft

Medicare Basics

Mental Wellness Topics

- Depression, not a normal part of aging

Motivational Interviewing Techniques

Nutrition and Aging

- Carbohydrate counting
- Digestive system and problems
- Eat better for life

- Sanitation in the kitchen
- Cooking methods
- Seasoning and flavoring
- Vitamins, minerals, and nutrients
- Service sizes
- Reading nutrition labels
- Glycemic index
- Making recipes healthier
- Sweeteners
- Intuitive Eating
- Avoiding Rehospitalization

Options for Long Term Care Services and Supports

Secrets of changing behaviors

Sensory and Functional Changes with Age (a class with hands-on simulations of various changes)

Special requests may be accommodated if a presenter is available.

Related fees for Education Presentations

There is a \$100 per hour presentation charge for professional events or staff in-services. For requests outside of Wichita, an additional fee may be applied for travel time and mileage.

Please note, fees may not apply for non-profit agencies or community groups, please inquire at 855-200-2372 regarding your specific needs.