



Educational Presentations on Aging-Related Topics

Provided free of charge by:

Aging & Independence Services, a department of the County of San Diego, Health and Human Services Agency

Healthy Aging:

AIS Overview of Community Programs & Resources: An overview of nearly 30 programs and services offered by AIS and other local community providers that align with the County of San Diego's *Live Well San Diego* vision of healthy, safe, and thriving communities in San Diego County. Presentation is 60 minutes.

Good Mental Health is Ageless: This presentation dispels myths, stigma, and barriers surrounding older adults' mental health. Includes the signs of mental health issues and a self-assessment tool. Emphasis is placed on prevention activities such as: physical activity, social interaction, interpersonal relationships, life learning, and finding humor in life. Presentation is 45 minutes.

Elder Abuse/Fraud Prevention:

"Don't Get Hooked": Preventing Financial Abuse, Scams, and Fraud: An interactive PowerPoint presentation for older adults and family caregivers on preventing financial abuse, scams, and fraud. Topics include grandparent scams, sweepstakes and lottery scams, telemarketing scams, IRS, and other governmental scams, and more! "Don't Get Hooked" booklet and other resources provided. Presentation is 60 minutes.

Mandated Reporting of Elder and Dependent Adult Abuse: This presentation provides mandated reporters the legal requirements for reporting elder and dependent abuse. Includes the types and signs of abuse and the roles of Adult Protective Services and Long-Term Care (LTC) Ombudsman programs. Fulfills the instruction requirements of employees and volunteers of public and private agencies. Includes changes effective Jan 1, 2013, from AB 40 for LTC facility reporting. Presentation is 60 minutes and includes pre/post tests.

Advance Care Planning and Alzheimer's Disease:

Advance Health Care Directive: Respected Decisions: This presentation emphasizes the importance of planning ahead to have care decisions respected. Topics include choosing a healthcare agent, having conversations with loved ones, and completing an advance health care directive. Presentation is 60 minutes.

Alzheimer's Disease and Other Dementias: An engaging presentation that provides an overview of the first signs of Alzheimer's disease and other dementias. Includes tips and tools for caregivers. Presentation is 60 minutes.

To schedule a presentation, contact Matthew Parcasio, Caregiver Programs and Outreach Coordinator at 858-505-6435 or matthew.parcasio@sdcounty.ca.gov

For information about programs and services, contact the **AIS Call Center: 1-800-339-4661**

Visit us online:

www.aging.sandiegocounty.gov

