

Strengthening Care

Understanding complex issues
in aging is a challenge.

Caring for an older person with
Alzheimer's, mental illness, or
substance abuse issues requires
knowledge and skills.

- *Gain insight into the aging process and accompanying mental health conditions*
- *Choose from sixteen 2-hour sessions*
- *Pay a modest \$10/session fee*
- *Enjoy light refreshments*
- *Benefit from caregiver respite for loved ones provided by The Oaks Adult Day Center*
- *Inquire about availability of CE credits for social workers*

For information

Call Amy Ruddock Bleed

734-712-4169



Getting to the Front Line of Mental Health

Workshops for
front line staff,
volunteers,
and
family caregivers

At The Oaks Adult Day Center —
A program of activities for adults
Located inside the Neighborhood Church
2500 South Main Street
Ann Arbor, MI 48103

Contact: Amy Ruddock Bleed
Phone: 734-712-4169
Fax: 734-712-7765
Email: arbleed@csswashtenaw.org

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*Strengthening
the Care of
Older Adults
Through
Education*

Who Should Attend ?



Caregivers

—your loved one is growing increasingly dependent

Care Providers and Clinicians

—your job requires skills and understanding to meet the needs of older adults

As a relative or caring worker you face many challenges in your everyday service to persons in frail mental and physical health.

Getting to the Front Line of Mental Health workshops are designed to give you additional information, skills, and confidence as you manage the condition of those in your care.

Registering for Workshops

Choose the topics that interest you:

- Older Adults and Mental Illness
- Managing Difficult Behaviors
- Is it Mental Illness or Dementia?
- Focus on Caregivers: Caring for Cognitively Impaired Older Adults
- The Complication of Substance Abuse in Older Adults with Mental Illness
- Drug Interactions Associated with Mental Health and Aging: What to Look for With New Conditions and New Prescriptions
- New Skills for Caregiving: Developing Meaningful Connections with Persons with Memory Loss

Mark your choice

Calculate your total cost

Pay with credit card or check

Register online: www.BlueprintForAging.org

or call Amy at 734-712-4169

Attending Workshops

Arrive on time.

Learn while we care for your loved one.

Enjoy light refreshments

Join in the discussions



New Ideas and Information

Getting to the Front Line of Mental Health is generously supported by the Department of Community Health and the Washtenaw County Health Organization

About the Blueprint for Aging

The Blueprint for Aging is a collaborative of seniors, family members, nonprofits, businesses, and government agencies working to improve services, care, and quality of life for older adults in Washtenaw County.

The Blueprint for Aging is funded by the Robert Wood Johnson Foundation, the Ann Arbor Area Community Foundation and Washtenaw County

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