

I would like to attend "Working with Older Adults: Mental Health, Cognitive Impairment, and Addressing Behavioural Challenges" with Dr Andrew L. Heck. Indicate which location you will be attending:

- ☐ SYDNEY 25 May 2016
SMC Conference & Function Centre,
66 Goulburn Street, Sydney NSW
- ☐ MELBOURNE 27 May 2016
Darebin Arts & Entertainment Centre,
Cnr Bell Street & St Georges Road, Preston VIC
- ☐ BRISBANE 30 May 2016
Broncos Leagues Club,
98 Fulcher Road, Red Hill QLD

- ☐ ADELAIDE 1 June 2016
Balyana Conference Centre,
46 Strathcona Ave, Clapham
- ☐ PERTH 3 June 2016
Wollaston Conference Centre,
5 Wollaston Road, Mt Claremont WA

COST	
EARLY BIRD RATE:	\$335 per person (payment prior to 17 March 2016)
STANDARD RATE:	\$355 per person

TIME	9.15am - 4.30pm
PRESENTER	Andrew L. Heck, PhD

TO ENROL

- All prices include GST, Payment is required to secure registration.
 - Only cancellations in writing will be accepted.
 - No refunds will be given for cancelling less than 5 BUSINESS DAYS before a workshop, nor will a refund be given if you are unable to attend on the day. Cancellation policy is final and non-negotiable. TATRA regrets circumstances that prevent participants attending; however logistics prevent TATRA from assuming responsibility for these contingencies.
 - Registrations are transferable to another person in full.
 - TATRA is unable to accept responsibility for the presenter failing to appear due to extreme weather conditions, flight cancellations and/or sudden health issues.
 - Morning/afternoon tea & lunch will be provided. Please advise of any dietary needs.
 - Certificates of attendance will be issued following the workshop, please provide TATRA with your email address.
 - All courses are run subject to minimum numbers.
- Tick a box above and complete the registration details below.
 - Send this form with correct payment (cheque or Credit Card details) via fax, email or post to TATRA Corporate & Allied Health Training Services.
 - If you wish to pay via EFT, please complete this form (leaving credit card section blank) and forward to us. We will then issue an invoice for payment. Remittance notice MUST be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
 - SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE THE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.
 - Credit card payments incur 1.5% surcharge.

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APS: Activities do not need to be endorsed by the APS. APS Members can accrue 7 CPD hours by participating in this activity.
AASW: Members can accrue 7 CPD hours by participating in this activity.
PACFA: Members can accrue 7 CPD hours by participating in this activity.
ACA: Members can accrue 14 OPD points by participating in this activity.

Within the next 35 years, the number of Australians aged 60 and over is expected to grow by approximately 80% (Kowal, Towers, & Byles, 2014). This will require the healthcare workforce to prepare by understanding the numerous medical and psychological issues unique to older adults. As in many other countries, the vast majority of health care for older adults in Australia is provided in a home setting rather than in institutions. This presents a challenge. Direct care workers and informal caregivers alike should be educated on the complex medical and psychological issues that older adults face.

This presentation is aimed at providing direct care workers, informal caregivers, and others invested in the community-based care of older adults (e.g., administrators, public policymakers) with knowledge about some of the most common and challenging mental health and dementia-related issues.

SPECIFIC TOPICS COVERED WILL INCLUDE THE FOLLOWING:

The Three “D’s”: Dementia, Delirium and Depression

- The various types of dementia and why it is important to differentiate them
- Why it is urgent to recognize early signs and symptoms of delirium
- How depression can mimic dementia and why that can be good news

Serious mental illness and older adults

- How it can look different in old age
- Behavioural disturbances in dementia
- Common psychiatric treatments and how older adults respond to them

Non-medical techniques for addressing problematic behavioural issues

- Agitation and aggression
- Sleep disturbances
- Repetitive yelling

Communication techniques in working with individuals with dementia or serious mental illness

PROGRAM OUTLINE

OLDER ADULTS: THE REALITIES OF A POPULATION BOOM.

- › Worldwide changes in the population rate of older adults
- › The growing population's impact on resources and services
- › Mental Health: The current state of the art

MENTAL ILLNESS AND OLDER ADULTS: PREVALENCE, APPEARANCE, TREATMENT AND OUTCOMES

- › How we diagnose: The DSM-5
- › Medication: Risks and benefits for older adults
- › Anxiety disorders
- › Psychotic disorders
- › Personality disorders
- › Mood disorders

THE THREE “D’s”: DEMENTIA, DELIRIUM & DEPRESSION

- › How they can seem alike
- › Important ways they are completely different
- › The importance of early recognition (i.e., how a diagnosis of depression can be good news)

BEHAVIOURAL DISTURBANCES

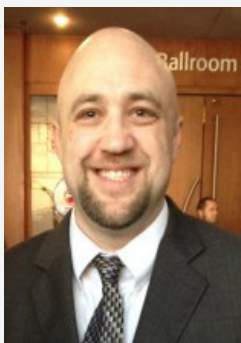
Behavioural challenges in various care settings

- › Medications versus other (i.e., non-pharmacological) treatments
- › How to effectively assess for causes of behavioural issues;
 - › Health/medical causes
 - › Environmental causes
 - › Approach-related causes
 - › Resident (i.e., individual) causes
- › Using assessment results to choose interventions
- › Examples of non-pharmacological interventions developed and applied appropriately and successfully

LEARNING OBJECTIVES

- » Realise the rapidly growing need for mental health services and education pertaining to older adults
- » Understand various types of mental illness seen in older adults, and the treatment options for each
- » Become familiar with risks and benefits of medications for treating mental illness in older adults
- » Analyse potential causes of behavioural disturbances and develop appropriate interventions accordingly

ABOUT THE PRESENTER



Andrew Heck, Psy.D, ABPP, is an experienced presenter and clinician within the field of geriatric psychology. A licensed clinical psychologist in Virginia, USA, Dr Heck currently works as the Director of Clinical Services and the Research Director at Piedmont Geriatric Hospital in Burkeville, Virginia. Dr Heck is board-certified in Geropsychology and in Clinical Psychology by the American Board of Professional Psychology, and he is a founding member of the American Board of Geropsychology's Board of Directors. He is a Clinical Assistant Professor in the Department of Gerontology at Virginia Commonwealth University (VCU) and holds Clinical faculty appointments in the Psychiatry, Pharmacy, and Psychology Departments at VCU as well.

He has published extensively in the academic journals on various topics related to neurocognitive disorders in the elderly, dementia, geriatric ethics, aggressive behaviours in the elderly and the recovery model in aged care. In addition to his work at Piedmont Geriatric Hospital, Dr Heck provides consultation, training and clinical services to assisted living and nursing facilities, both Intermediate Care Facilities (ICF) and Skilled Nursing Facilities (SNF). He has testified as an expert witness on geriatric-forensic issues and has provided assistance to legal professionals regarding capacity and competency issues. Dr Heck also specializes in geropsychological assessment, differential diagnosis of dementia, behavioural treatment, severe mental illness in the elderly and the Recovery model in mental health.

He is a dynamic, entertaining and engaging speaker who uses clinical examples to facilitate the practical application of his methods. The enthusiastic and passionate speaker he is, he's known for his ability to infuse humour and heart into his work with older individuals and those who provide their care.