



Brain Health: Age Related Issues

Description:

This program will explore age related changes that raise the risk that an older adult may experience disorders of the brain resulting in disturbance of behavior and quality of life. Too often, we confuse “getting old” with indicators of a very real physical or mental problem. In the dismissal of these signs and symptoms, we miss the opportunity to identify treatable conditions and maximize the potential for older adults to thrive. Discussion will include normative age related changes in brain function and behavior with an emphasis on sensory and metabolic changes, nutritional needs, behavioral health disorders and strategies to improve quality of life, function and self-esteem in later years.

Objectives:

- Participants will be able to differentiate normal age related brain changes from indicators of a brain related disorder
- Participants will be able to identify physical, mental and social circumstances that raise risk for late life brain-based disorders
- Participants will be able to identify signs and symptoms of a brain disorder and steps to take to address problems
- Participants will gain practical strategies to support older adults in their pursuit of better brain health and function
- Participants will be able to identify the impact of untreated hearing loss and the associated risks to brain health
- Participants will be able to locate research studies that examine the connection between eating habits with longevity and brain health and identify certain recommended foods

September 16, 2020

9:00 AM - 12:15 PM

Zoom Meeting– virtual format only

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WWW.AHECWEST.ORG

This program is supported by funding from the Geriatrics & Gerontology Education and Research (GGEAR) program at the University of Maryland, Baltimore Graduate School (<https://www.umaryland.edu/gerontology/>)



Kim Burton

Keynote Speaker

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Kim Burton is the former Director of Older Adult Programs at the Mental Health Association of Maryland where she implemented programs of education and advocacy to improve access to appropriate behavioral health care for older adults in Maryland. For more than 25 years, she has been talking with public and professional audiences about late life mental health issues and strategies for mental wellness. Kim is the acting Chair of the Maryland Coalition on Mental Health and Aging and remains engaged as a consultant and educator on topics of geriatric behavioral health.

Additional panelist presenters:

Jana Brown - Doctor of Audiology, Fellow member of the American Academy of Audiology and owner of Allegany Hearing and Balance

Theresa Stahl - Registered Dietitian, Fellow of the Academy of Nutrition & Dietetics and Certified in Mind-Body Medicine

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3 Social Worker CEU's

\$20 Registration Fee

To register, please use this link:

https://us02web.zoom.us/webinar/register/WN_wglr0BYQSQgIDivMQVoRFw