



What people caring for older adults need to know.

Providing care for an older adult can present many challenges. Caregivers – be they family, friends, or paid staff – face many complexities regarding physical and mental health, medications, and finding resources. Caregivers can become more successful if they understand these issues and know what to do.

The relationship between physical and mental health impacts medical conditions and vice-versa. Side-by-Side is unique in addressing the variety of issues that can be challenging to older adults and their caregivers.

**Two separate 6 hour workshops** provide vital information for people caring for older adults.

### Setting the Stage for Caregiving:

- Finding support and resources
- Managing health care appointments
- Communicating effectively with medical providers
- Understanding legal issues, advanced directives and decision making
- Promoting wellness and healthy living
- Supporting the caregiver
- Clarifying the caregiver's role

### Understanding Mental Health Concerns of Older Adults: Tips and Strategies

- Reviewing a variety of common mental health conditions
- Recognizing and responding to signs of depression, dementia, medication misuse, alcohol abuse
- Addressing challenging behavior
- Exploring stereotypes on aging
- Helping older adults understand and improve their emotional well-being

**Audience:** Family members or friends, whether or not they reside with the older adult, as well as professionals who provide in-home services to older adults.

**Location:** Your facility or community.



For more information contact NAMI NH 603-225-5359 [info@naminh.org](mailto:info@naminh.org) [www.naminh.org](http://www.naminh.org)