

HEALTHY THOUGHTS IN OLDER ADULTS FOR INDIVIDUALS WITH MOTOR IMPAIRMENTS: RECOGNIZING & TREATING ANXIETY & DEPRESSION



Monday, September 12, 2022

9:00 a.m. - 11:00 a.m.

Via Webinar

**Cost: \$10
2.0 Social Work
CEUS available**

This training looks at the prevalence rates of anxiety and depression and the risk factors that lead to these mood disorders in older adulthood with a particular focus on individuals with motor impairments, such as paralysis. Screening and treatment options will be discussed, both through the lens of professional or medical services as well as community supports and healthy living. Finally, protective factors to support older adults with motor impairments against mood disorders will be reviewed, as well as a discussion of how to develop these protective skills in more vulnerable populations.

Special Discount Code: The Christopher & Dana Reeve Foundation is committed to providing opportunities to individuals with paralysis. In keeping with their mission, webinar scholarships are available for those living with paralysis, their family members and caregivers. If you or a family member is living with paralysis, please enter the following code at check-out to receive a scholarship. Code: **Superman**

For more information or to register for this webinar, please visit: www.penncares.org or 717-632-5552, ext. 4101 or email: trainings@penncares.org



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