



## WISECARE

# ENHANCING EMOTIONAL WELLBEING IN LATE LIFE

Are you a home care or residential care provider looking for practical strategies and tools to enhance emotional wellbeing in the elderly clients?

**The benefits of learning skills in emotional wellbeing include:**

- » Improved client retention as clients feel stronger connection with workers
- » Improved client service satisfaction as clients feel understood, supported and respected
- » Worker skill set building and accrual of CPD points (ACWA endorsed activity)
- » Reduced risk of critical incidents with improved detection of emotional distress
- » Reduced worker turnover rates with improved understanding of managing work and life balance and minimising the risk of burn out

The Enhancing Emotional Wellbeing in Late Life workshop will equip your team with the skills, knowledge and tools they need to achieve this and deliver emotionally aware aged care support to your clients.



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## ENHANCING EMOTIONAL WELLBEING IN LATE LIFE

Mental Health CPD, 6 CPD Points

### Program outline

This workshop equips you with the knowledge you need to provide emotionally aware care to your elderly clients. Delivered online via the Australian Community Workers Association (ACWA), this 6-hour workshop will help you understand the prevalence of mental health conditions in late life and the factors associated with emotional changes.

You'll learn practical tools in how to identify strengths in older people, identify social goals and incorporate a range of evidence-based psychosocial strategies into everyday service delivery.

### Duration

6 hours

### Suitable for

Residential and community workers, retirement village employees and managers, RNs, EENs, leisure and lifestyle coordinators, chaplains, allied health professionals and volunteers.

### Prerequisites

Certificate III in Individual Support or above.

### Topics covered

Module 1 – Emotional Wellbeing

Module 2 – Identifying Strengths

Module 3 – Establishing Social Goals

Module 4 – Resilience Boosting Activities

Module 5 – Integrated Collaboration

### Learning objectives

- Understand the prevalence of mental health conditions in late life and factors associated with emotional changes
- Improve screening of mental health needs and escalation to health professionals
- Implement strengths-based approach to wellness
- Learn skills in how to curate social goals with older adults
- Understand the importance of holistic collaboration to support older adults

To book or find out more please contact [hello@wisecare.com.au](mailto:hello@wisecare.com.au)