

• **Depression & Mood Disorders**  
 • **A Positive Approach to Care**  
**(Hand Under Hand)**

**Depression & Suicide in Older Adults:** Jennifer Wright, MRC, CRC, LPCA is a Licensed Master Level Therapist/Gerontologist with Therapeutic Alternatives, Inc, Sandhills Geriatric Adult Mental Health Specialty Team. Jennifer’s presentation will define depression and explain how depression impacts older adults. Jennifer’s presentation will discuss other mood disorders common within the senior population.

**A Positive Approach:** Lesia Henderson is the Family Caregiver Support Specialist with the Sampson County Department of Aging. Lesia’s presentation will teach families and professionals how to approach Dementia with a positive attitude, and provide techniques that may reduce adverse reactions and behaviors. This workshop teaches caregivers how to view things from the perspective of the care recipient and better understand how the Hand Under Hand approach is effective.

**When: Wednesday, February 28, 2018**

**Where: Harnett County Division on Aging**

**Common Room**

**309 W Cornelius Harnett Blvd**

**Lillington, NC, 27546**

**Time: 9:00 a.m.—12:00 p.m.**

Workshop is FREE and open to the public

Registration is required

Register by calling Kareem Strong, Regional Long-Term Care Ombudsman at (910) 323-4191 x 25 by February 23, 2018

*Training provided by:*

*Sandhills Geriatric Mental Health Specialty Team , Sampson County Department of Aging & Mid Carolina Area Agency on Aging –Ombudsman Program*

**Refreshments**

**Mid-Carolina**

**provided by:**



**Area Agency on Aging**

**CEUs will be available; Specify During RSVP**