

ElderLink

Options for Caregiving

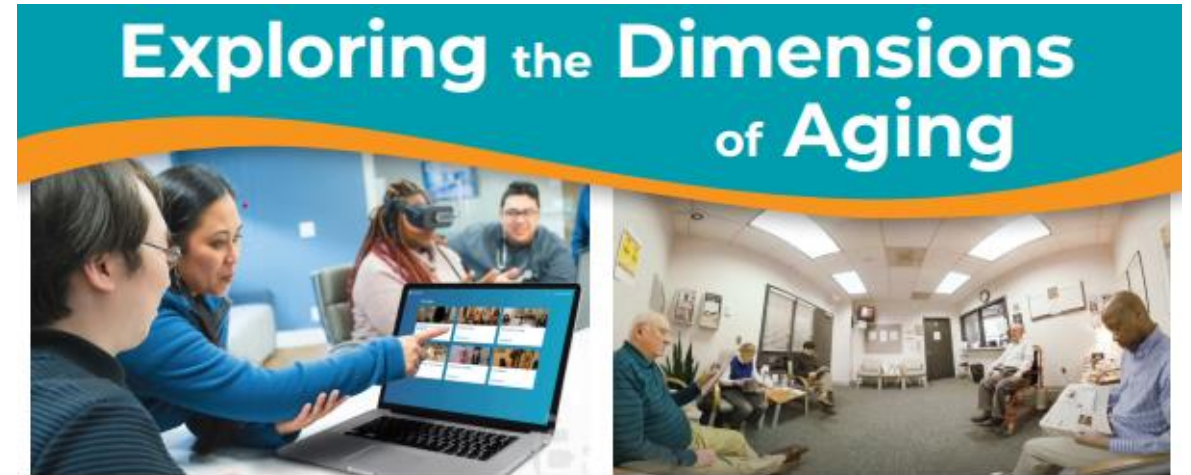
ElderLink is a non-profit partnership program between Inova and the
Fairfax Area Agency on Aging.



Exploring the Dimensions of Aging

Exploring the Dimensions of Aging – Pilot Overview

- **Pilot Project launched in 2024** serving Professional & Family Caregivers
- An **immersive training platform** allows participants to “see through the eyes” of those facing challenges to their well-being
- **Free – 75-min virtual sessions** facilitated by ElderLink on the following topics:
 - Social Isolation
 - Elder Safety & Well-Being
 - Parkinson’s Disease & Lewy Body Dementia
- **Target audience**
 - Professional Caregivers working in Fairfax County
 - Family Caregivers who reside in Fairfax County or care for a Fairfax County resident



Join us for a Virtual Training Session for Professional and Family Caregivers.

Through use of an immersive training platform, Embodied Labs, you will “**see through the eyes**” of **older adults who are facing real-life challenges to their well-being**. Engage in a unique experience to gain greater perspective and insight into working with older adults and caregivers, and help to promote greater empathy, inclusivity, and equity to all. Following the training, participants will receive a license to access the Embodied Labs platform on-demand, providing the opportunity for continued learning.

THE DIMA LAB

Lewy Body Dementia & Parkinson’s Disease

Participants will learn about the early signs and progression of Lewy Body Dementia and important considerations for promoting independence, preserving dignity, and offering culturally competent care.

ELDER SAFETY & WELL-BEING LAB

Preserving Physical & Psychological Health

Participants will learn to effectively navigate challenges related to Caregiver Burnout, Intervention and De-escalation, and Trauma-Informed Care.

THE FRANK LAB

Social Isolation

Participants will learn the negative consequences that social isolation may have on an older adult and the importance of community connection that supports engagement and independence.

Exploring the Dimensions of Aging – Pilot Objectives

- Program Objectives:
 - For caregivers to gain **increased insight** of challenges commonly faced by older adults
 - For caregivers to **build increased empathy** and **develop new tools and interventions** which they can apply to caring for, and interaction with, older adults
- Continuing Education Benefits:
 - Individuals who attend a session facilitated by ElderLink will be provisioned a license to engage in on-demand, self-paced learning opportunities
 - 6 additional learning Labs are available on the Embodied Labs platform, focusing on the following unique topics:
 - ❖ Trans Health & LGBT Aging
 - ❖ Alzheimer’s Disease
 - ❖ Home Health Assessments
 - ❖ Customer Service
 - ❖ Macular Degeneration & High Frequency Hearing Loss
 - ❖ End of Life Conversations

Exploring the Dimensions of Aging – Pilot Outcomes

- **Participant Surveying:**

- Attendees will be requested to complete a brief electronic Pre & Post survey so we can best evaluate the project’s impact.
- Trainees will also be prompted to complete Pre & Post surveys when engaging in self-paced learning

- **Preliminary Feedback:**

- What recent professional trainees are saying about this innovative project:
 - ❖ “It was a wonderful training. I really got a different perspective and made me appreciate even more the importance of looking at social isolation when speaking with clients and even family members.”
 - ❖ “It reminded me the importance of one-on-one connection and asking the right questions. Addressing one item at a time.”
 - ❖ “It highlighted techniques I can apply in current situations.”

Thank you!

Contact Us!

To inquire about an Exploring the Dimensions of Aging session for your organization, please contact:

Deme Warner at: Demetra.Warner@fairfaxcounty.gov or 703-237-6027

To learn more about ElderLink's services and for online class registration please visit:

ElderLink's Websites

<https://www.inova.org/about-inova/inova-your-community/community-access-care/elderlink>

<https://www.fairfaxcounty.gov/familyservices/older-adults/elderlink>

