

Promotional: Psychosocial Needs of the Older Adult

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 1.0 contact hour(s), the learner must:

1. Participate in 60 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

Older adults experience many changes that can affect their mental well-being and quality of life. It is important that caregivers recognize risk factors for impaired psychosocial health among the older adults that they care for. This educational activity explores strategies that staff can use to make a positive impact on the mental health of older adults in care settings.

Target audience:

The target audience for this educational activity is nurses in long-term care setting and other interested staff. This is an intermediate level educational activity. Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. The focus is on increasing understanding and competent application of the subject matter.

Learning outcome:

At the completion of this educational activity, the learner will demonstrate knowledge about psychosocial support of the older adult by passing a quiz with a score of 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. List three (3) myths about aging.
2. Identify three (3) adjustments common to the aging population.
3. Select three (3) elements of communicating well with older adults.

Author:

Don Gordon, BS, MDiv, DMin

Don has been engaged in pastoral ministry for 34 years in Virginia and North Carolina and currently serves as Senior Pastor of First Baptist Church of Hickory, NC, and Professor of Religion at Lenoir-Rhyne University. He earned a Doctor of Ministry degree from Columbia Theological Seminary (PCUSA), a M.Div. from Southeastern Baptist Theological Seminary. Currently he is serving on the Board of Trustees for Campbell University in North Carolina and the Board of Directors for The Baptist Center for Ethics in Nashville, Tennessee. Don has spent many hours offering spiritual care in hospitals, hospice care facilities, nursing homes and assisted living facilities with many people he knew well or not at all, including his mother who lived for five years in such an environment.

Reviewer:

Saskia Barnard, MS, QP, CMC

Saskia has over 20 years of care management experience focused on specialty areas including Intellectual/Developmental Disabilities, mental health diagnoses, aging/elderly populations as well as the Military. She received her BA in Sociology with a Concentration in Health Care and Aging and continued on to receive her Master of Science degree in Gerontology, graduating with Honors. Saskia is currently an active Board Member with The Bryan Family YMCA, YMCA of Greensboro Metro Board, and is a Certified Personal Trainer and Certified Health Coach.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

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ANCC continuing professional development information:

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ANCC disclosure and program information:

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

There are no relevant financial relationships for any individual in a position to control the content of this activity.

EXPIRATION: The expiration date for this educational activity is March 17, 2026. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.