

# Trauma-Informed Elder Care

February 21, 2020 | 9:00 am - 4:30 pm



**Understanding how to provide trauma-informed elder care not only prevents further trauma, but also ensures the safety, dignity and agency older people need to thrive.**

Quality of life and longevity is influenced by toxic stress experienced in childhood and throughout adult life. There is increasing evidence that life stress is linked to dementia and Alzheimer's.

In this training, we will look at the factors that are scientifically proven to make us resilient against cognitive and physical decline, such as a positive outlook.

## **This training will cover:**

- Childhood trauma and ACES
- Trauma and the brain
- Cumulative effects of toxic stress
- How toxic stress and trauma manifest in older adults
- Principles of trauma-informed care
- Nervous system regulation for caregivers and older adults

*This is our Trauma & Resilience Pt. I training adapted for those providing elder care.*

## **Fees**

Early Bird \$95, Standard \$125

Group fee is \$75 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

## **Time & Location**

9:00 am - 4:30 pm, registration starts at 8:30 am

The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012  
Free parking is available at The California Endowment

## **Continuing Education**

For each training, 6 CE credits are available for an additional \$30.

Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

**For additional requests, accommodations, questions, or grievances about this training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213) 484-6676**