

# Aging and Developmental Disabilities

A Two-Part Training Session designed for  
Adult Residential Facility (ARF) Vendors/Administrators

Presented by: **Laura Brackin, Ph.D. & Nancy Robertson, M.A.**

**April 27, 2018**

**9:00 a.m. to 2:00 p.m.**

## **PART ONE:**

**Four (4) mini courses on the following topics:**

- Overview of the aging process for individuals with developmental disabilities
- Introduction to dementia
- Preventing falls, and
- Wellness strategies for healthy aging.

## **PART TWO:**

- Strategies and resources for trainers to train other staff.

### **Learning Objectives (for all four mini courses):**

- Identify common concerns of persons who are aging
- Identify challenges for persons with a developmental disability who are aging
- Identify desired outcomes for persons with a developmental disability who are aging, and
- Identify available resources for individuals with developmental disabilities
- Identify the early warning signs of dementia
- Identify the stages of dementia and actions for each stage
- And identify guidelines for supporting individuals with a developmental disability who have dementia
- Identify some of the risk factors for falling
- Identify three ways to reduce and prevent falls
- Identify the steps for documenting falls
- Identify your role in promoting health and wellness
- Identify strategies to promote healthy habits
- Identify resources for health education
- And identify importance of regular health screenings

**This training is brought to you by San Gabriel/Pomona Regional Center  
in conjunction with Sunnyside Enterprises in partnership with Bracken & Associates**



**Please note: Space is limited to the first 30 participants.**

**The training will be held at the West Covina Public Library  
1601 West Covina Pkwy, West Covina, CA 91790**

**Individuals MUST register ONLINE in order to receive CEUs.**

**To register for this FREE training:**

**<http://sgprcprovider.arcalearn.org/Login/Login.aspx>**

**A certificate of two (2) hours course completion will be available to print online  
once attendance and completion of course session has been verified.**

**For more information, please contact Tammy Shindy  
at (714) 351-1012 or email at [tshindy@yahoo.com](mailto:tshindy@yahoo.com)**

