

# NAVIGATING LOSS, LONELINESS, AND AGING: Reconnecting to Sources of Strength

## A FOUR-PART WEBINAR SERIES

### WHAT

A program designed for professional caregivers working in Adult Day Care settings consisting of four webinars with recordings, slide decks and additional handouts available for review online.

### OBJECTIVES

At the end of this training, participants will have an increased understanding of:

- the difference between **grief** and **loss**
- the areas of life that loss can impact
- how to work towards a "**new normal**"
- activities and resources for navigating loss
- **person-centered care** as it relates to loss
- the importance of **self-care for the professional**
- the relationship between **loss, loneliness, and social isolation**
- **risk factors** for loneliness and social isolation
- the **health consequences** of loneliness and social isolation
- how loneliness and social isolation impact the body's **immune system**
- the health benefits of **social connectedness**
- **activities** for enhancing social connectedness

### WHEN

Part I :  
Live webinar to be held  
**November 29, 2017**  
**1:00-2:30PM Eastern Time**  
*Session will be recorded for subsequent viewing.*

Parts II, III, IV:  
Pre-recorded for your convenience.

### ONLINE PAYMENT/REGISTRATION

To pay by credit card and register online, click [here](#) (if accessing this online) OR go to [training.vcu.edu](http://training.vcu.edu) and search using "gerontology" as the sponsor (select from drop down menu). The cost per person is \$15.

Certificates are available upon reviewing online all materials and passing a quiz on the four-part series.



**VCU**

Gerontology

School of Allied Health Professions



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