COURSE DESCRIPTION
Evidence has shown that loneliness has enormous impact on the physical and emotional wellbeing of older adults. These concerns may be more pronounced for LGBT Elders, who faced isolation at higher levels as well as marked physical and behavioral health disparities prior to the pandemic. As the world begins to emerge from mandated social distancing, what kind of supports can assist older LGBT adults in developing life-saving connections to care providers and social networks? This webinar will describe the effects of isolation for LGBT Elders, self-care strategies to improve connectedness, and supportive therapeutic interventions to increase wellness, interdependence, self-efficacy, and the essential sense of mattering that makes life meaningful.

OBJECTIVES
- Examine the impacts of social distancing, isolation, and loneliness on the health and psychosocial needs of LGBT Elders
- Identify strategies older adults can put in place to increase their wellbeing through personal, familial, and community connections as pandemic restrictions fall away
- Explore effective treatment practices to assist LGBT Elders in creating a robust social support systems that can help them age with grace wherever they are

WHO SHOULD ATTEND?
Clinicians and other health and human service workers who serve older adult populations

Registration questions, training@danyainstitute.org 240-645-1145
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