

Borrow My Glasses Classes

Borrow My Glasses is an education company led by a gerontologist and a producer
We design and deliver customized workshops, programs, videos, and events

Workshops can be delivered in person or virtually

COVID-RELATED TOPICS

- Resilience in Times of Significant Change – for Eldercare Professionals
- Cultivating Resilience as a Family Caregiver
- Creating Social Connections for People with Dementia While Social Distancing
- Vulnerability Preparedness Planning

HOT TOPICS

- Engaging Older Adults Via Technology
- Supporting LGBTQ Individuals with Dementia
- Elder Bullying: What's Behind It & What Can You Do
- Decisions From the Driver's Seat
- Resident Intimacy in Senior Living
- Give Up the Guilt: Unpacking Guilt from Your Emotional Baggage
- Working Compassionately with Difficult Elders
- Building Cognitive Reserve Through Brain Fitness
- Brain Health: Staying Sharp Beyond Crossword Puzzles
- Strengthening Age-Diverse Teams
- Finding Common Ground Across Generations
- Check Your Aging Attitude at the Door
- Medication Misuse in Older Adults
- Coping with PTSD in the Geriatric Patient

ALZHEIMER'S, DEMENTIA & COGNITIVE ISSUES

- Facing Forgetfulness
- Emotional Journey Through Dementia Caregiving
- Alzheimer's Caregiving: Bringing the Ideas Home
- Learning to Speak Alzheimer's (Habilitation)
- A Road Map for Drivers Facing Dementia
- More Meaningful Visits Throughout Dementia
- Working with Veterans with PTSD and Dementia
- Successful Communication Given Alzheimer's Logic
- What we Know About Alzheimer's Prevention
- Common Cognitive Changes in Aging – Depression, Delirium & Dementia

GENERAL FAMILY CAREGIVING

- If I See Something, Do I Have to Say or Do Something?
- Caregiver Pointers to Get You Through the Holidays
- Caregiver Promises You Can Keep
- Managing Across the Miles
- Third Shift: Balancing Work, Life & Eldercare

END OF LIFE

- Living With Palliative Care: Joan's Story
 - Advanced Care Planning: Issues & Answers
 - Advance Directives: Tools for Decision-Making
 - MOLST: The Newest Advanced Care Planning Tool to Boost Discussion & Decision-Making
 - Ethical Dimensions of Elderly Suicide
 - Cultural Differences in End-of-Life Planning
- (continued)



ABOUT AGING

- Communication Strategies that Work with Older Adults
- Gerontology 101
- Understanding Your Older Clients or Customers
- Aging Sensitivity Training for Health Care Workers
- We're Living Longer: Is Your Business Ready, Is Your Family Ready?
- Disrupt Aging In Your Community
- Disrupt Aging at Work
- Disrupt Aging Classroom (for students)

FOR CLERGY

- Helping Your Congregation Meet the Challenges (& Maximize the Opportunities) of Aging
- New Ways to Address Age-Old Issues

PSYCHOSOCIAL AND EMOTIONAL

- Prevention of Compassion Fatigue & Burnout
- The Impact of Aging on Family Dynamics
- Smarter Stress Management

INTERESTED IN A TOPIC THAT IS NOT LISTED?

Contact donna@borrowmyglasses.com

to discuss the vision for your project

Workshops can be tailored for professionals seeking continuing education credits, for organizations and/or for family caregivers

New content can be created or customized for your group

Visit our website to see the Course Catalog with descriptions or join our mail list: www.borrowmyglasses.com
Workshops with Continuing Education Credits may need up to 8-week lead-time