

## Dementia Care and Mental Health Training

### *Who is HEART?*

The Health Education and Aging Resource Team (HEART) provides free professional, high quality in-service education in nursing homes, adult care homes, family care homes, senior centers, home health agencies, adult day cares, adult day health, as well as other community-based organizations.



**Call us today!**



Health Education and Aging Resource Team

To further discuss your organization's training needs or to schedule a free training, call or email us.

(336) 495-2700  
[mytahome.com](http://mytahome.com)



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***Serving People Since 1958***



***Health Education and  
Aging Resource Team***

**We offer FREE,  
Quality In-services!**

# KNOWLEDGE

INSIGHT | INTELLECT | IMPACT

***Let HEART provide  
you with free,  
quality in-services!***

We provide training on behavior management, de-escalation techniques, person-centered care, dementia, mental health and substance use disorders, and psychotropic medications.



***"To care for those who once cared for us  
is one of the highest honors"***  
-Tia Walker

***"To the world you may be one person;  
but to one person you may be the world"***  
-Dr. Seuss



## ***HEART Training Topics:***

- **Dementia Care**
- **Depression, Anxiety**
- **Substance Use Disorders**
- **Psychotropic Medications**
- **Behavioral Management**
- **Person-Centered Care**

## **Q&A**

### ***How much do our trainings cost?***

HEART services are state-supported and always at no cost to you or your staff.

### ***How long are HEART trainings?***

Trainings are typically one hour in length but can be tailored to meet the needs of your staff.

### ***Who is the intended audience for HEART trainings?***

We come to your organization to provide in-services. Our trainings are targeted to direct caregivers and those who work with older adults who have dementia or mental illness. Effective communication skills and person-centered care are emphasized throughout our trainings.

### ***Covering the Trillium Region***

