

ANXIETY in OLDER ADULTS

Regardless of your setting, you may work with older persons who seem anxious. Perhaps they say that they are "nervous" or their behaviour demonstrates that they are uneasy. After completion of this workshop, you will have a better understanding of what anxiety is, what causes it, and how to recognize it. Most importantly, you will learn interventions that help minimize the effects of anxiety.

In this workshop you will learn:

- What anxiety is and is not
- The difference between acute and chronic anxiety
- Interrelatedness of anxiety and other disorders, both physical and emotional
- How situational anxiety differs from generalized anxiety
- Interventions to assist in managing anxiety at all levels



WHO SHOULD ATTEND: Anyone who wants to learn to recognize anxiety and its implications in older adults. This workshop can also be helpful to caregivers who experience anxiety themselves.

PRESENTER: *Patricia A. Campbell*, RN, MSN, PMHCNS-BC is an Adult Psychiatric Clinical Nurse Specialist at Piedmont Geriatric Hospital where she works daily with the geropsychiatric inpatient population and their families. She is an experienced educator and trainer, having taught nursing students both in the classroom and in the clinical setting. She has considerable experience in both adult mental health nursing and geriatric nursing. In her role at Piedmont Geriatric Hospital, she has developed and presented material on anxiety, depression and suicide in the elderly as well as topics aimed at reducing caregiver burden and depression. She has presented in the community on topics such as Anxiety and Depression in Individuals with Lung Disease, on Dementia in Individuals with Developmental Challenges, and on Suicide and Depression in the Older Adult. Ms. Campbell is a Doctorate of Nursing Practice student at the University of Virginia.

DATE & TIME: Wednesday, May 4, 2011, 9:30 AM – 3:00 PM (30 min. lunch)
PLACE: Piedmont Geriatric Hospital, Burkeville, Virginia
COST: \$25.00 per person, including lunch, or \$42.00 with optional CEUs
CEUs: 0.5 CEUs from John Tyler Community College are requested. CEUs are optional for a processing fee of \$17.00 per person. PGI will issue a Certificate of Completion for five (5) contact hours if you elect not to receive CEUs.

ENROLLMENT

Enrollment is limited, so please enroll soon, but not later than the **April 27, 2011, deadline**. Refunds can be made only if we receive your cancellation five (5) days before the workshop date. Send enclosed registration form and check (payable to PGI) to:



Piedmont Geriatric Institute
P. O. Box 427
Burkeville, VA 23922-0427

For additional information, please contact us at 434-767-4521, FAX 434-767-4947, or email: christy.ballou@dbhds.virginia.gov. Visit our website at <http://www.pgh.dbhds.virginia.gov/PGIWeb/pgihome.htm> for upcoming events.

REGISTRATION FORM: Anxiety in Older Adults

Name(s): _____

Position(s): _____

Facility: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

CEUs _____ Yes _____ No Check enclosed \$ _____ Payment will follow \$ _____

