



# Thinking Learning Caring

## Convenience in learning for professionals in long-term care settings.

Gain research-based insights with these four dynamic sessions presented by University of Illinois Extension educators that will provide useful information to help caregivers offer quality service to their clients. Support personal resilience, gain knowledge, and develop strategies to meet the needs of older adults in long-term care settings.

**April 11**  
**2-3 PM**

### Addressing Ageism and Promoting Inclusivity

People in the third stage of life, usually age 55 or 60 and older, are often lumped together, suggesting similarities that may not be present. Generalizations or stereotypes can lead to ageism or discrimination based on a person's age. Learn about ageism, how it affects society, and ways to promote inclusion in our communities. Presenters: Molly Hofer and Tessa Hobbs-Curley, Illinois Extension educators.

**May 9**  
**2-3 PM**

### Don't Go It Alone: Improving Your Social Connections

Research indicates that social isolation and loneliness significantly affect the quality of life, particularly for older adults. Studies reveal over a fifth of U.S. adults identify as lonely or isolated. Discover the difference between social isolation and loneliness and identify risk factors for both. Learn about the various consequences of isolation and loneliness and strategies for staying connected with others. Presenters: Emily Harmon and Cheri Burcham, Illinois Extension educators.

**June 13**  
**2-3 PM**

### Navigating Changes as We Age

Everyone ages, and there are many changes along the way, including physical, mental, and financial, in almost every aspect of our lives. Explore some of those changes in this session and how to adopt a more accepting mindset to change to improve well-being and explore new opportunities. Presenters: Robin Ridgley and Cheri Burcham, Illinois Extension educators.

**July 11**  
**2-3 PM**

### Compassion Fatigue: The Cost of Caring for Others

In our field of work, we often prioritize others' needs at our own expense, forgetting that our needs are important too. Despite attempting to separate work from personal life, we often tie our identity to our profession. This session addresses compassion fatigue, burnout, and vicarious trauma, highlighting risk factors and symptoms. We'll emphasize the significance of self-care, explore types, and discuss ways to prioritize it. Presenters: Tessa Hobbs-Curley and Kara Schweitzer, Illinois Extension educators.

**Continuing education units (CEUs) are available.**



Register: [go.illinois.edu/TLCWebinars2024](https://go.illinois.edu/TLCWebinars2024)

For more information:

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University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.

If you need a reasonable accommodation to participate, please contact Cheri Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu)

Early requests are strongly encouraged to allow sufficient time to meet your needs.