

Borrow My Glasses is a gerontology education company

Classes can be delivered in various lengths in person or virtually for organizations, professionals, or family caregivers with or without continuing education credits

Hot Topics

- Building Cognitive Reserve Through Brain Fitness
- Driving & Aging: Decisions From the Driver's Seat
- Engaging Older Adults Via Technology
- Learn What Dark Chocolate, Cobblestones, Juggling Have in Common
- Moving Older Adults from Medication Misuse to Medication Safety
- Pin the Boundary on the Eldercare Scenario
- Resident Intimacy in Senior Living
- Supporting LGBTQ Individuals with Dementia

Alzheimer's, Dementia & Cognitive Issues

- A Roadmap for Drivers Facing Dementia
- Facing Forgetfulness
- The Emotional Journey Through Dementia Caregiving
- Home Design Decisions that Improve Life for People with Dementia
- Learning to Speak Alzheimer's – An Overview of Habilitation
- More Meaningful Visits Throughout Dementia
- Successful Communication Given Alzheimer's Logic
- Supporting Older Adults with Dementia & PTSD
- Understanding the Minds of People with Alzheimer's
- What we Know About Alzheimer's Prevention
- Working with Veterans with PTSD and Dementia

General Family Caregiving

- Caregiver Pointers to Get You Through the Holidays
- Caregiver Promises You Can Keep
- Cultivating Resilience as a Family Caregiver
- Third Shift: Balancing Work, Life & Eldercare
- Give Up the Guilt: Unpacking Guilt from Your Emotional Baggage
- If I See Something, Do I Have to Say or Do Something?
- Caregiver Q&A

For Clergy

- Helping Your Congregation Meet the Challenges (& Maximize the Opportunities) of Aging

For Business

- Customer Service Strategies for Older Adults
- How Is Your Business Planning for Longevity?
- Strengthening Age-Diverse Teams

Aging / Intergenerational Issues

- Compassionate Communication with Older Adults
- Gerontology 101
- Meaningful Connection Across Generations: One Model Program
- Rethinking Age Discrimination
- Too Young? Too Old? Time to Change the Narrative
- When We Work Where They Live: Connecting Across the Generations

Psychosocial And Emotional

- Elder Bullying: What's Behind It & What Can You Do
- Ethical Dimensions of Elderly Suicide
- Prevention of Compassion Fatigue & Burnout
- Resilience in Times of Significant Change - for Eldercare Professionals
- Smarter Stress Management
- Working Compassionately with Difficult Elders

End of Life / Serious Illness

- Advance Directives: Legal Tools for Discussion & Decision-Making
- Living With Palliative Care: Joan's Story
- MOLST/POLST: Medical Tools for Discussion & Decision-Making

Film and Book Discussions (one time or series inspired by the following)

- *Alive Inside*
- *Being Mortal*
- *Coming of Age in an Aging America*
- *Iris*
- *The Father*
- *Learning to Speak Alzheimer's*

INTERESTED IN A TOPIC THAT IS NOT LISTED?

Contact contact@borrowmyglasses.com to discuss the vision for your project

New content can be created or customized for your group

Workshops with Continuing Education Credits may need up to 8-week lead-time

Visit our website to see the Course Catalog with descriptions or join our mail list
www.borrowmyglasses.com

050923