

The National Council of Certified

Dementia Practitioners Presents:

“Unlocking the Resilience Toolbox for Health & Well-Being”

Caregiver and healthcare workers alike have suffered even during this pandemic than ever before. The isolation, loneliness, and fear associated with the pandemic for caregivers and older adults are thought to have lingering effects similar to those associated with other traumatic events. In addition, many caregivers who have had their loved one at home without the opportunity to take advantage of community resources, have not had the respite they sorely need. Thus, these situations and the responses to them have been compared to symptoms of post-traumatic stress disorder. PTSD can also affect COVID19 patients, especially those who had severe symptoms. This can be the result of separation anxiety along with the build-up of symptoms associated with respiratory distress, an uncertain prognosis and inflammation.

How are we going to ensure our health and well-being as we move forward from the pandemic yet continue to face challenges associated with it?

This webinar will unlock the resilience toolbox to explore several ways in which You can develop practices to ensure your overall health and well-being.

Please join us for this informative online seminar of our caregiver series with our special guest speaker, renowned eldercare consultant, elder advocate and national speaker Phyllis Ayman of Phyllis Ayman Associates.

Details are as follows:

Date: Thursday, January 21, 2021

Time: Eastern Time 12:00pm – 1:30pm

Location: Live-Online (Zoom login provided upon completion of registration)

Price: \$35.00

CEU's: 1.5 hours approved for NCCDP certification renewals

[Register here](#)

https://www.nccdp.org/order-pin/order_forms/resiliency-toolbox.htm

OR

Contact us: nccdpoffice@nccdp.org

