

## Presentation Form

<b>Presenter Bio</b>
Ronnie Edwards has a Masters in Social Work (MSW) with a concentration in Gerontology. She is a trainer in Ageless Wisdom, Powerful Tools, INSPIRE, and Positive Approach to Care (PAC) programs. Ronnie is an Aging Educator with UPMC Senior Services and has been with the department since 2015. In her role, she works on a variety of programs and activities, resource tools, and expansion and distribution of educational materials. Previously, she managed Senior Services' Help and Referral Line where she assisted individuals navigate community resources and provided caregiver education. Ronnie has presented on a variety of topics including psychosocial assessment, dementia, disability awareness, healthy aging, advance directives, working with complex families, and more.
<b>Name and Narrative Description of your Presentation</b>
<b>Ageless Wisdom Train the Trainer</b> is an interactive and experiential geriatric sensitivity training program offering a wide array of audiences including health care professionals, health care students, caregivers, employees from a variety of organizations, and other community members. The program consists of the following segments: sensory changes, changes in cognition, psychological changes, functional changes, social changes, diversity and aging, and myths about aging.
<b>Learning Objectives</b>
By the completion of this session, participants should be able to: (minimum of 3 objectives) <ol style="list-style-type: none"><li>1. Identify and experience normal changes as we age.</li><li>2. Identify and experience changes as a result of disease and disability associated with the aging process.</li><li>3. Discuss golden rules that outline strategies to manage the changes.</li><li>4. Interpret aging as a positive experience.</li></ol>
<b>Three (3) current (within the past 10 years) <u>peer-reviewed</u> publications that support the evidence base for the content of your presentation</b>
Publications must be listed in American Psychological Association (APA) Style (see <a href="http://www.apastyle.org">www.apastyle.org</a> for more information). APA format for journal article citation: Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. <i>Title of Journal</i> . volume(issue) (if issue numbered), pages.
<ol style="list-style-type: none"><li>1. Giltay, E.J., Geleijnse, J.M., Zitman, F.G., Hoekstra, T., Schouten, E.G. (2004). Dispositional optimism and all-cause and cardiovascular mortality in a prospective cohort of elderly Dutch men and women. <i>Archives of General Psychiatry</i>, 61(11), 1126-1135. doi:10.1001/archpsyc.61.11.1126</li><li>2. Jeste, D.V., Palmer, B.W., Rettew, D.C., Boardman, S. (2015). Positive psychiatry: Its time has come. <i>Journal of Clinical Psychiatry</i>, 76(6), 675-683. doi:10.4088/JCP.14nr09599</li><li>3. Levy, B.R., Slade, M.D., Kunkel, S.R., &amp; Kasl, S.V. (2002). Longevity increased by positive self-perceptions of aging. <i>Journal of Personality and Social Psychology</i>, 83(2), 261-270. doi:10.1037//0022-3514.83.2.261</li><li>4. Rowe, J.W. &amp; Kahn, R.L. (1997). Successful aging. <i>The Gerontologist</i>, 37(4), 433-440. doi.org/10.1093/geront/37.4.433</li><li>5. Schulz, R. &amp; Morycz, R. (2013). Psychosocial Factors, Health, and Quality of Life. M.D. Miller &amp; L.K. Solai (Authors). <i>Geriatric Psychiatry</i> (343-376). New York, New York: Oxford University Press. doi:10.1093/med/9780199765782.001.0001</li><li>6. Stewart, D.E. &amp; Yuen, T. (2011). A systematic review of resilience in the physically ill. <i>Psychosomatics</i>, 52(3), 199-209. doi.org/10.1016/j.psych.2011.01.036</li></ol>