



Healthy Aging Academy New Jersey



The Corporation for Supportive Housing (CSH) would like to invite you to our **free New Jersey Healthy Aging Academy**! The Healthy Aging Academy will build the capacity of housing and services providers across NJ to offer services tailored to meet their needs of their older clients. The program will be held through **six 90-minute webinars**. All sessions will be led by topic-specific content experts and will include facilitated discussions and opportunities for case conferencing and peer learning.

We invite case managers, social workers, peer specialists, coordinators, and other professionals who work with older adults in a housing setting to participate.

Below you will find the Healthy Aging Academy series and brief description of each session. All sessions will be held on **Thursdays from 9:30am – 11:00am**. Please note that before each session, CSH will hold 30 minutes for virtual coffee and networking from 9:00am -9:30am.

Each session will accommodate up to 50 participants so please register ASAP!

Session 1: Inclusivity and Racial Equity for Older Adults in Supportive Housing

Date: Thursday, March 17th

Description: Through this session, participants will learn about demographics among older adults in supportive housing and reasons for disproportional representation. Participants will also explore how to adapt existing programs and/or policies and procedures to foster equity and affirm the identities of all tenants. Finally, participants will discuss best practices for inclusive communities, centering equity, combating ageism, and addressing unconscious bias.

[RSVP HERE](#)

Session 2: Supporting Tenants to Age in Place

Date: Thursday, March 31st

Description: This session will describe the key factors to successful aging in place, and explore the role of housing in stabilizing vulnerable older adults with complex needs. Introducing best and evidence-based practices for effective case management, shared decision-making, building trust, and connections to the community.

[RSVP HERE](#)

The Healthy Aging Academy for New Jersey was made possible through the generous support of the Harry and Marilyn Taub Foundation.



Session 3: Wrap Around Relationships: Developing Collaborative Partnerships with Providers and External Aging Service Providers

Date: Thursday, April 14th

Description: This session will explore how to layer services and coordinate care to ensure older adults can remain in supportive housing as they age and avoid premature nursing home placement. The session will discuss how to leverage additional services and form key partnerships to support older adults, including with health care providers, managed care programs, Assisted Living Programs (ALP), Program for All-Inclusive Care for the Elderly (PACE) and Area Agency on Aging (AAA).

[RVSP HERE](#)

Session 4: Understanding the Aging Process, Cognitive Change, and Behavioral Health

Date: Thursday, April 28th

Description: Through this session, participants will learn about the aging process through a strengths-based approach. This session will dispel myths about aging as simply a process of “decline” and will help participants to understand the adaptations and accommodations adults make as they age. We will also discuss how case managers can support healthy aging, including through medication management, care coordination, discharge planning, education and support. Finally, we will discuss what cognitive decline and dementia are, how to identify them, and how to differentiate behavioral health issues from symptoms of dementia or memory loss.

[RSVP HERE](#)

Session 5: Using Technology: From Assistive Technology to Telehealth

Date: Thursday May 12th

Description: This session introduces ways to utilize assistive technologies to help tenants to maintain independence and retain housing. In addition, this session will explore ways to better connect older tenants with tech resources such as telehealth and social networks to reduce isolation in light of COVID related restrictions. The session will also help learners understand the future of telemedicine and discuss how to assess whether a tenant and/or condition is better served by remote or in-person case management or care.

[RSVP HERE](#)

Session 6: End of Life Care and Planning

Date: Thursday, May 26th

Description: Housing providers promoting aging in place must be prepared to assist their clients through the end-of-life process. This session will examine trajectories of dying and will help prepare staff to engage tenants about their end of life wishes and plans. This session will also explore ways to support tenants and staff around grief, bereavement and loss.

[RSVP HERE](#)