

**SUICIDE IN LATER LIFE
WHO'S AT RISK AND HOW YOU CAN HELP**



NOTICE OF SPEAKER CHANGE:

Due to unforeseen circumstances, Dr. Judith Stillion is unavailable for this program. Her program materials will be presented by Dr. Bethany Stillion, and Dr. Ken Doka will moderate the program.

DESCRIPTION:

In the United States, persons aged 65 and older make up 13% of the population but account for 18% of all suicides. Dr. Stillion will examine trends and hallmarks of elderly suicide and suggest approaches for working with seniors experiencing suicidal ideation. She will also discuss supporting family and friends when a suicide occurs.

PROGRAM DETAILS:

This presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting. If you login for the live version of the program, you'll also have the opportunity to email or text the experts questions that they will discuss and answer during the program's Q & A session.

- LIVE DATE:** January 21, 2020
- TIME:** Noon to 1:30pm ET
- ON DEMAND:** Available for 1 year; until January 20, 2021
- LENGTH:** 90 minutes
- CEs:** 1.5 hours for a wide variety of professional boards
- CE FEE:** \$9.00 per certificate
- CONTENT LEVEL:** The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
- TARGET AUDIENCE:** Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments

This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available approximately a day after the live event.

TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. If you are showing to a large group, you will need a way to project on a large screen and a sound amplification system. Please test your system ahead of time to ensure you have the capabilities to view and hear the program, as HFA does not provide refunds on registration. Please be sure to test on the SAME equipment you will use on the day of the program viewing.

TEST LINK for Audio and Video:

http://eventcenter.commpartners.com/se/Meetings/BrowserTest_New.aspx?account.id=CommPart

Technical Questions? Please contact CommPartners at 1-800-274-9390 or via e-mail at: hospice@commpartners.com.

PROGRAM FEES/MATERIALS:

As there are no refunds on registration (all registrations have immediate access to program video & materials), please be sure to test the system requirements prior to purchase.

Single Webinar Registration

Individual Viewer
(one viewer per program)
Member: \$29.25
Non-member: \$39.00

Multi-Viewer - Level 1
(2-10 viewers)
Member: \$82.50
Non-member: \$110.00

Multi-Viewer - Level 2
(11-50 viewers)
Member: \$112.50
Non-member: \$150.00

Education Partner Packages

Access 6 webinar programs *and* Living with Grief® 2020 with one registration!

Individual Package
(one viewer per program)
Member: \$236.25
Non-member: \$315.00

Multi-Viewer - Level 1
(2-10 viewers per program)
Member: \$420.00
Non-member: \$560.00

Multi-Viewer - Level 2
(11-50 viewers per program)
Member: \$731.25
Non-member: \$975.00

Unlimited CE Certificate Bundle

Living with Grief® + 6 Webinars:

Member: \$900 / Non-member: \$810 (Individual CEs are \$9.00 per certificate)

HOW TO REGISTER:

Register directly online, on HFA's website:

<https://hospicefoundation.org/HFA-Products/Education-Partner-Package>.

If an individual would like information on which organizations are registered in their state (so they may attend a site viewing in their area), they may contact HFA at 800-854-3402.

MATERIALS AREA:

Course materials are accessible to all registered individuals immediately after registering. Materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials include log-in information (viewing instructions and technical information), CE instructions, the program's slides, and additional program material. Information will be posted to your account as they become available.

LEARNING OBJECTIVES:

At the conclusion of this program participants will be able to:

1. Trace the demographics of suicide among elderly people across the last half century.
 2. Name five dimensions that should be explored when working with suicidal elderly and give examples of each.
 3. Discuss four ways in which suicide among the elderly tends to differ from suicide among younger people.
 4. Suggest possible approaches for reaching suicidal elders.
 5. Discuss the problems that suicide survivors may have and suggest ways for helping them.
-

PROGRAM OUTLINE:

- I. Definitions of Suicide (30 minutes)
 - a. Medical
 - b. Legal
 - c. The Suicide Trajectory Model
 - i. Risk factors
 - i) Biological
 - ii) Psychological
 - iii) Cognitive
 - iv) Environmental/Social
 - v) Spiritual
 - ii. Elements of the Trajectory
 - i) Suicidal Ideation
 - ii) Triggering Events
 - iii) Warning Signs
 - II. Distinctive Characteristics of Elderly Suicide (50 minutes)
 - a. Level of Fatality
 - b. Special Case of homicide/suicide
 - c. Reaching out to Suicidal Elderly
 - i. Difficulties
 - i) Mind Set/Rationality
 - ii) Masculine Role
 - iii) Lessening of Prohibitions (Church, Society)
 - iv) Hopelessness/Helplessness
 - ii. Possible Approaches
 - i. Open Discussion of Plans
 - ii. Bucket Lists
 - iii. Gratitude
 - iv. Life Review
 - v. Anti-depressive drugs
 - vi. Cognitive-behavioral therapy (with or without drugs therapy)
 - vii. Providing social contacts
 - d. Suicide Survivors
 - i. Emotions
 - i) Guilt
 - ii) Shame
 - iii) Grief
 - iv) Anger
 - ii. Approaches
 - i) Social support group approaches
 - ii) Cognitive behavioral approaches
 - a) Focus on gratitude for the life lived
 - b) Encouragement to focus on rationality of feelings of guilt
 - c) Encourages assigning the responsibility for the death to the suicidal individual
 - III. Question/Answer Session (10 minutes)
-

CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. The CE cost is \$9 per certificate. CE credits are available for 1 year, until January 20, 2021.

A complete list of board approvals for this webinar program is posted to HFA's website at www.hospicefoundation.org.

*An Unlimited CE package is available for multi-viewer registrations. If purchased, the program organizer will be provided with a unique payment code to distribute to their attendees to use in place of payment online.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 1.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (see above for specific CE deadlines). In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program. Attendees will also need to enter in their Site ID# (same as their Invoice # when they purchased the program). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at educate.hospicefoundation.org).

*A complete list of board approvals for this webinar program is posted to HFA's website at www.hospicefoundation.org.

EXPERT PANELISTS:

Bethany Stillion, PhD, is a visiting associate professor at Arkansas State University. She has taught death and dying courses at the university level and has served as presenter and panelist for the Association of Death Education and Counseling.

Kennth J. Doka, MDiv, PhD, is Senior Bereavement Consultant to HFA and recipient of the 2019 Lifetime Achievement Award from the Association for Death Education and Counseling. He serves as editor of HFA's *Living with Grief*® book series and its *Journeys* bereavement newsletter. He is a prolific author, editor, and lecturer; past president of the Association for Death Education and Counseling (ADEC); and a member and past chair of the International Work Group on Death, Dying, and Bereavement (IWG). In 2018, the IWG presented Doka with the Herman Feifel Award for outstanding achievement in thanatology. He received an award for Outstanding Contributions in the Field of Death Education from ADEC in 1998. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York.

REVIEWER:

Lynda Shand, CHPN, CNE, RN, PhD, Associate Professor, Mercy College

BIBLIOGRAPHY/REFERENCES:

Other organization's websites: American Association of Suicidology. www.suicidology.org

Peer-reviewed journal/resource:

Conejero, I., Olie, E., Courtet, P. and Calati, R. (2018). Suicide in Older Adults: Current Perspectives. In *Clinical Interventions in Aging*, April 2018, 13: 691-699.

Stillion, J.M. (2018). Suicide Among the Elderly. In Doka, K.J., and Tucci, A.S. (Eds.), *Aging America: Coping with Loss, Dying, and Death in Later Life*. Washington, DC: Hospice Foundation of America.

Van Orden, K. and Conwell, Y. (2016). Issues in Research on Aging and Suicide. In *Aging and Mental Health*, Feb 20(2), p. 240-251.

Textbook:

Stillion, J. M., and McDowell, E. E. (2015). *Suicide Across the Life Span*. New York: Taylor & Francis.

COPYRIGHT NOTICE:

HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is prohibited.

Individual Registration - Provides one person, the registrant, access to the webcast for personal viewing.

Multi-Viewer Registration - Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people.

CE Credits for this program may only be obtained through HFA. CE instructions will be provided to the registered contact for the organization (or to the registered individual) prior to the live air date and to attendees at the end of the program.

SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at educate@hospicefoundation.org or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST:

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

CONTACT INFORMATION

Hospice Foundation of America

1707 L Street NW, Suite 220

Washington, DC 20036

educate@hospicefoundation.org

1-800-854-3402 toll-free

(202) 457-5811 phone

(202) 457-5815 fax

