



2019 Optimum Life[®]

Continuing Education Series



Disarming Bullying Among Seniors

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Although we typically think of bullying as an issue among children at school, bullying also happens among seniors. Research is demonstrating as many as one in five of older adults living in residential care settings experience bullying. When it comes to reducing bullying, one of the most important things we can do is cultivate empathy in our communities. That is because empathy helps us understand one another — especially those who have different views, values or behaviors from ours. Come join us to learn the five habits of highly empathetic people, identify how you can enhance empathy in your community and understand three practical steps that can help deal with senior bullying.

Following this presentation the participant will be able to:

- Describe recent research related to senior bullying
- Complete and understand the use of an Empathy Self-Checklist
- Identify two approaches to enhancing empathy in your community
- Define the three steps that deal with senior bullying

- The Optimum Life CE series is a pre-recorded webcast.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.

