



## Suicide and the Elderly: Prevention Can Be Possible

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Suicide is the 10th leading cause of death in United States. The Centers for Disease Control has reported an increase in suicide by 30% since 1999. The older adult population represents 12% of suicides, with the fastest growing rate of suicide among any age group. The majority of older adult suicide victims are male, and 84% of those have no known mental health condition.

This program seeks to identify signs of older adults at risk for suicide, signs of impending attempt to commit suicide, interventions to mitigate the risk of suicide in the aging community and how to cope if an older person does complete the act of suicide.

### Following this presentation the participant will be able to:

- Identify older adults at highest risk of suicide and contributing factors
- Articulate some interventions to mitigate the risk of elder suicide, including the Five Action Steps to assist someone in emotional pain
- Articulate the importance of the indicated, selective and universal approach to suicide-risk mitigation in older adults
- Discuss/identify coping strategies if a suicide is completed

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- 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).
- 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.
- Call (312) 977-3711 for more information about contact hours.

