

What's inside:

SERVICES OFFERED AT ACOR:

Page 01

CURRENT RESEARCH:

Ongoing Research at Colorado State University

Page 02

Ongoing Research at Columbine Health Systems Center for Healthy Aging

Page 02



Colorado State University

Services Offered at ACoR:

CAREGIVER SUPPORT PROGRAM

If you're currently a caregiver for loved one (e.g., parent, sibling, partner, child), you may qualify for FREE caregiver counseling sessions! Caregiving can be a rewarding but stressful experience, with many caregivers benefiting from the support of counseling services. Topics generally include coping skills, education, connecting to community resources, help making decisions, addressing self-care, and finding support.

NEUROPSYCHOLOGICAL ASSESSMENTS

A neuropsychological assessment evaluates an individual's functioning across a variety of different domains including cognitive, memory, language, motor, executive, emotional, and adaptive functioning. These assessments help to evaluate if there is a problem, the extent of the problem, potential causes of the problem, and to inform individualized treatment recommendations based on results.

GENERAL MENTAL HEALTH SERVICES AND PSYCHOTHERAPY

If you or a loved one are having a difficult time and would like some support, therapy services may be right for you! Therapy can be effective for a number of issues, including life changes, relationships, depression, anxiety, age-related concerns (like coping with pain or cognitive decline), feeling lonely or isolated, and end-of-life concerns.

SENIOR PEER COUNSELING

This program connects older adults in Larimer County with trained paraprofessionals, who are also seniors. Sessions can take place wherever you and your counselor are most comfortable (e.g., at home, in a coffee shop, in our offices). Senior Peer Counselors are volunteers who will be trained to provide emotional and support services and receive ongoing training and supervision.

Aging Clinic of the Rockies

at Colorado State University

ISSUE 1, VOL. 1 | MARCH 2019

The official newsletter of The Center for Healthy Aging & Aging Clinic of the Rockies



Participants Needed!

SEEKING PARTICIPANTS WITH DEMENTIA AND THEIR FAMILY MEMBERS OR OTHER CARE PARTNERS FOR THE STUDY OF RIDING IN THE MOMENT AND GARDENING IN THE MOMENT!

What is it?

We're interested in studying how doing activities with horses and gardening may influence quality of life in older adults with dementia and their family members or other care partners. Both programs were designed for people with dementia and are FREE for study participants.

Who can participate?

People with mild to moderate dementia and their family members or other care partners who spend up to 10 hours a week with them.

What's involved?

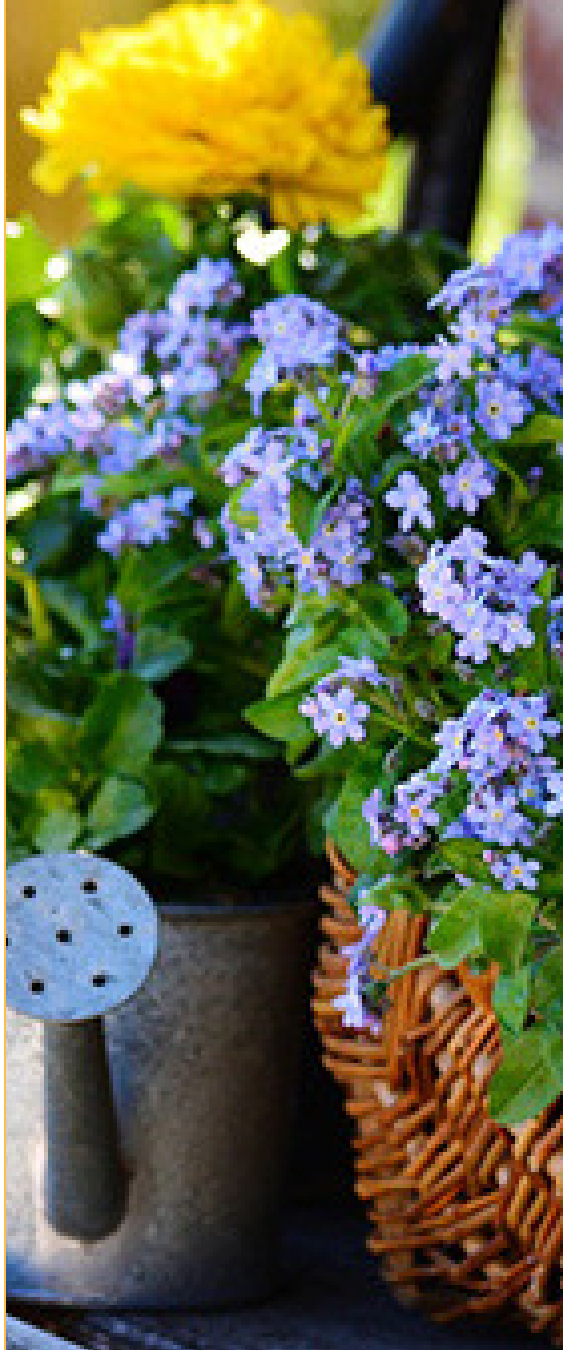
Riding in the Moment involves opportunities to pet, brush, and ride horses and will occur at Hearts and Horses Therapeutic Riding Center in Loveland, Colorado. Gardening in the Moment includes opportunities to plant and care for flowers, vegetables, and herbs—you'll even be able to take some home! Gardening in the Moment will occur at the Fort Collins Senior Center in Fort Collins, Colorado.

Participants can select which program they'd like to attend, but must choose between Riding in the Moment and Gardening in the Moment. Both programs will occur for one hour once a week for 8 weeks, from April 1st -May 24th. Participants will be asked to complete one hour of testing before, after, and four weeks following the end of each program. For more information or to enroll, contact **Becca Lassell** at Rebecca.lassell@colostate.edu or (970) 682-3727. The enrollment deadline is **March 15th, 2019**.

HEARTS & HORSES
Therapeutic Riding Center



est. 1997



Colorado State University