

General Information

Location: Pyle Center on the University of Wisconsin–Madison campus

Time: 8:30–9 am registration; 9 am–3 pm workshop

Fees: \$120 includes instruction, materials, credit, refreshments, and \$20 nonrefundable administrative fee. Lunch is on your own.

Registration deadline: To ensure your place in the programs and to help us accommodate you, please register as early as possible. If you do not receive a confirmation letter before the program, please call 608-262-1397 or 800-725-9692.

Cancellation policy: Program—In the event of bad weather or other emergencies, visit www.dcs.wisc.edu or call 608-263-4432 to learn whether a Continuing Studies program or class has been cancelled. Participant—If you are unable to attend or arrange for a substitute, you may obtain a refund minus the \$20 administrative fee by contacting our registration department at least three business days before the program. If you cancel later than that or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, please call 800-725-9692.

Accommodations: Please make your own travel and lodging arrangements. Maps and information on lodging and parking are sent with your registration confirmation.

Approved hrs/continuing education credits/workshop: 0.5 CEU=5 hours for each seminar of professional continuing education.

Social workers: UW-Madison, Professional Development and Applied Studies (PDAS) (provider #1042), is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. PDAS maintains responsibility for the program. Social workers will receive 5 continuing education clock hours for completing this course. **WI, IA and MI Boards of Social Work** recognize **ACE** programs.

MN board of social work CE approval #: 06-138.

IL registered social worker continuing education sponsor #:159.000243.

Counselors: PDAS is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. PDAS adheres to NBCC continuing education guidelines (provider # 5990).

WI psychologists, and marriage and family therapists: qualifies as an accredited university continuing education course relevant to professional practice.

WI substance abuse counselors: qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: this program may qualify towards your Professional Development Plans (PDPs).

Other professions: completion of this program qualifies for 5 continuing education hours for each seminar. Contact your own board or organization for specific continuing education requirements.

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Late Life Sleep Disorders • October 28, 2009



CONTINUING STUDIES
University of Wisconsin–Madison

Certificate

**MENTAL HEALTH AND
THE OLDER ADULT**

Program

*This NEW seminar is open to anyone interested
in the field of gerontology and geriatrics.*

Late-Life Sleep Disorders

**October 28, 2009
9 am–3 pm**

**Pyle Center
702 Langdon Street
Madison, Wisconsin**

www.dcs.wisc.edu/pda/aging/certificate.htm

Registration Form

Please register me for:

Late Life Sleep Disorders

October 28, 2009; Fee: \$120

Prog. #3008

UW# W55

Name _____

Organization _____

Address _____

street

city / state / zip

Phone (_____) _____

area code daytime number / evening number

E-mail _____

Information used to contact you about your registration and for future marketing

Enclosed is my check/money order, payable to

UW-Madison.


Please charge to the following account:


MasterCard VISA American Express


Card No. _____ Expires _____

Cardholder's Name _____

 **Clip and mail to:** UW-Extension Registrations, Pyle Center
Dept. 101, 702 Langdon Street
Madison, WI 53706-1487

 **Call:** 608-262-1397 or 800-725-9692
(TDD 608-265-2370)

 **Or fax:** 608-265-3163 or toll-free 800-741-7416
Phone or fax registrations must include
payments by credit card or purchase order.

 **Online:** www.dcs.wisc.edu/classes/aging.htm

Voluntary information collected to enhance UW programming. Check all that apply.

Female Male Birthdate: Month Day Year
Heritage: African American 1 Hispanic/Latino 4
 Asian/Pacific Islander 2 White/Other 5
 American Indian/Alaskan Native 3

Occupational Area:
 Educational Services 2 Public Administration. (govt.) 8
 Engineer., Architect., Surveying 3 Retail Trade 9
 Finance, Insurance, Real Estate 4 Social, Recreat., Religious 10
 Health Services (phy/mental) 5 Transport., Comm., Utilities 11
 Manufacturing 6 Wholesale Trade 12
 Protect. Svcs. (police, guards, corr.) 7 Other 13

Are you enrolled in this program primarily for career purposes? Yes No

If you have a disability and desire accommodations please advise us ahead of time. Requests are confidential. This program is offered by UW-Madison in cooperation with UW-Extension. No Wisconsin tax dollars were used to print this publication.

DCS-MAC-018-08/09

Late Life Sleep Disorders—October 28, 2009

New Seminar—This elective seminar is part of the certificate series on Mental Health and the Older Adult. Enrollment is also open to all professionals in the field of gerontology and geriatrics, whether enrolled in the certificate or not.

Introduction

Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not a part of normal aging. The highest rates of sleep problems and disorders occur in older adults. Many older people do not enjoy a good night's sleep on a regular basis. Problems with sleep must be addressed as they may be a sign of emotional and/or physical health problems.

Health and human service workers who work with older adults need to recognize the signs and symptoms of late-life sleep disorders. This requires knowledge of the various types of sleep problems and disorders that occur in late life. These disorders have unique etiologies that are related to cognitive, emotional, physical health prescription medication and environmental factors. Knowledge of the nature of these factors is necessary to affectively evaluate, refer and treat late-life sleep disorders.

About this seminar

You will have the opportunity to learn about how sleep changes across the life span and specifically about the nature of late-life sleep changes. Learn about:

- the essential patterns of normal and abnormal sleep patterns in aging
- causes of late-life sleep disturbances and disorders
- types of sleep disorders that older adults experience, and appropriate screening tools for identification
- effective treatment approaches, and
- the relationship between late-life sleep disorders and mental illness.

Learning objectives

- Be aware of the prevalence of sleep problems and disorders in older adults.
- Understand how sleep changes occur across the lifespan.
- Understand the bidirectional aspect of sleep and other health conditions.
- Recognize the relationship between late-life mood disorders and sleep disorders.
- Identify screening tools and questions used to identify sleep disorders.
- Be aware of treatment approaches and options.

Your instructor

Dr. Timothy Juergens is a board-certified geriatric psychiatrist on the faculty at UW Medical School and the VA Hospital in Madison. Late-life sleep disorders are a primary area of his research, teaching, and clinical practice.

Teaching methods

You'll have the opportunity to learn via multiple teaching methods, including lecture-discussion, DVDs, case studies, and small-group dynamics.

For more information contact Suzanna Castillo toll-free at 800-442-4617; in the Madison area call 608-263-3174.

To register call 608-262-1397 or 800-725-9692.