TRANSITIONS IN AGING
COMMUNITY CERTIFICATE

The Columbine Health Systems Center for Healthy Aging "Transitions in Aging" certificate is designed for community members and informal care providers of older adults who are interested in topics related to aging. The certificate aims to engage participants in lifestyle practices that support healthy aging while increasing shared knowledge of the aging process. The curriculum is customizable for each participant.

Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

CURRICULUM

+ 7 required credits

(2) Welcome to the Columbine Health Systems Center for Healthy Aging Webinar.

(3+) Healthy Aging Speaker Series: Attend live or watch a recording from at least 3 of the Healthy Aging Speaker Series talks. Each additional talk counts 1 credit toward certificate completion.

(2+) *living healthy longer*: Listen to at least 2 of the Center's podcast episodes.

(1+) Broadening our Horizons: A minimum of 1 activity. Each additional activity counts 1 credit toward certificate completion.

+ 13 elective credits

See page 3–4 for offerings.

STEPS TO EARNING CERTIFICATE

1. Choose the type of program best suited to your interests.
2. Complete online/in-person modules worth 20+ credits.
3. Receive your certificate in the mail within two weeks of completion.

Broadening Our Horizons

(1) Mindful Monday: 45-minute meditation with CSU Center for Mindfulness

(1) Healthy Aging Fitness: the Center's own virtual and in-person fitness class

(1) Aspen Club: programming for adults ages 50+ in Fort Collins, Loveland, Greeley, and Longmont

(1) Research participation: Join the Center's research registry to volunteer for a CSU research study.

(1) Fort Collins Senior Center: recreation and social engagement for older adults

✳ ELECTIVES

13 credits:

(1.5) Alzheimer's Association: Sign up for a live class from the AA via their Community Resource Finder. Pick from courses such as:

- 10 Warning Signs of Alzheimer's
- Understanding and Responding to Dementia-Related Behaviors
- Effective Communication Strategies for People with Dementia-Related Disorders
- Healthy Living for Your Brain & Body: Tips from the Latest Research
- Living With Alzheimer's: For Caregivers: Early, Middle, and Late Stage Care
- And more — browse here!

(3) Allied Health Professional-Related

- (1) What are Evidence-Based Programs and Why Should I Care?
- (1) Evidence-Based Programs and Your Practice: A Foundation for Value-Based Care
- (1) What do I do if my community does not have access to evidence-based programs?

(1+) Prepare to Care: Browse the local resources available for caregivers in Colorado via the AARP. 0.5 credit is assigned for each resource used.

(2) Volunteer with AmeriCorps Seniors-RSVP. Choose from:

- Catholic Charities
- Homeward Alliance
- Food Bank of Larimer County

(1) Senior Access Points: Learn about services & resources in Larimer County for older adults.

(1.5) Elder Abuse

- Watch the "Signs of Elder Abuse, Neglect, and Exploitation" from the National Center on Law and Elder Rights.
- Read the Facts on Elder Abuse from the National Council on Aging.
- Read the Top 10 Financial Scams Targeting Seniors from the NCOA.

(1) Register with the Osher Lifelong Learning Institute to begin taking courses of your interest. Membership fee: $25.

✳ Each module includes a quiz assessment to gain credit.

ELECTIVES

13 credits:

(1+) Attend a webinar from the American Federation for Aging Research.

(1+) Silver Sneakers: Attend a local or virtual fitness class.

(1+) Browse the Aging Clinic of the Rockies website to review services offered.

(1+) Read the Aging Basics or Blogs from the Center.

(1+) Read the *Still Wisecracking* or *Graceful Aging* blogs from Partnership for Age-Friendly Communities.

(1+) Rediscover a hobby: take a class to hone your skills. Pick from:

- Beginner fly fishing lessons with Liarflies. Cost: $135.
- Arts and crafts, gardening, cooking, and more from The Gardens on Spring Creek. Cost: $10–$60.
- Become a Colorado Master Gardener.
- Sewing meet-ups with the American Sewing Guild: Fort Collins.
- Join the Northern Colorado Writers group. Cost: $40
- Skygazing, ecology walks, birdwatching, and more from the City of Fort Collins Natural Areas.
- You pick! Have a hobby you'd like to get into? Tell us about it for a chance to receive credit.

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