

Aging or Saging: The difference between Integrity and Despair



Old age can be experienced with either the **despair** of “God’s waiting room” or the **integrity** and wisdom that befits the *Elder*.

Which of these cultures are you likely to create for yourself and what does it have to do with the life you’ve lived so far? Come and explore the issues of age:

- How does culture and society play a part?
- How do you work with the anxiety that often increases with age?
- What is Re-abling? How do you become a re-abling coach?
- How do you help your older client access the resources they’ve forgotten about?
- What are the final life stage unique issues and dilemmas?
- How do we support our elderly to experience the fullness of life and continued meaning in their last years?
- Can the words you use at work make a difference?
- What are the 7 habits of happiness?
- How do the strengths and qualities you bring to your work benefit your clients?
- Could helping your clients re-connect with things they have done in the past improve their future?

We can all do our part to help change the perceptions of aging and reframe it into Saging

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for anyone who works with the elderly or wants to become an Elder.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934