



In-Service Kits

Our in-services include all the pieces you need to train staff. You can decide to present the presentation yourself with the provided Powerpoint file with script or show staff the recorded video.

Each in-service kit includes the following:

1. In-Service introduction
2. Access to recorded video
3. Powerpoint file and script
4. Slide handouts for notes
5. In-service summary
6. Tests and answer key
7. Suggested follow-up
8. Certificate template

More Information about each component on the next page.

Each in-service comes with a video that can be used to present.



All our in-services include a recording of the in-service presentation that can be shown to staff. The videos can be watched on any device with internet connection.



In-Service Kit Components

Each in-service features a video and all the pieces an educator needs to hold a successful in-service. All files come in a .zip file for easy download.

- 1. In-Service Introduction**
Information and directions on how to use the in-service components.
- 2. Video Access**
Directions to access the video without logging in to the AIG website. Print and give to staff to view the video on their own.
- 3. Presentation File with Script**
Provided as a Microsoft PowerPoint file, this ready to teach presentation includes a complete written script.


Managing Depression
In-Service Introduction

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Managing Depression

In-Service Introduction

Welcome to "Managing Depression" a long-term care in-service provided by the Avila Institute of Gerontology, Inc. Below is a list and descriptions of the files included with this in-service.

In-Service Content

<p>A Recorded Video Presentation The 25 minute video presentation can be viewed online through Vimeo.com. The video can be accessed under your account or by following directions.</p> <p>A Microsoft PowerPoint The PowerPoint presentation includes both the video and the script. The file can be opened in PowerPoint 10 or newer. If you have PowerPoint, you can try to view the video on your computer. If you require an internet connection, you can view the video on Vimeo.com.</p> <p>Slide Presentation Handout This handout includes the video script and a note taking space.</p>	<p>Content Summary Handout (PDF) This summary handout provides an overview and summation of the main points provided in the video.</p>
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If you have any questions or concerns about the content or files please contact the Avila Institute of Gerontology, Inc at (518) 537-5000 or email info@avilainstitute.org.


Managing Depression
Video Access

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Managing Depression

Video Access

This 25 minute video presentation can be viewed online through Vimeo.com. You will need Internet access.

To view the video click the link below and enter the provided password.

Access link:
Password:

If you have any questions or concerns about the content or files please contact the Avila Institute of Gerontology, Inc at (518) 537-5000 or email info@avilainstitute.org.



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MANAGING DEPRESSION

The causes and remedies for late life depression.

September 2015 | 25 minutes

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Managing Depression In-Service

If the resident is...

Requesting or Helping:

- The resident has been asked
- Checked memory, thinking & independence
- Educate resident on the meaning of depression

How Residents Develop Depression

Aging is Marked by Losses

Personal losses

- Sight, hearing, physical ability
- Relatives, friends
- Changes in the home trigger depression

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Managing Depression

The causes and remedies for late life depression.

IN-SERVICE CONTENTS

What is Depression	1
Symptoms of Depression	2
Medical Issues	3
Physical Issues	2
Characteristics of Chronically Depressed Residents	1
What Can We do for Residents with Chronic Depression?	3
Supportive Interventions	4
Challenging Interventions	4
Interventions	4

WHAT IS DEPRESSION?

Depression is the most common disease found in long-term care. Often symptoms of depression are mistaken for other diseases of aging. Depressed residents require more care and help. Residents not treated can later exhibit anxiety and aggression. Both residents and their caregivers are at risk for developing depression.

Depression is defined as "being in a bad mood" all the time, empty, hopeless or even helpless.

People with depression often:

- Lose interest
- Eat more or less than usual
- Can't focus
- Don't pay attention to surroundings
- Sleep more or less than usual
- Have difficulty remembering

Depression can be short-term or chronic.

Short-term depression only lasts 2-3 months.

Chronic depression lasts longer than 3 months.

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Name: _____

- Which of the following is the most important thing to say to someone to you about their depression?
 - "I understand, it must be difficult."
 - "Let's not talk about it now."
 - "Don't worry, it's nothing."
 - "It's silly to let that bother you"
- One of the symptoms of depression can be:
 - Dementia
 - Loss of interest in surroundings
 - Hallucinations
 - All of the above
- Short-term depression lasts around:
 - 1 month
 - 6 months
 - 2-3 months
 - 1 year
- Depression cannot be reversed, but dementia can.
 - True
 - False
- What are the two types of interventions for someone with depression?
 - Physical and Challenging
 - Supportive and Challenging

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Managing Depression

Suggested Follow-up

Following the in-service, you will want to be sure that your staff has fully understood the content and are using it to benefit the residents in their care. Be sure you provide them with the summary sheet so they can refer to it after the in-service. Check staff has time to work with the information they have learned, you want to see how well they are using it.

You can start with an informal check. For example, ask a staff member about one or more specific residents you know are suffering from depression. See if the staff can identify the symptoms, the underlying issues associated with depression. Ask if what information he or she is using and whether they are effective. If the staff member has not demonstrated understanding, you may want them to review the summary or watch the video a second time. You would follow up again.

You can also complete a more formal evaluation. Let your staff know you will be observing them working with depressed residents to be sure they are implementing what they have learned. Encourage to review their summary sheet. Use the checklist below. You can use the checklist to determine areas staff might need improvement and/or further training. The checklist is merely a sample of what you might want to use. Feel free to adapt it based on your facility's needs.

SAMPLE CHECKLIST

Has this staff member demonstrated knowledge of:

	Yes	Limited	No
Depression in general			
Symptoms of depression			
Strategies to use			

With regard to specific residents, has this staff member demonstrated:

	Yes	Limited	No
Understanding of the causes for this person			
Knowledge of strategies and interventions for this person			

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Certificate of Completion

Facility Name and Address

verifies that

Name and Position

satisfactorily completed _____ hour(s) of a _____ hour(s) in-service

"Managing Depression"

on date _____

Full Professional Signature of Instructor

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4. Slide Handouts
Print for staff to take notes and have copy of the slides.

5. Summary
A four-page summary of the in-service that can be printed and given to staff before or after the live training. Reading the in-service can help staff to retain the information from the training.

6. Tests and Answer Key
Four different tests with answer key.

7. Suggested Follow-up
Check in with staff to see if they understood and/or are using the information that was taught.

8. Certificate Template
This template is a fillable PDF where information can be typed in and printed or print and handwrite.