

## **Tips: supporting older people experiencing challenging behaviours**

*Struggling to support an older person who is displaying challenging behaviours?*

As an aged care provider, supporting older people can sometimes be challenging especially if they're experiencing tough health conditions and major life changes.

With CHSP providers preparing for reform, understanding how best to support the specific emotional needs of older people is critical.

Vision Australia's shares advice on the following:

- What is driving the challenging behaviour
- Becoming aware of your emotions and managing unpleasant feelings
- Applying techniques that uncover why the individual might be distressed

### Details

- 16 February
- 11am-12pm AEDT
- Zoom: <https://visionaustralia.zoom.us/j/94491444046>

*Vision Australia is Australia's largest blind and low vision provider and supports thousands of older people to live independently. This webinar is possible thanks to the sector support and development grant.*