

# Care CEUs

## Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers

### About This Toolkit

**1. In order to encourage more older adults to talk about emotional health, nursing home administrators should schedule workshops for which of the following?**

- A. Suicide prevention
  - B. Depression
  - C. Promoting emotional well-being
  - D. All of the above
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**2. Which of the following is a normal part of aging?**

- A. Depression
  - B. Problems with alcohol and medications
  - C. Thoughts of suicide
  - D. None of the above
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**3. If a nursing home administrator notices signs that an older adult may have a problem, a critical first step can be to promote help-seeking by encouraging the person to talk with:**

- A. A counselor
  - B. A social worker
  - C. His or her doctor
  - D. Any of the above
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### Getting Started

**4. Protective factors for suicide among older adults include all of the following, except:**

- A. Receiving care for mental and physical health problems.
  - B. Social isolation.
  - C. A sense of purpose or meaning.
  - D. Skills in coping and adapting to change.
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### Strategy 1: Promote Emotional Health

**5. Given that medical problems, disability, and pain may increase suicide risk, it is important that nursing homes provide activities and programs that help older adults manage chronic health conditions and adapt to changes in physical function.**

- A. True
  - B. False
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**6. In order to offer activities and programs that foster a sense of purpose, resilience, and other protective factors, nursing home administrators should consider activities that do which of the following?**

- A. Help older adults prevent and manage health problems.
  - B. Develop coping skills.
  - C. Provide a sense of purpose and opportunities to develop meaningful connections with others.
  - D. All of the above.
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**7. Strategies that nursing home administrators can use for preventing and stopping bullying include all of the following, except:**

- A. Ignoring bullying will make it go away.
  - B. Creating a culture of equality and respect.
  - C. Increasing awareness of bullying via educational sessions and awareness materials.
  - D. Adopting a policy on bullying and posting it at the nursing home facility.
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## **Strategy 2: Recognize and Respond to Suicide Risk**

**8. All of the following behaviors may indicate that a person is at immediate risk of suicide, except for:**

- A. Talking about wanting to die or kill oneself.
  - B. Looking for a way to kill oneself, such as searching online or obtaining a gun.
  - C. Withdrawing or feeling isolated.
  - D. Talking about feeling hopeless or having no reason to live.
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**9. The National Institute on Alcohol Abuse and Alcoholism recommends that adults age 65 or older who are healthy and take no medications should drink no more than three alcoholic drinks on a given day, not to exceed fourteen drinks per week.**

- A. True
  - B. False
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## **Strategy 3: Respond to a Suicide Attempt or Death**

**10. A protocol for responding to a suicide death should indicate all of the following, except:**

- A. The lead person for postvention support.
  - B. How to implement a telephone outreach program, in which residents make calls to other residents to check how they are doing and offer support.
  - C. How to identify residents and others who may be affected by the event, including staff and volunteers.
  - D. How to provide individualized support to those who may need more help.
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## **Tool 5: Strategies for Establishing Social Networks**

**11. In order to welcome new residents to the nursing home, administrators should do which of the following?**

- A. Hold events specifically to welcome new visitors to the nursing home, where they can meet other residents, staff, and volunteers.
  - B. Provide information to new residents on all the types of social connections and support available at the nursing home.
  - C. Coordinate buddy systems that match the new residents with someone who has been living at the nursing home for a longer time, or designate greeters who are available to welcome anyone new who comes to the home.
  - D. All of the above.
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## **Fact Sheet 3: After a Suicide: What to Expect and How to Help**

**12. The nursing home administrator's attitude and feelings can make a big difference to someone who has lost a friend or loved one by suicide, therefore, the administrator should do all of the following, except:**

- A. Accept that their loss cannot be compared to anyone else's.
  - B. Accept that the suicide may have been an accident.
  - C. Accept that healing will take a long time.
  - D. Accept all of their feelings.
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